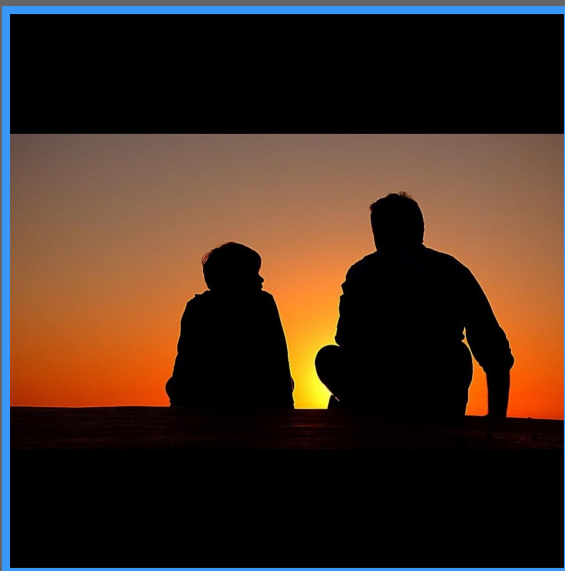




*“Through my life experiences this is the reason and motivation for creating this positive network ‘The Younger Heroes’ program.”*

-Founder Damien Schofield



## Want to know more?

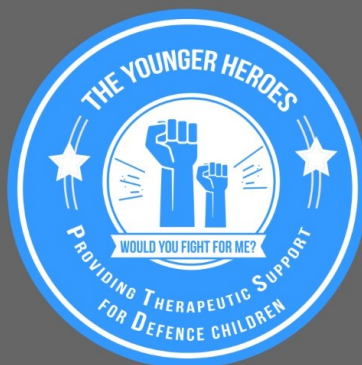
For more information on 'The Younger Heroes' and the founder, please go to the website

[www.theyoungerheroes.com.au](http://www.theyoungerheroes.com.au)

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**0411 593 885**



# THE YOUNGER HEROES



**WOULD YOU FIGHT FOR ME?**

• PROVIDING THERAPEUTIC SUPPORT FOR DEFENCE CHILDREN •

## THE YOUNGER HEROES

PROVIDING THERAPEUTIC  
SUPPORT FOR DEFENCE  
FORCE CHILDREN

# WHO WE ARE

'The Younger Heroes' is a program designed to bring a returned serviceman or woman and his/her child, on a four-day camping program on a private property at the base of Mt Warning in Northern NSW.

It is about sending a positive message for the child to assist with building resilience, realising their own inner physical and mental strength and learning to appreciate the work of their father or mother all through elements of physical fitness, group activities and shared experiences.

The foundation of the program is designed on 3 key elements;

## ***Group, Outdoors and Heroes***



## GROUP

There will be group activities and opportunities to share experiences within a group setting throughout the program.

The group setting provides 'permission' from their peers and parents, that it is OK to discuss their feelings.

Being an interactive environment, the child learns to listen and share and will then feel more connected with oneself and others. They will soon learn that they are not alone.



## OUTDOORS

The program is set on a private property at the base of Mt Warning, in absolute nature!

Being in the natural environment removes technology which enables them to reconnect with themselves and their fellow peers and parent. It will encourage eye contact and basic communication.

Activities and games will also take place throughout the program which will reinforce a connection and remind them of the incredible job their parent has done to protect our amazing country.



## HEROES

Is a deliberate choice in the program name, **'The Younger Heroes'**.

It is to tell and teach them that they too are young and heroic! Being these young, heroic people, they can take the tools taught on camp back to their personal lives and learn from the empowerment provided on camp.

The camp is the very beginning of 'the younger hero' journey and each program thereafter will contribute to a 'younger hero' network.

Our focus is to provide a safe and secure environment to facilitate ongoing mentoring.

There will be separate camps for father and son, father and daughter, mother and son, mother and daughter.