

*GET*

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**READY  
TO  
Talk**

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## PARENT COMMUNICATION WORKSHOP

Studies show that teens look to adults more often than to friends and to the media for relationship guidance, but that doesn't make it any easier to know what to say! That's why Be Strong International teaches adults how to discuss maintaining healthy relationships in its *Ready To Talk* workshop.

### **ABOUT OUR WORKSHOP**

Be Strong International's 60-minute workshop, developed in partnership with the U.S. Department of Health and Human Services, is designed to:

- Reinforce the importance of discussions about healthy relationships, including sex
- Recognize and overcome communication barriers
- Provide opportunities to practice having tough conversations



# 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.



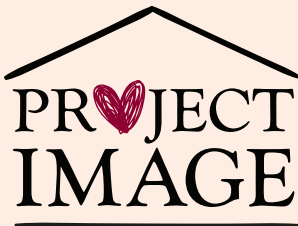
**BARBARA JEAN**  
PROGRAM SPECIALIST I

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.

## MORE PROGRAMS FOR OUR COMMUNITY



Project Hope is a program by Be Strong International designed to help teens and young adults make informed decisions about healthy relationships, character development, careers, and financial literacy. The program guides and empowers, and it can be used by anyone.



Building Character,  
One Decision At A Time.

This workshop series empowers participants to build healthy relationships while recognizing the important role faith plays in the decision-making process. It was designed for use in churches and other faith-based organizations.



## BRING OUR PROGRAMS TO YOUR ORGANIZATION

Email [info@BeStrongIntl.org](mailto:info@BeStrongIntl.org); or call 305-969-7829



Healthy Relationships. Thriving Families. Stronger Communities.