



Be Strong
INTERNATIONAL

Healthy Relationships. Thriving Families. Stronger Communities.

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BE STRONG INTERNATIONAL

Monthly Newsletter

VOL.2

JUNE / JULY 2022



Community Spotlight

BE STRONG IS AWARDED \$2.5 MILLION GRANT TO FUND MENTAL HEALTH SERVICES IN SOUTH DADE

Be Strong International has received a \$2.5 million grant from The Children’s Trust to provide additional mental health services to vulnerable south Miami-Dade residents struggling with significant depression, anxiety, and bipolar disorders. On June 13, The Children’s Trust Board of Directors approved funding recommendations for its Family and Neighborhood Support Partnerships (FNSP). Twenty-two providers, including Be Strong International, were selected during a competitive Request for Proposals and review process. These funds will help directly support children and families during these challenging times.

The grant is the largest Be Strong International has ever received from The Children’s Trust, which funds programs that support South Florida families. It will provide behavioral health services for the next five years, for \$500 thousand each year....

[CONTINUE READING](#)

WHAT'S NEW!

After School Club End Of The Year Celebration 2022!

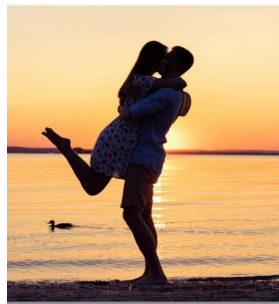
We are so proud of our after-school club participants from Palm Glades Preparatory Academy & Richmond Heights Middle School. Here’s a recap that captures the celebration of the students and parents.

Click to watch the video on our YouTube channel and don't forget to SUBSCRIBE!

[WATCH VIDEO](#)



[CLICK TO WATCH A VIDEO RECAP AND DON'T FORGET TO SUBSCRIBE TO OUR YOUTUBE CHANNEL.](#)



MARRIAGE POWER TIPS

Top 7 Tips to Start a Difficult Conversation with Your Spouse

Honest communication is one of the secrets to a successful marriage. The advice is based on serious research, including the finding that happy couples communicate in a positive way. It only makes sense. You can't expect to spend the rest of your life with someone if you can't talk openly and honestly with them. To live as your authentic self and build a healthy marriage, here are 7 tips to start a difficult conversation with your spouse...

[CONTINUE READING](#)

MAKE AN IMPACT

Meet Shakilah, our 12 year old Be Strong After-School Club Superstar!

Shakilah Elain Woodside on BSASC: "Be Strong has changed my life by helping me bring out the best in myself whether in the classroom, on the field, or around others. I am free to be who I am, unapologetically. Be Strong After School Club is a safe place to learn, grow and thrive."

Shakilah praises the wide range of classes and activities at Be Strong After School Club...

[READ FULL STORY](#)



SHAKILAH WOODSIDE

WHAT WE'VE BEEN UP TO!

TWO NEW AWARDS!

We are Humbled and Honored to Have Received These Awards

The hard work and dedication that is contributed by all of our team members were recognized at two beautiful ceremonies.

- Miami Dade County Public Schools Community Partners Recognition Luncheon: 2021 - 2022 Exemplary Dade Partner Award
- Chamber South Business Excellence Awards: 2022 Second Place Winner - Not for Profit Award

[LEARN MORE](#)



MICHELLE SHIRLEY RECEIVING THE AWARDS ON BEHALF OF BE STRONG INTERNATIONAL.

BUILDING STRONG LEADERS

Community Advocates and Leaders attend BSI's 8-week Leadership Training

Here are some of the pictures of the Graduation Ceremony for the first edition of the Leadership Training program, which had as a special guest Commissioner Kionne Mcghee; main speaker, Brother Lyle Muhammed; special words from Valerie Crum, from The Miami Foundation, and closing remarks from Michelle Shirley, CEO and Chief Heart Officer at Be Strong International.

[VIEW PICTURES](#)



BE STRONG AT THE TABLE LEADERSHIP TRAINING GRADUATION CEREMONY

LEADERSHIP TRAINING GRADUATES RECOGNIZED AT GOVERNMENT CENTER

Congratulations to Our Graduates!

Commissioner Kionne Mcghee publicly awards graduates from BSI's Leadership Training at the Board of County Commissioner's Meeting. Graduates were presented with certificates at the Commission Chambers, with the support of Mayor Daniela Levine-Cava and Commissioner Jose "Pepe" Diaz.

[SEE MORE](#)



GOVERNMENT CENTER

KEEPING YOUTH SAFE AND ENGAGED DURING SUMMER!

Summer Activities for Youth Ages 11 - 14 in Miami-Dade and Broward

Summer sessions have begun, and they are filled with tons of fun! Through our summer programs, youth have access to a safe environment that teaches them new skills ranging from ice cream and chocolate making, heart skills and social-emotional wellness, content creation and much more!

These sessions are being held at three locations: Palm Glades Preparatory Academy, The Town of Cutler Bay Stem Camp, and Miramar Multiservice Complex, in the City of Miramar, FL.

[VIEW GALLERY](#)



WHAT'S COMING UP!

JOIN OUR FOOD DRIVE ON JULY 14TH!

Come Help Make A Difference In Our Community!

It's time! Our monthly food drive is right around the corner, and you don't want to miss out! Thanks to our collaboration with Farm Share, The Office of Commissioner Kionne McGhee District 9, and Miami Dade County, every month we're able to feed up to 500 households. First come, first served!

[VOLUNTEER NOW!](#)



BLOCK PARTY BACK-TO-SCHOOL COMMUNITY FAIR

A Free Community Event for the whole family!

Come join us on August 13th at the Block Party Back-To-School Community Fair, a FREE event for the whole family, organized by a coalition of local community leaders, non-profits, and institutions.

Attendees will receive FREE backpacks with school supplies, food and drinks, ice cream, prizes, FREE medical tests, community resources, and more! Enjoy games & activities for the whole family and amazing performances!

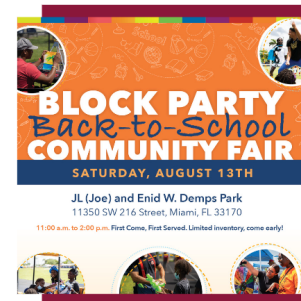
Guests must register to attend. Supplies are limited until inventory lasts. First come, first serve, so come early and ready to spend a summer day of fun and games!

[REGISTER TODAY!](#)

Other Ways To Help

Help us meet our goal! We have created an Amazon registry to help fundraise our goal of 2,000 backpacks filled with school supplies for all the kids attending the event!

[HELP WITH SUPPLIES!](#)



Come Give us a Hand!

We need all hands-on deck! We are accepting volunteers to help us set up and organize the event. Click this link to register:

[VOLUNTEER TODAY!](#)

Become A Sponsor!

Interested in sponsoring us? We have different sponsorship opportunities available! Deadline is on July 15th. Click here to learn more:

[BECOME A SPONSOR!](#)

**Marriage Matters
Community Fair**

**SATURDAY, AUGUST 13TH,
11 A.M. - 2 P.M.**
J.L. (Joe) and Enid Demps Park (Goulds)
11350 SW 216th Street, Miami, FL 33170

FREE!
Join us for a day of family fun and activities, food & drinks,
free medical resources, community and marriage resources,
performances and more!

All guests must register to attend.




MARRIAGE MATTERS COMMUNITY FAIR!

Attention Married Couples!
**FREE resources are available at
the Marriage Matters booth!**

Join us for a day of family fun and activities, food & drinks, free medical, community and marriage resources, performances and more! All guests must register to attend.

RSVP TODAY!

SOCIAL YAKS

New Video!

Social Yaks, is a new card game created by Be Strong to help increase engagement among individuals, promote social empathy and healthy dialogue. All proceeds from sales of this game will help expand our programs in the community. Check out the new video to learn more! Click the link to watch now!



WATCH NOW!

STAY UP TO DATE!



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