

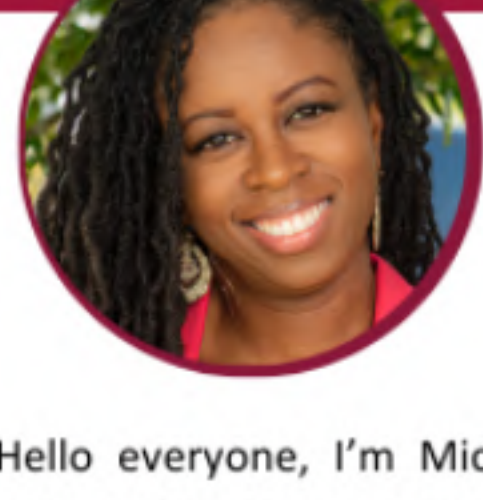


NEW PROGRAM TO SUPPORT MENTAL HEALTH!

Be Strong International recently launched its latest program, Be Strong On The Block; an intensive care coordination model that provides additional mental health services to vulnerable south Miami-Dade residents through the support of our amazing mental health partner, Wellspring Counseling. The program is funded by The Children's Trust as part of its Family and Neighborhood Support Partnerships (FNSP) and The Miami Foundation.

The program helps families living in the neighborhoods in Goulds, and Richmond Heights, plagued by poverty, crime, unemployment, community violence, and trauma. Following a positive screening and assessment results, Be Strong On The Block (BSOTB) staff addresses barriers to mental health, substance abuse, and/or parenting services, and also connects families with basic needs, support, benefits enrollment, assistance with transportation, childcare, bereavement and more. The program is designed to counterbalance characteristics associated with family dysfunction and help participants move from brokenness to wholeness.

[LEARN MORE](#)



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 valley experiences. What does it feel like to be in the valley? And what does it look like? It's a lonely state of being, where you're being humbled and tested in character. I want to share some tips to help you get through these valleys in life.



Big hug,
Michelle Shirley

CHIEF
Heart
OFFICER

WE ARE IN THE NEWS

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



Baldwin English, Executive Affairs Manager of FPL

We had the pleasure of sitting down with Baldwin English, Executive Affairs manager of FPL. During our Be Strong Show, Michelle Shirley, CEO & Chief Heart Officer of Be Strong International, interviewed Baldwin on his career journey, his childhood dreams, and what he is most proud of. Interested in learning more about Baldwin and the impact he has made in our communities? Click on the image to watch the full interview!

Ana VeigaMilton, President of Jose Milton Foundation

We had such a great show with Ana VeigaMilton, President of the Jose Milton Foundation! Watch as our CEO and Chief Heart Officer, Michelle Shirley, interviews Ana as she shares all about her philanthropic journey, the incredible things she does for the Miami-Dade community and watch as she plays a round of Social Yaks! Want to get to know Ana on a deeper level? Click on the image!



VALENTINE'S DAY SPECIALS

SHOP AND SUPPORT TODAY!



THIS VALENTINE'S DAY, GIVE THE GIFT OF LOVE AND CONNECTION! DON'T MISS OUT LIVING THE SOCIAL YAKS EXPERIENCE!

OFFER VALID DURING 1/24 - 2/28, 2023

USE CODE: LOVE5

[ORDER NOW](#)

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

TESTIMONIALS

THANK YOU TO OUR DONORS

FOR BEING STRONG IN THE COMMUNITY

Learn how through their contributions and donations, we're making a difference.



Doug Skoke
VP of Development at Benjamin Douglas

WHAT WE'VE BEEN UP TO

END OF THE YEAR POTLUCK

Be Strong International Christmas Party

As some may know by now, we always have to celebrate everything the "Be Strong way", and this past holiday season was no exception! Take a look at how our team celebrated the holidays before going on break! Our celebration was filled with so much fun, games, gifts, delicious food, laughs, but most importantly, so much love for one another! We did a white elephant gift exchange and it's safe to say... things got a bit... intense! Check it out!



[VIEW GALLERY](#)



CHRISTMAS SPECIAL AT PALM GLADES PREPARATORY ACADEMY

After-School Club students received gifts from Commissioner Danielle Cohen-Higgins

Commissioner Danielle Cohen-Higgins sent her wonderful team to deliver some holiday joy to our students from the Be Strong After School Club! We are so thankful for all the incredible games and gifts! It's very clear from the kids smiling faces, they were thrilled as well! Big shout out to Commissioner Higgins, her team, the staff of Palm Glades, the BSASC facilitators and Miream Sierra, our wonderful Senior Program Executive, for making this Christmas so memorable!

[VIEW GALLERY](#)

PROJECT H.O.P.E. TOUR

Flagship youth program continues teaching healthy relationships and heart skills

Our Project HOPE Tour is continuing all around Miami Dade and Broward County! Our facilitators were recently at G. Holmes Braddock Senior High, Kids Learning Center and Somerset Academy Central Miramar Campus, teaching students all about real life essential information they all need in order to succeed in their personal and professional lives! Students learned a variety of key tools such as heart skills, effective communication, financial literacy, and career/educational success!



[VIEW GALLERY](#)



MARRIAGE MATTERS CEREMONY NIGHT

A celebration of healthy relationships!

During 8-weeks last fall, more than 45 couples participated in a FREE evidence-based program designed to provide essential information and the best marriage advice for married couples to develop and maintain healthy relationships! The program sessions included learning key tools to have a successful marriage, how to have great speaker-listener communication skills, the importance of expressing appreciation, providing their partners support and much more! Check out the recap from our ceremony night as couples celebrated the completion of the program! The energy in the room was contagious as everyone laughed, danced, and created some incredible memories!

[VIEW GALLERY](#)

HOLIDAY LUNCHEON

Be Strong International hosts special holiday luncheon!

Twas a happy jolly holiday experience! We invited diverse members of our community to learn more about Be Strong International, while having a delicious lunch together, sponsored by Uniq Catering! Guests got to connect, network, and share a little bit about themselves as we broke the ice playing a round of Social Yaks! During the event, we honored our partners: Cleanability restoration for all their support and commitment to their community. What an incredible group of people! We had such an amazing time together and it was the perfect luncheon to end out the year the Be Strong way!



[VIEW GALLERY](#)

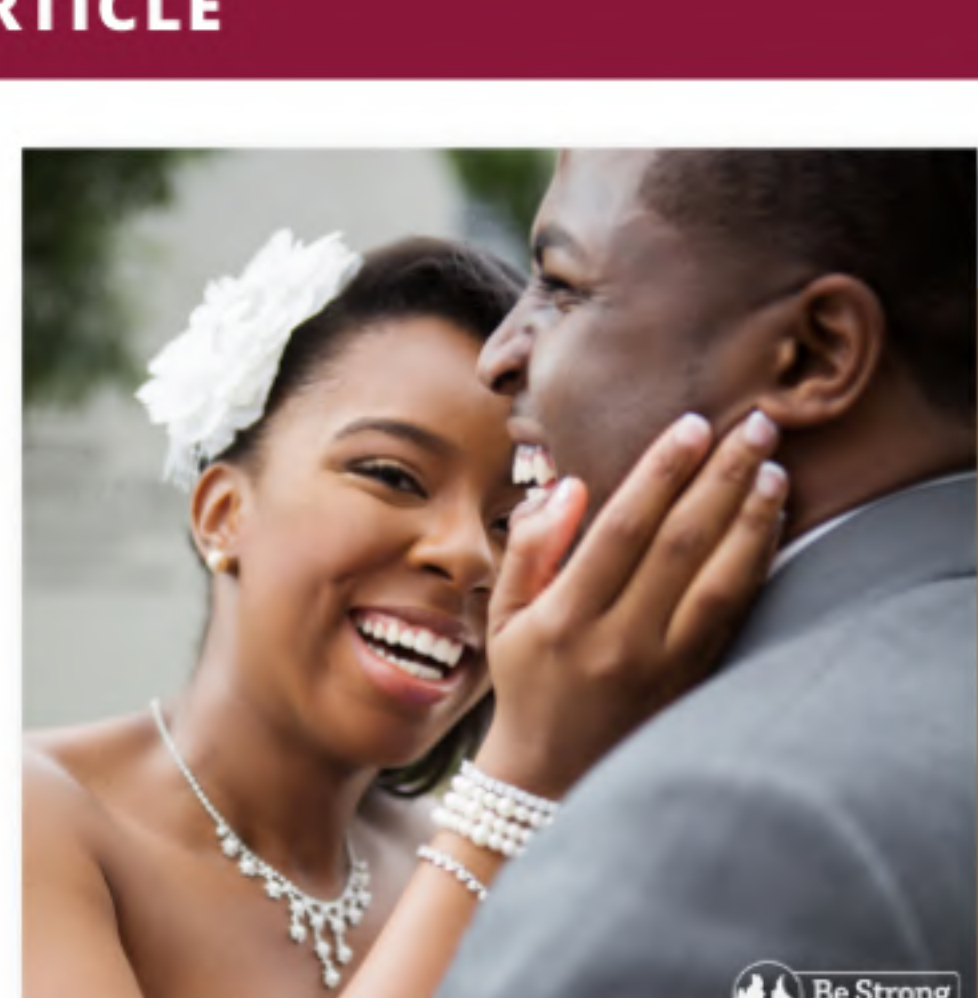
FEATURED ARTICLE

THE SECRETS TO HAVING A HEALTHY MARRIAGE

Marriage isn't always a bed of roses. It doesn't come with an instruction manual and can often become a bit overwhelming. Couples may appear similar on the surface but no two people are the same, making the union of two souls a delicate game.

Here we'll share some of the secrets to having and maintaining a healthy marriage.

[READ MORE](#)



WHAT'S COMING UP!



OUR NEXT FOOD DRIVE WILL BE FEBRUARY 9TH!

Join us and make a difference in your community - February 9th!

Our next food drive is taking place Thursday, February 9th. 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! Looking for ways to give back? Join us!

[VOLUNTEER NOW!](#)

SAVE THE DATE FOR OUR 'HEARTS IN RHYTHM' CHARITY EVENT!

Taking place April 27th, 2023

Don't miss out on the opportunity to support your community! Join us for a celebration of philanthropic spirit, as you take in the rhythm of our hearts, meet exciting people during a fabulous night filled with fun, live entertainment, and exquisite cuisine!

[LEARN MORE](#)



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. Spaces are limited.

[SIGN UP NOW!](#)

JOIN OUR TEAM!

Available Positions at Be Strong International



Marketing Specialist



Facilitator / Teacher Parenting Division

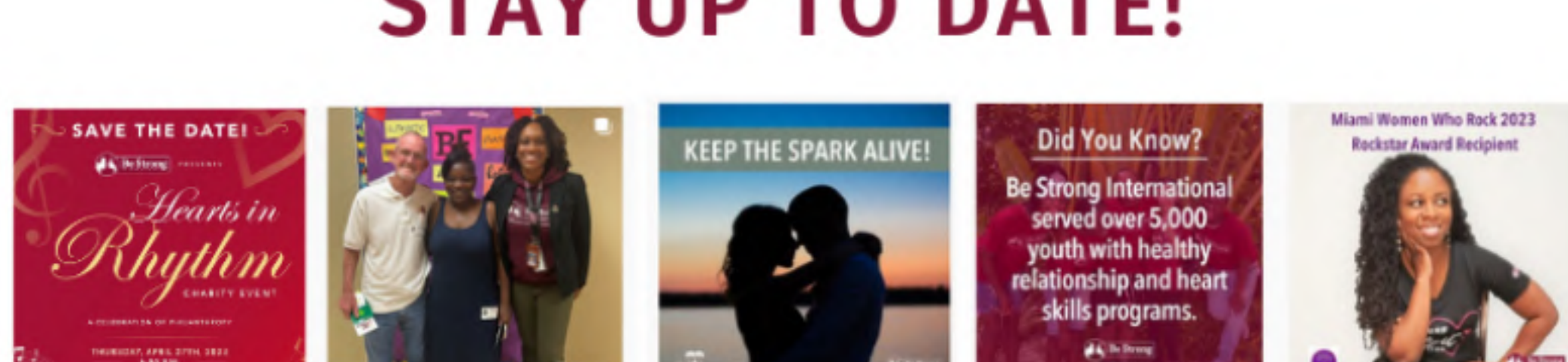


Facilitator / Teacher Youth Division



Senior Outreach Manager

STAY UP TO DATE!



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