

HOPEHEROES  
6 hours  
10 hours

# HOPEHEROES

## HELP-SEEKING

### ABOUT

Hope heroes focuses on help-seeking skills and peer support skills.

#### Week 1 Unique Freak

Special presentation by MADD messenger using music art and drama to highlight a talk about self acceptance.

#### Week 2 UTALK

An interactive session addressing and combating unhealthy self-talk

#### Week 3 Emoji's

Self awareness of emotional expression

#### Week 4 Connections

Who are some key supports we need to be aware of and alert to.

#### Week 5 Whats in your bag?

Being alert to the 'stuff' we carry around and recognising when you need help to carry your bag

#### Week 6 Introduction to the ICARE MODEL

Week 7 Understand signs to look out for and how to start a conversation.

Week 8 Practicing the ICARE model

Week 9. Celebration, tshirts, key rings, certificates

**COST:** \$1600 - \$2250

**LENGTH:** 6 - 10 HOURS OVER 6 - 10 WEEKS