



Healthy Relationships. Thriving Families. Stronger Communities.

[About us](#) [Programs](#) [Ways to give](#) [Social Yaks](#) [Events](#) [News & Articles](#) [Contact us](#) [Shop](#)

BE STRONG INTERNATIONAL

Monthly Newsletter

VOL.6

OCTOBER 2022



CHECK OUT OUR NEW  
RESOURCES PAGE!

At Be Strong International, we strive to build stronger communities and help move youth and families from brokenness to wholeness. Family is the basic unit of society, so when families are broken, the result is potential destruction to the communities in which they reside, as well as the individual family members.

As part of our goal to make our community stronger, we are thrilled to announce our new resources page on our website, with a list of organizations and community partners to help individuals and families look for help when it is needed. If you are experiencing an adverse situation or know someone who is going through challenging times, please refer to this list of resources to get help.

[VISIT RESOURCES PAGE!](#)



### FROM OUR CHIEF HEART OFFICER

Hello everyone, I'm Michelle Shirley, CEO and Chief Heart Officer at Be Strong International. Today, I'm happy to share with all of you a series of videos with tips and reflections that describe helpful findings I've had through this ongoing journey of teaching heart skills and healthy relationships. I hope you enjoy the series, as I discuss love, life and leadership.



Big hug,  
*Michelle Shirley*

[WATCH SERIES](#)

### WE ARE IN THE NEWS!

### BE STRONG SHOW SERIES



[CLICK TO SEE FULL SERIES](#)

A Heartfelt Series Hosted by Be Strong International CEO, Michelle Shirley. Meet our latest guest, Karyn Cunningham, Mayor of Palmetto Bay, Florida.

Thanks to the support of our friends at Miami's Community Newspapers, watch as Michelle Shirley, interviews special guests and discusses all things relationships, leadership, community, and more!

Click to watch Mayor Cunningham, and Michelle talk about the importance of community, balancing personal life while managing the weight of the great responsibilities they have to uphold, and much more!

## FEATURED ARTICLE

### HOW TO SHOW LOVE TO YOUR TEEN AND GET THEM TO LISTEN

Teenagers put walls up and are more interested in spending time with their friends than with their parents, and the parents don't understand how to get their teen to confide in them. Even though you're angry and frustrated, it's important to use love and logic with teenagers...

[READ MORE](#)



## WHAT WE'VE BEEN UP TO!

### NEW PAGE ALERT! HOW TO GET INVOLVED

Are you willing to give back to your community and you still don't know how? As part of our Be Strong In The Community Campaign, we showcase 6 easy ways you can help and make a meaningful impact in youth and families of South Florida. From sharing a review or following us in social media, to making a gift, your action will make a big difference in so many lives. Click below to learn more!

### Be Strong in the Community 6 WAYS TO GIVE

- 1 Make a Gift
- 2 Become a Volunteer
- 3 Refer your Friends
- 4 Get Social
- 5 Shop to Support
- 6 Share Your Love

[MAKE AN IMPACT!](#)

## MARRIAGE MATTERS SEMINAR

### Couples Learned the Best Tools to Keep the Spark Alive in their Marriage!

Be Strong International's Marriage Matters Program hosted its annual Seminar - Keeping the Spark Alive! The night was filled with many special moments and couples got to connect with our three marriage experts to ask them all sorts of questions they could instantly apply to strengthen their relationship!

[VIEW GALLERY](#)



## HISPANIC HERITAGE MONTH AT BSI

¡En Be Strong International, estamos orgullosos de celebrar el mes de la Herencia Hispana!

¡Aquí en Be Strong International, nuestro equipo multicultural se abraza y se ama sin importar de dónde venga! ¡Animamos a todos que hagan lo mismo!

We are proudly celebrating Hispanic Heritage Month! Here at Be Strong International, our multicultural team embraces and loves one another no matter where you come from! We encourage everyone to do to the same!



[WATCH VIDEO](#)

## PROJECT H.O.P.E. TOUR KICKS OFF THE NEW SCHOOL YEAR

### Flagship youth program teaches healthy relationships and heart skills

Project H.O.P.E. uses a holistic approach to help teens and young adults make informed decisions about healthy relationships, character development, careers, and financial literacy. Our program is inclusive for all youth in public and private schools to churches, and community organizations. All kids with all abilities are welcomed. Students from Mater Academy Charter Middle School and John A. Ferguson Senior High School are already reaping the wonderful lessons they learned from our amazing facilitators.



[LEARN MORE](#)



[CHECK OUT UPCOMING WORKSHOPS](#)

## PARENTING DIVISION EXCEEDS THEIR ANNUAL GOAL!

### More than 4,250 parents have attended the free parenting sessions!

In 2022, thousands of parents have participated in our Raising The Bar Parent Alliance free parenting workshops program and in The Parent Club (funded by The Children's Trust). Our skilled facilitators shared meaningful lessons on how to raise resilient teens, responsible teenagers, improve their emotional health, subjects such as "Raise your child, not your voice", and many more. Kudos to our Parenting Division for their resilience and commitment to make better parents out there!

If you would like to sign up to our free parenting workshops, click [here](#). Workshops are offered in English, Spanish and Creole.

## WHAT'S COMING UP!



[PLEDGE TODAY!](#)

## GIVE MIAMI DAY RETURNS ON NOV. 17TH!

### Mark Your Calendar And Support BSI!

Give Miami Day 2022 is one of the largest annual giving events in the nation. On this day, you make a philanthropic impact by supporting our community's local nonprofits.

In honor of Be Strong International's 30th anniversary, this Give Miami Day, our goal is to raise \$30,000. Please donate and support our cause, to continue moving youth and families from brokenness to wholeness through high-impact community programs, such as food drives, back to school supplies drives and mental health services to underserved communities in South Miami-Dade.

## JOIN OUR THANKSGIVING FOOD DRIVE ON NOVEMBER 10TH!

### Mark Your Calendar and Join Us To Make A Difference in Our Community!

Don't miss out on an opportunity to give back to your community! Our next monthly food drive is on Thursday, Nov. 10th. Thanks to our collaboration with Farm Share Florida, 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 serve!

[VOLUNTEER NOW!](#)



## STAY UP TO DATE!



FOLLOW US ON INSTAGRAM