



Dear Parent or Caregiver,

Impact Society is a non profit organization that creates programs to help young people build strength and well-being. Since 1994, we have supported youth, teachers, communities, and families with tools to grow resilience and their mental well-being.

Our main program, Heroes®, helps youth learn important life skills and positive ways to handle challenges.

Your child is taking part in the Heroes program. Through this program, they will grow in confidence, character, and integrity. They will focus on discovering their natural strengths and celebrating what makes them unique. We believe every teen already has greatness inside them — Heroes helps them see it and use it.

THE HEROES PROCESS

The Heroes Process is the path your child will follow in the program. It is designed to help them grow step by step. Each part of the process builds on the one before, guiding them to grow stronger inside and out. Through this journey, your child will develop confidence, character, integrity, and a sense of purpose - the building blocks they need to make good choices, navigate difficulties and create a positive impact in their world.

Step 1: Confidence

- Confidence means believing in yourself and knowing your worth.
- Your child will build confidence as they grow in self-esteem (how they feel about themselves), self-image (how they see themselves), and self-dignity (respect for themselves).

Step 2: Character

- Character is shaped by our core values and beliefs. It guides how we think and make decisions.
- The building of your child's character will help them make positive choices, build resilience (the ability to bounce back), and navigate difficulties in healthy ways.

Step 3: Integrity

- Integrity means our actions match our core values and beliefs.
- Your child will act with positive behaviour when their choices and behavior line up with what they know is right.

Step 4: Purpose

- Purpose is having direction and knowing what gives life meaning.
- Living with confidence, character, and integrity will give your child purpose, allowing them to make a positive impact on the world around them.

Impact Society knows it takes a strong network of people for youth to thrive. As a parent or caregiver, you play an important role in your teen's journey. You can support them by having open conversations about what they are learning, encouraging their strengths, and celebrating their progress. Even small moments of interest and support can make a big difference in how they experience the Heroes program.

If you would like more information on the Heroes Program or the Heroes @ Home parenting/caregiver program, please contact us at heroes@impactsociety.com.