

PROJECT H♥PE

Bring Project Hope to your school and help your students make healthier decisions for a brighter, more hopeful future.



A WORKSHOP FOR BUILDING HEALTHY RELATIONSHIPS



Project Hope is an interactive workshop series offered by Be Strong International for public and private schools. It consists of eight hours of activities, group discussions, and guided practice spread out over five-sessions – usually over five consecutive days. Project Hope aims to help teens and young adults make informed decisions about relationships and to understand sexual risk avoidance.

Students who participate in Project Hope will face tough, real-world situations and learn how to make decisions under pressure. To date, nearly 200,000 students have participated in the workshop series to strengthen their emotional and intellectual selves.

Project Hope is also available for use by churches, faith-based groups, and community organizations.

EDUCATING OUR COMMUNITY

Be Strong International is a leading non-profit funded by state and federal grants, as well as private contributions. For 25 years, Be Strong has helped young people create healthy relationships by educating them about sexual risk and how to avoid it. We've provided teens and adults in South Florida with tools to make better decisions about relationships, money, work, and family life – decisions that lead to a more hopeful future!

In addition to the Project Hope workshop series, Be Strong offers other complementary courses on subjects like financial literacy, effective communication, and career and educational success, as well as faith-based programs.

MEET OUR TEAM



MICHELLE SHIRLEY
EXECUTIVE DIRECTOR

Michelle has nearly fifteen years' experience working for non-profits, and has led the Be Strong International team since 2012.



BARBARA JEAN
PROGRAM SPECIALIST I

Barbara Jean has been instrumental in the development of Be Strong's educational programs. For over 4 years, she has managed programs from the federal, state, and local level.

**BRING
PROJECT
HOPE**

TO YOUR SCHOOL
OR ORGANIZATION

COSTS AND SCHEDULES

PLANS FOR BUSY STUDENTS

Project Hope consists of an eight-hour course taught in a five-day format on consecutive days. The program is flexible and can be tailored to fit students' in-school or after-school schedules.



Healthy Relationships. Thriving Families. Stronger Communities.

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