

H.E.R.O.E.S. began during the summer of 2005. A group of Special Education Teachers and parents saw the need for a program that would offer opportunities in the community to learn valuable life skills in a safe, fun and loving environment.

H.E.R.O.E.S. strives to create social, recreational and vocational programs designed to meet the unique needs of individuals with disabilities.

H.E.R.O.E.S. does not turn anyone away because of medical or behavioral needs. We welcome everyone and staff according to the needs of our students.

H.E.R.O.E.S. strongly encourages the integration of all individuals in their community by providing social models, communication, and emotional and behavioral supports.

H.E.R.O.E.S. staff is composed of certified educators, licensed therapists, registered nurses, certified instructional assistants, certified care professionals, college interns, college and high school counselors, and trained volunteers.



LEADERSHIP TEAM

Executive Director

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BOARD OF DIRECTORS

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Erica Redman

Lee Weiner

SUPPORTED BY

FIRST UNITED METHODIST CHURCH RICHARDSON

NEEMA GOSPEL CHURCH DALLAS



**PROVIDING LIFELONG
LEARNING THROUGH
COMMUNITY EXPERIENCES**



H.E.R.O.E.S. serves all people with different abilities from birth through adulthood. We strive to support all families through connections to resources as well as facilitating lifelong learning and long-term successes. We accomplish these goals by teaching the skills that are necessary for all individuals to become contributing members of society.

HEROESDFW.ORG



DAY Programs

Designed to meet the unique needs of each person

Our Day Programs run for six weeks during the summer, four to five days during the winter, and three days during Spring Break. Students experience an array of therapies, social skills trainings, team building activities, vocational training, and facilitation of their independence. We serve individuals of all abilities from ages 3 to adulthood, and all rooms are staffed with certified educators, instructional assistants, and trained college staff and volunteers.



HEROES ACADEMY

A full-time program developing lifelong success

HEROES Academy is designed for those who have completed secondary education and are transitioning to adulthood. It is a full-time program devoted to helping young adults realize their potential and gain confidence in their independence. We teach life skills, job skills, help students find work, transport to and from their jobs or post-secondary school, and help them become independent, contributing members of society.



WEEKEND RETREATS

Fostering individual skills through real-life activities

Our weekend retreats provide opportunities for independent living skills in a real life setting. We do activities that offer a safe environment for young adults while expanding their comfort zone and confidence as an independent individual. During the weekends, activities can include grocery shopping, meal planning and preparation, housekeeping, personal hygiene, social skills, and recreation and leisure skills.



PARENT & FAMILY

Programs designed to help the entire family

We recognize that our campers have parents and siblings that have needs also. We offer Life Planning, which works with families to establish a plan for their child's future. Our Parent and Family Connections are family workshops, while siblings of children with disabilities can participate in Sibshops—fun and exciting activities in a safe environment.



IN-HOME & COMMUNITY TRAINING

Building skills at home and in the community

We teach independent living skills at home and serve individuals in their natural environment, supporting the family in structure, routine and expectations. We help with things like self care, hygiene and chores around the house. In addition, we teach independent living skills outside of the home, like grocery shopping and social skills. Our goal is to increase the level of independence in a friendly, social environment.



CONTINUING-ED

Promoting lifelong learning and teaching valuable skills

Our continuing education courses promote lifelong learning by incorporating real life experiences in order to prepare students for situations they will face in everyday life. The courses focus on topics like job development and training, basic knowledge of computer skills, healthy living, daily living skills, healthy adult relationships, money management, and personal management.