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BE STRONG INTERNATIONAL MONTHLY NEWSLETTER VOL.23 FEBRUARY 2025



Black History Month: Honoring Community Leaders

In celebration of Black History Month, Be Strong International recognizes the Black leaders who are making a difference in South Florida's communities. These dedicated professionals are committed to mentoring youth, advocating for equal access, and providing essential support to families in need. *CEO & Chief Heart Officer Michelle Shirley highlights the impact of role models like Be Strong International's founder, Althea McMillan, and the inspiring members of The Miami Foundation's 2024 Saltwater Fellowship.* This article honors a distinguished group of changemakers whose leadership and service continue to uplift and strengthen our community.

[READ THE ARTICLE](#)



Raising Awareness

for Teen Dating Violence

This February, during Teen Dating Violence Awareness Month, *Be Strong International highlights the importance of healthy relationships through Project H.O.P.E.* This interactive workshop series, offered in 25 schools across Miami-Dade and Broward, helps teens recognize harmful behaviors and build communication skills to set boundaries. *Sabrina Jules, Program Manager of Youth Services, gives us a look into how Project H.O.P.E. empowers youth to trust their instincts, respect themselves, and seek support when needed.* With toxic relationships often glamorized in the media, the program ensures that love is always safe and respectful.

[READ THE ARTICLE](#)



[LEARN MORE ABOUT PROJECT H.O.P.E.](#)

SPOTLIGHT



[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.

ANNOUNCEMENTS



Rekindle the Joy in Your Marriage!

Feeling disconnected in your relationship? *Join our Marriage Matters program to reconnect, have fun, and learn free tools to strengthen your bond.*

Sign up before **February 14, 2025**, and take the first step toward a more joyful and fulfilling partnership.

Don't wait—rediscover the spark in your marriage today!

WOULD YOU LIKE TO
RECONNECT & HAVE FUN
WITH YOUR SPOUSE?

START THE NEW YEAR BY
REVAMPING YOUR MARRIAGE.

FREE educational skills & tools
to improve your relationship!

SIGN UP BEFORE FEB 14, 2025

REGISTER TODAY



Be Strong on the Block
FOOD DRIVE-THRU

Food available for 500 households | First come, first served!


February 13 | Starting at 9 a.m. until supplies last

11111 S. W. 216th Street, Suite 100
Miami, FL 33170

REGISTER HERE!

Kick Off 2025 with Our First Food Drive-Thru!

We're back with the first Food Drive-Thru of 2025! **Join us on February 13 for our Be Strong on the Block Food Drive-Thru event.** We'll be distributing food to 500 households on a first-come, first-served basis, so arrive early to secure your spot. The Food Drive begins at 9 a.m. at J.L. (Joe) and Enid W. Demps Park (Former Goulds), located at 11350 SW 216th Street, Miami, FL 33170. Don't miss this opportunity to receive essential groceries for your family. Let's kick off the year by building stronger, healthier communities together!




Exciting News: Marlins FanFest & Youth Clinic!

Looking for a fun and **FREE** family outing? The **Miami Marlins FanFest** is happening on **Saturday, February 8, from 4-8 PM at loanDepot park!**

This family-friendly event will feature player meet-and-greets, interactive games, and more! Plus, kids can participate in the **Marlins Youth Academy Clinic**, where they'll learn baseball basics with Marlins players. **Three free sessions** are available at **5 PM, 6 PM, and 7 PM**, but **registration is required** for both FanFest and the clinic. If you know families who would love this opportunity, be sure to share the info!

SIGN UP HERE



FANFEST
PRESENTED BY **ACF**
SATURDAY, FEBRUARY 8 | 4-8 PM
loanDepot park
"FREE ADMISSION"
MARLINS.COM/FANFEST

FROM OUR CHIEF HEART OFFICER

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 the importance of connections and in today's fast-paced world, it's easy to rush through conversations without truly connecting. But real connections—ones that are meaningful and authentic—require us to slow down, be present, and show others that we genuinely care. I invite you to take a moment to reflect: Are your daily conversations deepening your relationships, or just filling the space? Let's be intentional in the way we engage with one another. Watch the video to discover how we can create stronger, more meaningful connections in our lives. Let's talk about it...



Michelle Shirley
CEO and Chief Heart Officer at Be Strong International

Big hug,
Michelle Shirley



[Watch Michelle's Message here](#)

WHAT'S COMING UP!



YOU'RE INVITED

Be Strong International

PRESENTS
Hearts in Rhythm
2025 CHARITY EVENT
A CELEBRATION OF PHILANTHROPY

THURSDAY, MARCH 6TH, 2025
6:00 PM

THE RUSTY PELICAN
MIAMI BEACH, FL

Save The Date!

Hearts In Rhythm Charity Event 2025

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Mark your calendar for Thursday, March 6, 2025, at the stunning Rusty

Pelican in Key Biscayne, FL

Get Your Tickets Today!



WATCH THE 2024 RECAP!

Take a look into the unforgettable experience of the Hearts in Rhythm Charity Event 2024! 🎶💖 This special evening was filled with meaningful moments, heartfelt connections, and a shared commitment to raising awareness about heart health. From inspiring speeches and live entertainment to the generosity of our community coming together for a vital cause, this event truly captured the spirit of unity and giving back. Join us as we relive the highlights, celebrate the impact made, and thank everyone who helped make it a success. Together, we're keeping hearts in rhythm!

A LOOK BACK OF THE HOLIDAYS AT BSI

❄️ Winter Wonderland Magic: A Night to Remember! ❄️

Our Winter Wonderland event was a heartwarming celebration that brought families from the Broward County community together for an evening filled with joy, laughter, and connection! 🎄🌟 Through our Raising the B.A.R. program, we continue to empower parents and caregivers with essential tools to build strong, healthy families—perfectly timed for the holiday season. 💖

A huge thank you to everyone who joined us and to the Children's Services Council of Broward County for partnering with us to make this magical day truly unforgettable! 🌟



Check Gallery

🎉 A Joyful Celebration with the BSI Team 🎉

The Be Strong International Staff Holiday Party was a joyful and memorable celebration of teamwork, gratitude, and holiday cheer. From festive carols and engaging games to a heartfelt gift exchange and a special visit from Santa 🎅, every moment highlighted the strong bond that unites our team.

During the event, we had the honor of recognizing our **Employee of the Quarter, Javier Guillen** 🏆, and were uplifted by the inspiring words of our CEO & Chief Heart Officer, **Michelle Shirley** 💖. As we reflected on the past year, we were reminded of the privilege of working together toward our shared mission.

We extend our sincere appreciation to **Board Members Lisa Greer, Emily Arcia, Mayra Vivacqua, and Doug Skoke** for joining us in celebrating this special occasion. Your support and dedication continue to inspire us!



Check The Reel

Check Gallery



🎄 A Heartwarming Holiday Celebration with the Miami Dolphins 🎄

This holiday season, we had the privilege of attending the Christmas Dolphins Dinner alongside one of our cherished Broward families. The evening was a beautiful celebration of generosity, unity, and the joy of giving. Watching children receive their dream gifts was a touching reminder of the profound impact that kindness and community support can have during this special time of year.

We extend our heartfelt gratitude to the Miami Dolphins and Football Unites for their unwavering commitment to spreading joy and making this memorable night possible. Your dedication to uplifting our community is truly commendable! 🙌💖

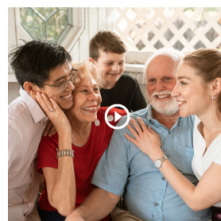
Check Gallery

Check Reel

PROGRAM SPOTLIGHT

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.



Resources

POSITIVE WORKPLACE CULTURE



[Click To Read The Article](#)

Celebrating Five Years of Dedication 🏆👏

Be Strong International is proud to celebrate five years of dedicated service from several exceptional team members. **Emmanuel Ovalle, Rodlin Gelin, Juan Camargo, Carlos Villacis, and Everson Joseph** have made lasting contributions to our mission, consistently excelling in their roles and positively impacting our programs and communities. Their hard work and commitment inspire us all, and we are grateful for their continued dedication. Here's to many more years of success together!

WE'RE IN THE NEWS



[Watch Video](#)



From Passion to Plate: Rick's Journey with Uniq Catering on the Be Strong Show

In the latest episode of the Be Strong Show, our CEO & Chief Heart Officer, Michelle Shirley, interviews Rick, the Owner and Founder of Uniq Catering. Rick shares his inspiring journey of building a successful catering business, overcoming challenges, and creating unforgettable event experiences. As a special treat, Rick also brought along some of his incredible dishes for the Be Strong team to enjoy, showcasing his culinary creativity and passion for excellence 🍴👏 This episode is packed with insights on entrepreneurship, leadership, and the importance of building strong community connections.

🔔 **Don't miss out!** Watch the full interview now, [click this link](#) 📺👏



Michelle Shirley Honored as One of the Top Black Women by Legacy Miami Magazine!

Our CEO and Heart Chief Officer, Michelle Shirley, has been recognized as one of the top black women in Business and Industry by Legacy Magazine. This honor is a testament to her dedication and contributions in the nonprofit sector, as well as her many achievements in supporting the South Florida community.

[Read More](#)

WHAT WE'VE BEEN UP TO



[Read the Blog](#)

Carlos Villacis Joins Chamber South Board!

Be Strong International proudly celebrates Carlos Andres' appointment as a Board Member for Chamber South. Announced at the Chamber South Luncheon: "New Year Resolutions: Health, Wealth & Nutrition," this milestone strengthens our connection with South Florida's vibrant business community.

As a proud Chamber South member, we look forward to fostering collaboration and advancing our mission of empowering individuals and families. Congratulations, Carlos, on this exciting achievement! 🎉



[Check the post](#)

🎨👏 Be Strong After School Club Shines During Art Basel Week 📸👏

During **Art Basel Week**, students from the **Be Strong After School Club** had the incredible opportunity to showcase their creativity and hard work through a special exhibit featuring projects from their various enrichment activities. 📸👏 From stunning **photography** capturing their unique perspectives to engaging **podcast** recordings sharing their voices, the students proudly presented their talents. 🎧👏 The event also highlighted their skills in the kitchen with delicious creations from their **cooking class**, as well as dynamic **dance performances** 🕺👏 that energized the crowd. This showcase was a testament to the students' growth, passion, and the impact of the **Be Strong After School Club** in fostering artistic expression and confidence. 🌟👏



JOIN OUR TEAM!

Available Positions at Be Strong International

- [Site Supervisor - Miami, FL](#)
- [Security Monitor - Pembroke Pines, FL](#)
- [Site Instructor - Miami, FL](#)
- [Certified Teacher - Pembroke Pines, FL](#)
- [Success Coach - Parenting Division](#)

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](#)



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9730 E Hibiscus Street, Suite B Palmetto Bay, FL 33157

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