

Sweethearts & Heroes

An amazing duo of superheroes without capes, including a Purple Heart Recipient who has released a children's book, will start 2025 in East Corinth by teaching students and educators how to activate compassion, empathy and HOPE in their classrooms, and beyond.

With support from Wells River Chevrolet, **Sweethearts & Heroes** will be at **Waits River Valley School** on **Tuesday, January 14 and Wednesday, January 15**. Tom Murphy and Rick Yarosh will weave Circles with students throughout the day. Sweethearts & Heroes aims to prevent hopelessness, bullying and suicide by providing dynamic, inspiring content that centers on the human interaction skills necessary for schools and other organizations to change all aspects of their culture – skills such as empathy, compassion and teamwork.

Sweethearts & Heroes offers a profound, engaging signature presentation that calls for **HOPE** (Hold On, Possibilities Exist), Empathy and Action; and **Circle**, which is built on the ancient ritual of communicating in a circle to build compassion and empathy.

"WRVS is excited to have the Sweethearts & Heroes team join us in January," said Carlotta Simmonds-Perantoni, WRVS Principal. "Our WRVS Leadership Team attended training with this amazing team last summer, and we are grateful to extend that work to the learning community as a whole. Understanding feelings, appreciating and valuing all humans and building an ability to listen, communicate and support our community members is imperative for our work daily. 'Kindness Matters' at WRVS, and it is our constant message. Teaching our scholars to have empathy, hope and confidence is our constant work. We are so honored to have that instruction extended from and with others. Sweethearts & Heroes brings that extension to us as educators, to us as learners, and to us as a WRVS learning community and family. We look forward to our growth as a full learning community with their facilitation."

Sweethearts & Heroes' central team of traveling presenters includes: Tom Murphy, Director and Founder, of St. Albans, VT; Ret. U.S. Army Sgt. Rick Yarosh, a HOPE expert, Purple Heart recipient and motivational speaker from New York who was burned severely while serving in Iraq; and Pat Fish, BRAVE Program Director & Circle Specialist, also of New York.

For more than 16 years, Sweethearts & Heroes has presented what Murphy calls "the 'stop, drop and roll' of bullying" to more than 2.5 million students in school districts from New England to Hawaii and north into Canada. Sweethearts & Heroes also tailors its presentations and workshops for businesses, non-profits and civic groups. Murphy said, "We go where we're needed. That's what heroes do."

Last fall, during Veterans Day week, Yarosh released [A Bridge Named Amos](#), the inspiring, true story of his hero and service dog, Amos, who died in October, just before the book went to press. Born on Christmas Day, Amos was a lovable, black Lab who traveled with Yarosh over thousands of miles to hundreds of schools with Sweethearts & Heroes. Together they taught children and adults how to overcome challenges, celebrate differences and embrace empathy.

We welcome parents/guardians to join us for the opening ceremonies for each grade level on Tuesday, January 14:

8:30 – 9:30 AM:	Grades 3-5 Assembly
10:00 – 11:30 AM:	Grades 6-8 Assembly
12:20 – 1:00 PM:	Grades K-2 Assembly

For more information visit: <https://www.sweetheartsandheroes.com> .