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BE STRONG INTERNATIONAL MONTHLY NEWSLETTER VOL.22 DECEMBER 2024



**'TIS THE SEASON TO GIVE!**

As the holiday season fills the air with joy and gratitude, it's also a time to reflect on the power of giving. At Be Strong International, we believe in creating brighter futures for youth and families in our community—and your generosity makes it possible.

'Tis the Season to Give, let's make a difference together! Every contribution helps provide essential resources, education, and support to those who need it most.

Let's unite to spread hope, love, and opportunities this holiday season. A gift of any amount helps youth and families thrive!

Your community thanks you!

Happy Holidays!

[Donate Today!](#)

**HIGHLIGHTS**

**Uniting for a Cause: Be Strong's Holiday Food & Toy Drive.**

This holiday season, our Food & Toy Drive showcased community spirit, uniting staff, volunteers, and sponsors to support families in need. *We express gratitude to volunteers from PWD, Advance America, MPS Credit Union, and Dade County Federal Credit Union, as well as sponsors Amazon and MasterCard for their support.* Special thanks to Global Empowerment Mission for their generous toy donations. We also appreciate our partners at Farm Share FL, Miami-Dade County, and the Miami-Dade Police Department for their contributions. Together, we are building a stronger community!



[Check Gallery](#)

**ANNOUNCEMENTS**



[Shop Social Yaks!](#)

**Make This Holiday Season Memorable with Social Yaks!**

**\$5 Off for Limited Time Only! Give the Gift of Love and Connection!**

Whether you're on a family trip, gathering with friends, or spending cozy nights in, Social Yaks is the perfect way to connect and spark meaningful conversations.

From **DECEMBER 9TH to December 31**, enjoy **\$5 off each deck** — just in time for your Holiday adventures! Use Social Yaks for laughter, bonding, and new memories with your loved ones.

All proceeds go to Be Strong International's youth and families' programs.

## TESTIMONIALS



[Click Here!](#)

### Volunteer Spotlight: Meet Maria Gabriela Costa!

Maria Gabriela Costa from Beckman Coulter brings heart and dedication to our Monthly Food Drive-Thru, sharing how giving back has transformed her perspective. 🥰 Her passion for helping others inspires us all to recognize the power of community and the incredible difference we can make together.

Volunteers like Maria make our mission possible, and we'd love for you to join us! Come be a part of the impact every second Thursday of the month. ✨ Watch her testimonial by clicking the button!

### Thankful Hearts On The Block 🦃🙌

Gratitude filled the air as we handed out turkey gift cards and little gifts to brighten Thanksgiving for families in our community through our *Be Strong On The Block* program. 🧡 With heartfelt messages reminding us of the power of kindness, we're grateful for the chance to give back and for the incredible support from our funder, the Peacock Foundation, who made this initiative possible.

Wishing everyone in our community a warm and joyful Thanksgiving surrounded by love, gratitude, and togetherness. 🦃



[Watch Testimonials](#)

## WHAT'S COMING UP!



[Get Your Tickets Today!](#)

### Save The Date!

#### Hearts In Rhythm Charity Event 2025 🧡

Join us for an unforgettable evening at our *Hearts in Rhythm* Charity Event! Tickets are On Sale Now!

📅 Mark your calendar for Thursday, March 6, 2025, at the stunning Rusty Pelican in Key Biscayne, FL.

It's more than just a fundraiser—it's a celebration of love, community, and the incredible impact we can make together. 🧡 Will you be there to help make a difference? Let's create lasting change, one heartbeat at a time.

## FREE SERVICES



[Resources](#)

### Your Path to Support: Resources for Stronger Families

At Be Strong International, we are dedicated to fostering stronger communities by empowering individuals and families to achieve meaningful relationship breakthroughs. To further our mission of healing and strengthening our community, we have created a comprehensive list of resources and organizations to assist those in need. Whether you are facing a challenging situation or know someone who could use support, this resource guide is here to help you find the assistance you deserve.

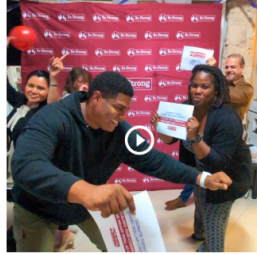
## POSITIVE WORKPLACE CULTURE



## Dancing for a Cause!

The Be Strong team danced their hearts out this past #GiveMiamiDay with our #DonationDance! Every step we took was fueled by our mission to empower families and strengthen communities. 🙌 Thanks to your generosity, every donation helped us get closer to transforming lives and building a stronger, brighter future. Together, we danced, donated, and made a difference! Thank you! 🙌💙

[Click to Watch Videos](#)



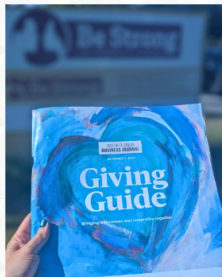
## WE'RE IN THE NEWS



### **From Military Service to Community Leadership: Mr. J Martinez's Inspiring Journey**

🔍 In this inspiring episode of the Be Strong Show, we featured special guest Mr. J. Martinez, CEO of Hope for Miami! Mr. J shared his journey from serving in the Air Force to leading a nonprofit organization. He reflected on his passion for hands-on fieldwork and his love for teaching directly with children—an essential part of his work. During the episode, Mr. J and our CEO and Chief Heart Officer, Michelle Shirley, discussed their shared mission of strengthening families and fostering healthy relationships within the Miami community. With laughter-filled rounds of Social Yaks and insightful discussions, it was an episode that listeners didn't want to miss!

[Watch Video](#)

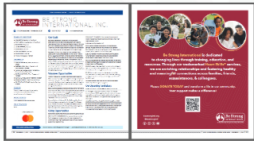


### **Celebrating Another Year in the South Florida Business Journal's Giving Guide**

For the second year in a row, Be Strong International is honored to be featured in the prestigious **South Florida Business Journal's Giving Guide!**

This guide showcases the incredible nonprofits making a difference in Miami-Dade, and we're proud to stand among such outstanding organizations.

A heartfelt thank you to the South Florida Business Journal for recognizing the work we do in the community and helping us share our mission with your esteemed audience. Together, we're building stronger, more resilient communities!



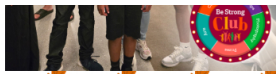
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## WHAT WE'VE BEEN UP TO



### **Celebrating Community and Gratitude This Thanksgiving**

Grateful hearts and generous spirits shine bright this Thanksgiving! We were blessed to join the Miami Dolphins for their annual Thanksgiving Dinner, where a family from the Be Strong International



[Check the Gallery](#)

community experienced a night of joy, connection, and gratitude. These moments remind us of the incredible power of community and the significance of giving back. Thank you, Miami Dolphins, for hosting such a heartfelt event and making this holiday season truly special for so many. 🙏💙



[View Gallery](#)

### Spreading Holiday Joy: A Heartwarming Gift for Our Community

This holiday season, we had the privilege of spreading some holiday cheer by giving out turkey gift cards to families in our community. It was an incredibly heartwarming experience to see how much this small gesture meant to those who received it. Many people were moved to tears, expressing gratitude for the support during a time when preparing a holiday meal felt like a challenge. For some, it wasn't just about the meal but the sense of hope and care it brought. At Be Strong International, we believe in coming together to uplift one another, and moments like these remind us why we do what we do. Seeing families walk away with smiles and knowing their holidays will be a little brighter fills our hearts with joy. Together, we're creating stronger, more connected communities, one act of kindness at a time.



[View Gallery](#)

### Celebrating Fatherhood Graduation!

We are beyond proud to announce that **19 incredible fathers** have successfully graduated from the **Father First Program** at Be Strong International! 🌟 Through the transformative curriculum of the renowned **Nurturing Fathers Program**, these dedicated dads have gained invaluable tools to foster **stronger, healthier relationships** with their children.

Throughout this program, participants delved into topics like **effective communication**, building emotional connections, and creating positive family dynamics. The goal? Empower fathers with the skills and confidence to lead their families with love, understanding, and strength.



[View Post](#)

### The Community Shines at the November Food Drive

This November Food Drive was a powerful reminder of the strength and compassion within our community. 🚗🍎 Cars began lining up as early as 5 a.m., a clear testament to the great need and the dedication of those who came to help. Thanks to the incredible efforts of all volunteers and partners, we were able to provide more than 500 families with food, essential items, and a renewed sense of hope. A heartfelt thank you goes out to all amazing partners, and all the local organizations that lent a hand. 🙏



[Check the Reel](#)

### Celebrating Love and Growth at Marriage Matters Ceremony Night

Love and joy filled the air during our Marriage Matters Ceremony Night! Couples came together to celebrate their commitment with music, dancing, and heartfelt moments that highlighted their journey of building stronger marriages and families. After completing 8 weeks of Heart Skills® training, these couples received their certificates, marking the culmination of an incredible journey. Throughout the cohort, they learned essential skills for healthy communication, managing finances, navigating challenges, and raising children. 🥰💖 It was a beautiful evening honoring their dedication to growth, love, and connection.

# JOIN OUR TEAM!

## Available Positions at Be Strong International



[Check the Reel](#)

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## Available Positions at Be Strong International

### STAY UP TO DATE!



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