



Healthy Relationships. Thriving Families. Stronger Communities.

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BE STRONG INTERNATIONAL

Monthly Newsletter

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Monthly Spotlight

MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month is coming to an end today. However, Be Strong International will continue to support the cause by raising awareness and providing support and resources to people who are dealing with mental or behavioral health challenges. Mental health is an important part of our total health. And, as the number of Americans experiencing mental health symptoms rises, it's important to join together and advocate for better access to mental health services.

Did you know at least one in five youth aged 9-17 years currently has a diagnosable mental health disorder that causes some degree of impairment? One in 10 has a disorder that causes significant impairment.

The most common mental illnesses in adolescents are anxiety, mood, attention, and behavior disorders. As a parent, grandparent, uncle, aunt, guardian or teacher, it's important to be aware of these signs in your teenager (s). If noticed, please do not hesitate to look for professional help.



WHAT'S NEW!

INTRODUCING SOCIAL YAKS! THE SOCIAL EMPATHY CARD GAME.

Social Yaks – is a card game created by Be Strong International to help increase engagement among individuals and build social cohesion within communities. Social Yaks has previously been used to bring people together to build understanding and social empathy among each other. Social Yaks is great for all kinds of groups, from strangers to best friends or couples because there's always something new to learn about each other.

[SHOP NOW](#)



BE STRONG POWER TIPS

THE TOOLS TO CREATE EMPATHY

What does it mean to have empathy? Empathy is the ability to imagine oneself in the situation of another, experiencing the emotions, ideas, or opinions of that person. In other words, putting yourself in someone else's shoes...

[CONTINUE READING](#)

WHAT WE'VE BEEN UP TO!

HERE ARE SOME OF OUR LATEST EVENTS:

- Caribbean Nights Spring Charity Event
- Be Strong At The Table Documentary Premiere
- Our Latest Food Drive
- Leadership Training Graduation

[LEARN MORE](#)



SPRING CHARITY GALA



JOEL RODRIGUEZ

HOW YOU MAKE A DIFFERENCE

JOEL RODRIGUEZ'S STORY

Joel Rodriguez, a former BSASC participant, was just looking for friends and fun when he joined the After School Club as a student at Richmond Heights Middle School in Miami. He found those things and more – so much more, he became a volunteer with the program...

[READ FULL STORY](#)

WHAT'S COMING UP!

BE STRONG INTL'S MONTHLY FOOD DRIVE JUNE 9TH

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!

[LEARN MORE](#)





PARENTING WORKSHOPS

FREE VIRTUAL SESSIONS

Raising the B.A.R. is a free workshop program that teaches caregivers evidence-based strategies for raising happy, healthy children. The program is one way we pursue our mission to provide educational services and resources to parents, caregivers and families. It helps us to help families develop and sustain healthy relationships.

[CHECK OUT OUR CALENDAR](#)

BLOCK PARTY BACK TO SCHOOL COMMUNITY FAIR

SAVE THE DATE! AUGUST 13TH

A back-to-school event full of resources, activities and fun designed to ensure the kids and families in our community are set for a successful school year. This event is organized by a coalition of organizations, churches and community leaders from South Dade communities and neighborhoods.

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