

HEROES[®]

AT A GLANCE



Our vision is for every young person to have the tools and support they need to increase their resilience and thrive.

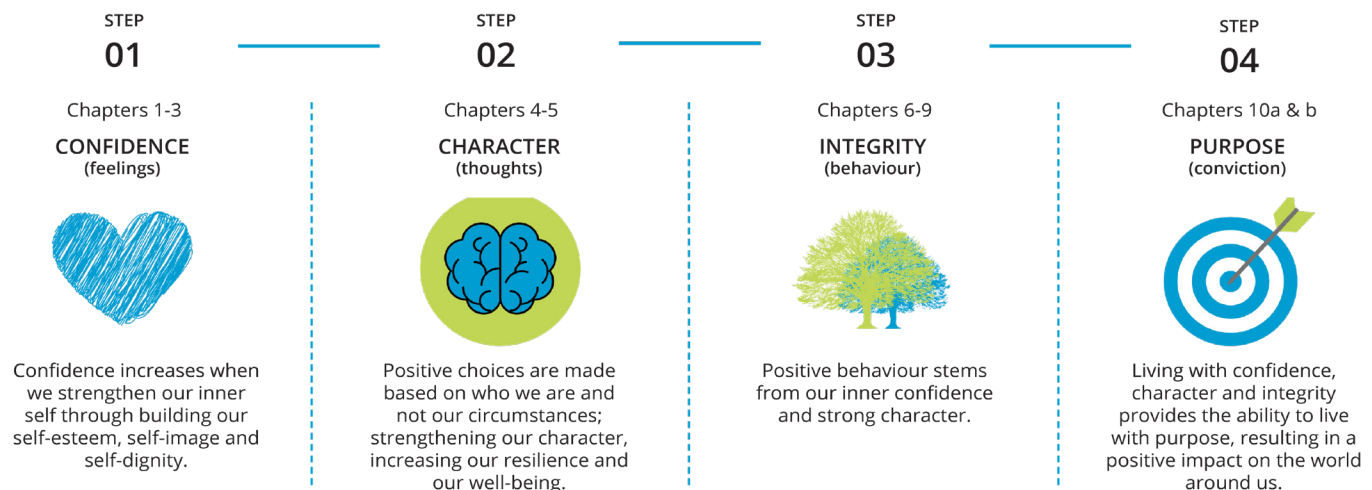
Impact Society is a non-profit organization that focuses on providing educational programs to increase the resilience and the well-being of young people. Since 1994, we have been developing curriculum resources for youth, educators, communities and families, increasing their resilience and mental well-being. Our belief is that building more resilient youth is the best way to impact society.

Heroes[®], our signature program, is a proven method that helps youth of any background and risk level to develop the life skills and positive mental health required to navigate risk and to thrive in life. Heroes is most often taught to students in grades 7-9 within the Health & Life Skills curriculum, where 76% of curricular outcomes are met.

A hero is someone who uses their gifts & abilities to make a positive change in themselves and others.

Heroes leads students into discovering and building their gifts & abilities. By following the brain science of change (feelings/thoughts/behaviour/conviction), Heroes takes students on a journey that will build their confidence, character, and integrity – ultimately leading to their purpose.

THE HEROES[®] PROCESS



HEROES AT A GLANCE:

AGES 11 – 14



12 – 20 HOURS



IN CLASS



**\$45*
PER STUDENT**



*Our programs have been subsidized by the Alberta Government and the Calgary Flames Foundation in recognition of the mental health crisis.
[include logos]

WHAT'S INCLUDED:

- 4-hour instructor training
- Access to the Facilitator's Hub for training videos & classroom resources
- Journal for every student
- Access for parents/guardians to Heroes @ Home
- Before and after psychological strengths evaluation
Flourishing Life Questionnaire Report for Educators

**SCAN QR CODE TO SEE THE
IMPACT HEROES HAS HAD
WITHIN A SCHOOL.**



WHAT EDUCATORS ARE SAYING:

“ *On my first day of Heroes, I say to my students that Heroes, in my opinion, is the most important course you will ever need to take, as it lays the foundation for every step of success along the way.*

- Educator, Heroes Facilitator

Our programs are receiving recognition from the following government services:

Alberta Health - Addiction & Mental Health | Children & Family Services | Alberta Education



WWW.IMPACTSOCIETY.COM

info@impactsociety.com