



Bring Project H.O.P.E. to your school or organization to help your youth make healthier decisions for a brighter, more hopeful future.



A WORKSHOP FOR BUILDING HEALTHY RELATIONSHIPS



Project H.O.P.E. is a transformative workshop series for teens offered by Be Strong International to public schools, private schools and youth-serving organizations. The program uses a holistic approach to help teens and young adults make informed decisions about relationships and avoiding risky behaviors. During the sessions, students participate in simulated, real-world situations and learn how to navigate through challenges often experienced during adolescence.



The interactive workshop series consists of nine hours of engaging activities, group discussions, and guided practice sessions. We are flexible to schedule around your availability. To date, over 230,000 students have participated in the workshop series to strengthen their emotional, social and intellectual selves.

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HEALTHY OUTCOMES

Through

PREVENTION EDUCATION



EDUCATING OUR COMMUNITY

Be Strong International is a leading non-profit funded by state and federal grants, as well as private contributions. For over 30 years, Be Strong International has helped individuals from broken families improve their outlook and opportunities by educating them holistically about risky behaviors, their impact and how to avoid them. We've provided teens and adults in South Florida with tools to make better decisions about relationships, work, money, and family life – all decisions that lead to a more hopeful future!

In addition to the Project H.O.P.E. workshop series, Be Strong International offers other complementary courses on subjects like financial literacy, marriage recovery, and parenting.



MEET OUR TEAM

MICHELLE SHIRLEY CEO & Chief Heart Officer

Michelle has more than 20 years' experience working for non-profits and has led the Be Strong International team since 2012, increasing its programmatic impact to youth and families and offering resources that teach Heart Skills®.



DAVON JOHNSON Program Manager In-School Programs

Since 2015, Davon has been instrumental in the development of Be Strong International's educational programs. His specialization in adolescent health qualifies him to lead the responsibility of teaching prevention education, healthy relationship skills, and financial literacy to at-risk middle-and-high-school-aged students.

BRING *project* **H.O.P.E.** TO YOUR SCHOOL OR ORGANIZATION



COSTS AND SCHEDULES

Project H.O.P.E. is a nine-hour program consisting of engaging, interactive workshops. The programming is flexible and can be tailored to fit students' schedules during school or after school.

Contact us or scan for more information.



Project HOPE is not affiliated with MDCPS



We welcome students
with all abilities.

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