

'TIS THE SEASON FOR GIVING!

BOGO 50% OFF

OFFER VALID DURING 12/6 - 12/20, 2022



SOCIAL YAKS
STRONGER CONNECTED
A card game designed to bring us together through vulnerability.

A GAME BY **Be Strong**

PURCHASE ONE FOR YOU AND ONE FOR A LOVED ONE IN THIS SEASON OF GIVING!

SHOP TO SUPPORT TODAY!

Promotion applies to purchases in pairs. You must purchase two units at a time to qualify for this offer.

It's the season of giving and we've got you covered with the most special gift for your loved ones! Connect with family, friends, co-workers, and even strangers like never before! Take advantage of this once-in-a-year special on our brand-new card game, Social Yaks!

The best part? Proceeds of all purchases will directly benefit youth and families in South Florida

FROM OUR CHIEF HEART OFFICER



Hello everyone, I'm Michelle Shirley, CEO and Chief Heart Officer at Be Strong International. Today, I would like to share with you this message on forgiveness. The holiday season is upon us, and this is the time for family, friends, and our community to come together and cherish one another. Don't hold grudges, let go of the pain and run towards forgiveness! Not only for others, but most importantly, for yourself as well. Your emotional freedom matters!



MOVING TOWARDS FORGIVENESS
With Michelle Shirley
3:19

Big hug,
Michelle Shirley



WE ARE IN THE NEWS

BE STRONG SHOW SERIES

Mayra Meyer, from The Women's Fund of Miami-Dade.



Watch as the lovely Mayra Meyer, Executive Director for The Women's Fund of Miami-Dade, opens up and has a meaningful conversation with CEO & Chief Heart Officer, Michelle Shirley, as she shares important tips on helping victims of domestic violence, reaching out for help, and much more!

Lisa Greer, First Vice-President South State Bank



What a fantastic show with our lovely Board President, Lisa Greer, First Vice President of SouthState Bank! Watch as Michelle Shirley, CEO & Chief Heart Officer of Be Strong international, plays Social Yaks with her and gets to know her at a deeper level, learns about her journey at SouthState, as well as all the different hats she wears in the community!

Arturo Mancilla, Vice-President Business Development, Valley Bank



Tune into our podcast with Michelle Shirley, CEO & Chief Heart Officer of Be Strong International, as she interviews Arturo Mancilla, Vice President and Business Development Officer of Valley Bank! Listen to all the incredible advice on financial literacy that Arturo shares and learn about his journey in the banking industry!

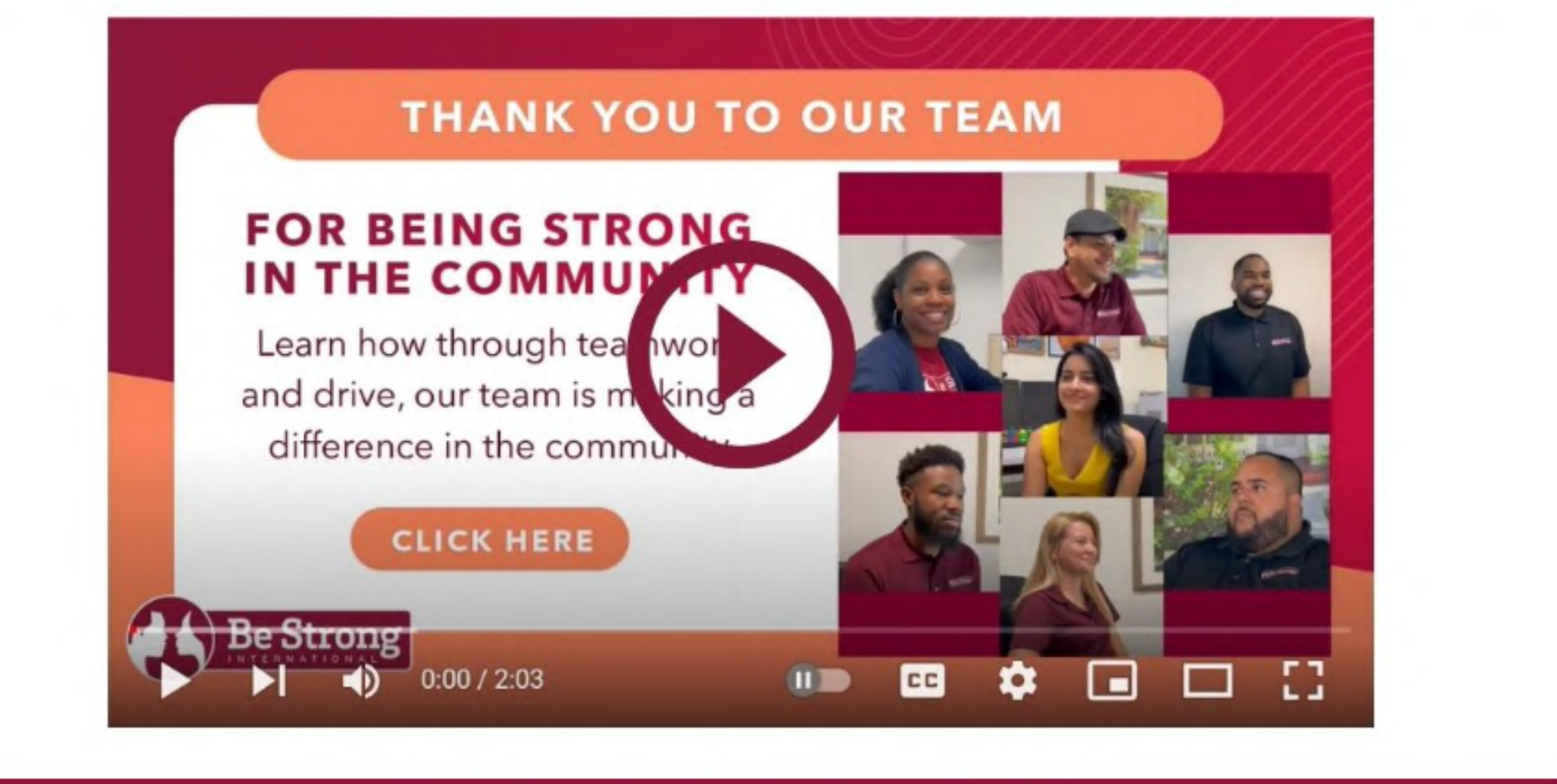
BSI EMPLOYEES TESTIMONIALS MIX 2022

THANK YOU TO OUR TEAM

FOR BEING STRONG IN THE COMMUNITY

Learn how through teamwork and drive, our team is making a difference in the community.

[CLICK HERE](#)



PARTNER OF THE MONTH

MPS Credit Union Donor/Volunteer of the Month



MPS Credit Union was recently recognized during our last Be Strong International Luncheon for their outstanding and continuous support. Be Strong International is incredibly grateful for having them as real partners. From consistently volunteering in our community events, to training our staff, and being sponsors of our fundraising events. Their contribution has made a huge impact in our community, and we thank them from the bottom of our hearts!

From left to right, Carlos Andres Villavic, Ricardo Cividanes, Michele Paramore, Michelle Shirley, Jace Reyes, CEO at MPS Credit Union and Giovanna Bonadona.

[VIEW GALLERY](#)

WHAT WE'VE BEEN UP TO

CELEBRATING OUR WINS

Celebrating our Accomplishments for the 2021-2022 fiscal year!

What's the point of working hard if you don't take a moment to celebrate your wins? Here at Be Strong International, we take pride in highlighting the accomplishments and efforts of our team! We want to highlight all our programs for the successful year and give kudos to Raising the BAR and Project HOPE for exceeding their deliverables and to the Marriage Matters team for receiving the Captain Data Award!

[VIEW GALLERY](#)



TRUNK OR TREAT EVENT

Happy Halloween! Let's Celebrate with a Be Strong Trunk or Treat!



Trunk or Treat! The Be Strong International team had a great time participating in this year's Trunk or Treat event! We want to give a huge THANK YOU to our awesome board member, Yoel Gutierrez from Mosquito Joe of Miami, for sponsoring this great event for our youth! The kids had a wonderful time dressing up and getting delicious candy all night long!

[VIEW GALLERY](#)

NOVEMBER LUNCHEON

Be Strong International Luncheon!




Another great luncheon down for the books! We invited diverse members of our community to learn more about Be Strong while having a delicious free lunch together, sponsored by Bolay Fresh Bold Kitchen! Guest connected networked and shared a little bit about themselves as we broke the ice playing a round of Social Yaks!

[VIEW GALLERY](#)

BEAUTIFICATION EVENT

Garden Volunteering with Cristina's Academy!



The Be Strong International team participated in a beautification day event over at Pine Villa Elementary in collaboration with Cristina's Academy! It was such a beautiful sunny day, and we had such an amazing time helping the kids garden! We want to thank Cristina's Academy for letting us take part of this beautiful event!

[VIEW GALLERY](#)

PROJECT H.O.P.E. TOUR OCTOBER/NOVEMBER

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, Palm Glades Preparatory Academy, Dade Prep Academy and G. Holmes Braddock Senior High are already reaping the wonderful lessons they learned from our amazing facilitators.

[VIEW GALLERY](#)

GIVE MIAMI DAY

THANK YOU TO ALL OUR DONORS!

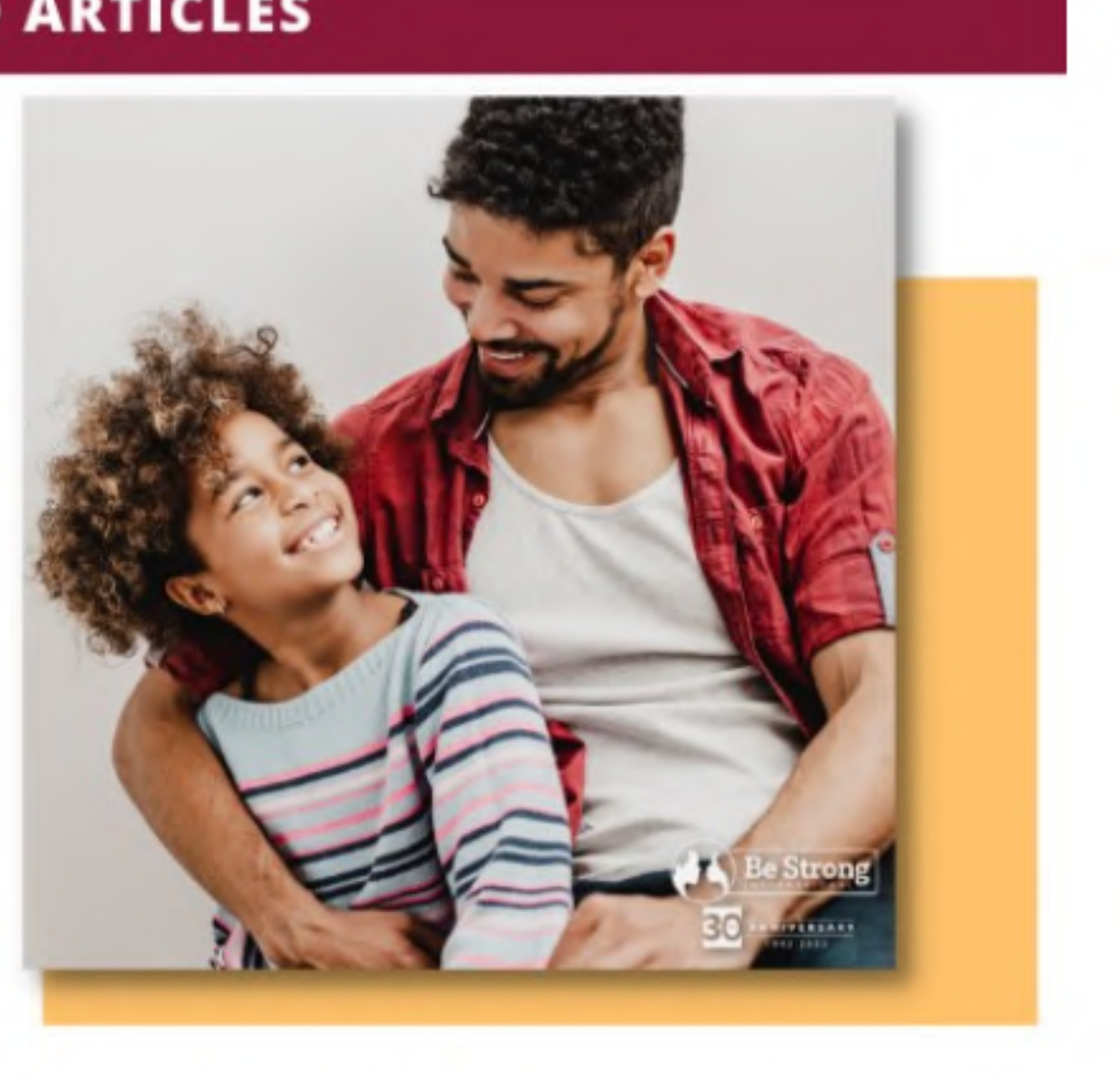
In 2022 we raised \$16,202
From 96 donors



Be Strong
30th ANNIVERSARY 1992-2022

FEATURED ARTICLES


TOP 10 TIPS FOR SINGLE PARENTS



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](#)

FROM YES-MEN TO X-MEN



YES-MEN TO X-MEN: TAPPING INTO YOUR SUPERPOWER

By Michelle Shirley, CEO & Chief Heart Officer of Be Strong International

"Yes Men" are people who, without question, do whatever the leader asks of them, even when they know there may be a better option or idea. Perhaps this attitude is analogous to the "quiet quitting" phenomenon. Either way, Yes Men usually don't want to deal with confrontations or simply don't care enough to challenge the leader to discuss an alternative solution... Click below to read more.

[READ MORE](#)

WHAT'S COMING UP!

JOIN OUR HOLIDAY FOOD DRIVE ON DECEMBER 8TH!



Join us and make a difference in your community this Holiday season!

Don't miss out on the opportunity to support your community this holiday season! Our next food drive is taking place Thursday, Dec 8th. Thanks to our collaboration with Farm Share Florida, The Office of Commissioner Kionne McGehee 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!



NOW AVAILABLE ON AMAZON!

[FOLLOW US ON INSTAGRAM](#)