



TEEN DATING VIOLENCE AWARENESS MONTH

Teen Dating Violence Awareness Month is observed every February to raise awareness about the prevalence of violence in teen relationships and to encourage communities to take action to prevent it. It is a crucial time to educate young people about healthy relationships and empower them to recognize and seek help in cases of abuse.

Be Strong International, a non-profit organization dedicated to empowering youth to lead healthy, violence-free lives, plays a significant role in supporting the cause. Through its innovative and evidence-based programs, Be Strong International works to educate and empower young people, promoting healthy relationships and preventing violence in communities around the world. The organization's efforts align with the goals of Teen Dating Violence Awareness Month, making it a valuable resource for communities looking to make a positive impact.

Click "Learn More" to go to the full article "Teen Dating Violence in Miami-Dade County, which shows staggering statistics about teen dating violence in our county, and ways to help mitigate those stats.

[LEARN MORE](#)

SPECIAL EVENT ANNOUNCEMENT



SPONSOR TODAY | **THURSDAY, APRIL 27TH, 2023** | **JOIN US**
6-9:00 PM
THE BUZZY PELLIAN, Key Biscayne, FL 33149



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 talk to you about what is that you're trying to prove? I think it's important to assess whether the decisions we make are genuine or not. Is what you're trying to prove causing you bitterness, frustration, or to stretch yourself financially thin? What are the motives behind your decisions? These are all questions we need to consider if we want to grow as individuals. Let's talk about it...



Big hug,
Michelle Shirley

CHIEF HEART OFFICER

WE ARE IN THE NEWS



BE STRONG SHOW SERIES HOSTED IN PARTNERSHIP WITH MIAMI'S COMMUNITY NEWSPAPERS

Lilliam Lopez, CEO & Founder of South Florida Hispanic Chamber of Commerce

Watch our CEO and Chief Heart Officer, Michelle Shirley, interview Lilliam Lopez, CEO & Founder of the South Florida Hispanic Chamber of Commerce as she shares all about her journey as a CEO, the incredible things the chamber is doing for the community and get to know her at a deeper level as she answers some fun questions from our new card game, Social Yaks! Click on the image to watch the full interview!

Community Focus: Easy 93.1 FM Interviews Michelle Shirley

Listen as CEO and Chief Heart Officer of Be Strong International, Michelle Shirley, talks about the work Be Strong Int'l is doing for youth, parents, married couples, and the overall well-being of the community in Miami-Dade and Broward County! Michelle also shares how they are impacting other companies and organizations with their new game Social Yaks! Click the image to listen to the full interview by Ellen Jaffe on Easy 93.1 FM.



FEBRUARY SPECIAL

SHOP AND SUPPORT TODAY!



\$5 OFF

EXTENDED UNTIL 2/28

DON'T MISS OUT ON THE SOCIAL YAKS EXPERIENCE!

OFFER VALID DURING 2/1 - 2/28, 2023

USE CODE: LOVE5

[ORDER NOW](#)

THE BEST PART? PROCEEDS OF ALL PURCHASES WILL DIRECTLY BENEFIT YOUTH AND FAMILIES IN SOUTH FLORIDA

BLACK HISTORY MONTH TRAILBLAZER WOMAN OF COLOR PROCLAMATION



On Monday, February 6th, on behalf of Mayor Kayn Cunningham of Palmetto Bay, Vice Mayor Tellam presented Michelle Shirley, CEO & Chief Heart Officer of Be Strong International, with a proclamation in honor of Black History Month - Trailblazer Woman of Color!

Congratulations to all the organizations who were recognized! Together, we can make our communities stronger!

[LEARN MORE](#)

TESTIMONIALS



A VALENTINE'S DAY Love Story

MEET *Alfredo & Rosa*

Marriage Matters Participants, 2022

Participantes del Programa Matrimonio, 2022

[CLICK HERE TO WATCH VIDEO!](#)

WHAT WE'VE BEEN UP TO

BE STRONG INTERNATIONAL SELECTED AS ONE OF THE BEST PLACES TO WORK 2023 BY THE SFBJ


The organization was selected in the Small Company Category

Exciting news! Be Strong International has been selected as South Florida Business Journal 2023 Best Places to Work! We are so excited to receive this incredible recognition and are committed to continuing our efforts in making Be Strong International a safe, healthy, and fun work environment!

[READ ANNOUNCEMENT](#)



BE STRONG AFTER SCHOOL CLUB - ART BASEL 2023



Photography, dance, culinary arts and more!

Our students had a great time showcasing their talents and all the incredible things they learn with us during their time in the Be Strong After School Club! Not only do they receive academic support, but they're also offered exciting, fun activities like photography, culinary, and dance classes! Check it out!

[VIEW GALLERY](#)

PROJECT H.O.P.E. TOUR

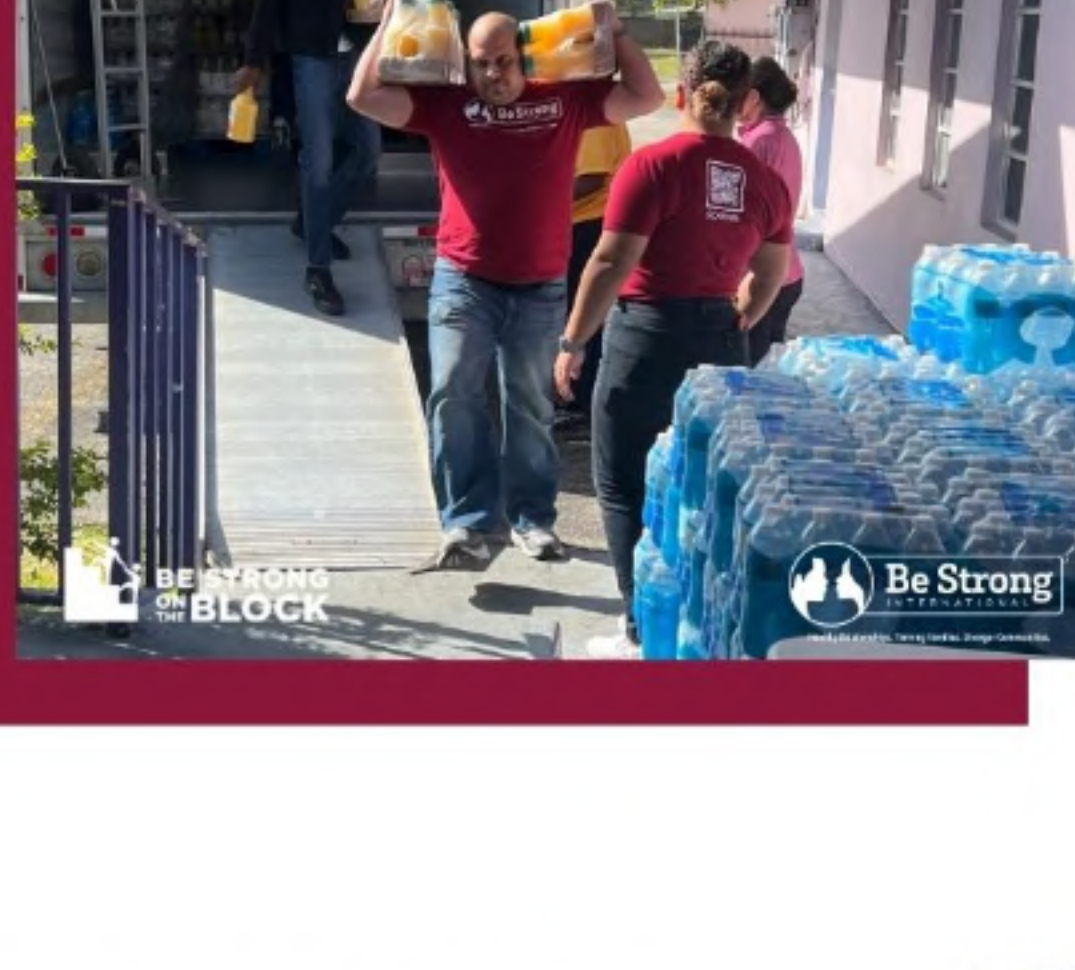
Flagship youth program continues teaching healthy relationships and heart skills

Our Project H.O.P.E. Tour is still making its way around Miami-Dade and Broward! Our facilitators have spent the last few weeks in various schools like Ponce De Leon Middle School, South Plantation High School, and G. Holmes Braddock High School teaching youth and teens all about heart skills and the importance of having and maintaining healthy relationships!



[VIEW GALLERY](#)

BE STRONG ON THE BLOCK



Moving Communities Upward!

Be Strong On The Block (BSOTB) is an intensive care coordination program that provides comprehensive and individualized supports for children, youth, and families residing in high-need communities in south Miami-Dade. Over the last several weeks, our team members from our new program have been out in the community giving it their all to help individuals and families move from brokenness to wholeness! Take a look at all the incredible work they have been up to!

[VIEW GALLERY](#)

PLANET AIR FIELD TRIP

Be Strong After School Club

Our Be Strong After School Club participants got to enjoy a day full of fun activities at Planet Air Sports in Doral! Kids jumped, climbed, played, ran, and challenged themselves to an obstacle course! It was amazing seeing them all have such a great time together, as they practiced what they've learned in our BSASC. These are the experiences they will never forget and we're just thankful to make these fun memories happen for them in a safe space for all!

[VIEW GALLERY](#)



FEATURED ARTICLE

HOW TO IMPROVE PARENT-CHILD RELATIONSHIPS

How parents relate to their children can profoundly affect how children develop social and emotional competencies, gain self-control, and learn to solve problems, interact with others, and become responsible adults. Remember the saying, "Character begins at home." It begins at home—how you raise and interact with your kid has a ripple effect on their relationship with others in school, society, and family, and it all starts with you.

[READ MORE](#)



WHAT'S COMING UP!



JOIN OUR NEXT FOOD DRIVE ON MARCH 9TH!

Make a difference in your community!


We are back! Our monthly food drives in collaboration with Farm Share FL, Miami Dade County Government, and Commissioner Kionne McGhee from District 9 are continuing for the rest of the year! We are so excited to come out to Denny's Park every second Thursday of every month and serve up to 500 families with nutritious food packages! Looking for ways to give back? Join us!

[VOLUNTEER NOW!](#)


BLACK HISTORY MONTH TRIVIA

Black History Month is an annual recognition of the history, accomplishments, and perseverance of the Black community. Here at Be Strong International we are celebrating this important month by highlighting the achievements of the prestige African Americans that have jumped the hurdles and beaten the odds against them to help shape our nation for the better. Each week in our Instagram stories we will be playing a trivia game to see how much you know about Black History! Make sure you participate each week for a chance to win some Be Strong merch!

[FOLLOW US ON INSTAGRAM TO WIN](#)



GEMS, OUR PROGRAM FOR GIRLS IS BACK!



New cohort starting April 2023

Girls Empowerment Mastery Sessions (GEMS) mission is to empower girls, ages 9 - 12, to gain wholeness by "finding their voice" in every aspect of life, including social, emotional, mental and physical. This program covers topics such as: building resilience, dealing with bullying, organization, time management, sharpening communication skills, and much more. Spots are limited.

[SIGN UP NOW!](#)

STAY UP TO DATE!



[FOLLOW US ON INSTAGRAM](#)

JOIN OUR TEAM!

Available Positions at Be Strong International

- 

Facilitator / Teacher Parenting Division
- 

Facilitator / Teacher Youth Division
- 

Senior Client Engagement Manager
- 

Community Connector
- 

Digital Marketing Specialist