



NATIONAL BULLYING PREVENTION MONTH

To call attention to this devastating issue and help families and communities find solutions, October has been declared National Bullying Prevention Month by PACER, an advocacy group for children with disabilities – a frequent target of bullies, who usually seek out the weak and powerless. The need for such a campaign is painfully clear. According to the National Centers for Disease Control and Prevention (CDC), being bullied puts youth at higher risk for depression, anxiety, sleep difficulties, lower academic achievement, and dropping out of school, and can lead to physical injury, social and emotional distress, self-harm and even death.

[CLICK HERE TO READ MORE!](#)

ANNOUNCEMENTS



GIVE MIAMI DAY! SAVE THE DATE - NOV. 16TH, 2023

Be Strong International is proud to be part of Give Miami Day!

On November 16th, lets give back to our communities! Donate and help us continue to serve those who truly need it. Youth, families, and individuals will all benefit from your generous donations in free services such as food drives, back to school supplies, and much more! Mark your calendars!

[LEARN MORE HERE!](#)

WE'RE IN THE NEWS



[WATCH VIDEO](#)

BE STRONG SHOW WELCOMES MARIA-PAULA GARCIA FROM THE JOY OF IMPACT

Hosted in partnership with Miami's Community Newspapers Watch our Be Strong Show as we welcome our special guest, Maria-Paula Garcia, owner of The Joy of Impact! Watch as our CEO and Chief Heart Officer, Michelle Shirley, interviews "Mapi" as she shares incredible insights of being a consultant, her work/life journey, and the road that brought her to where she is now. Also, get to know her at a deeper level as she answers some fun questions from our new card game, Social Yaks!

WHAT WE'VE BEEN UP TO

MARRIAGE MATTERS CEREMONY NIGHT

Another cohort down for the books!

Be Strong International's Marriage Matters program celebrated yet again, the completion of another successful cohort! For the last 8-weeks, our couples learned all about how to develop and also maintain a healthy relationship, no matter what stage of marriage they're at. During the graduation event you could feel the love in the air as the couples danced, enjoyed all the prizes, delicious food, and shared their personal testimonials.



[VIEW GALLERY](#)



[VIEW GALLERY](#)

GEMS GRADUATION

Girls Empowerment Mastery Program!

There's some new certified 'GEMS' in town! We had such an incredible time with all of our 'GEMS', their families, and our amazing panelists: Tina Johnson, Vivianne Bohorques, and Sandra Ward, during our GEMS Graduation event! We would like to thank everyone who made this cohort possible, including our funders, donors, speakers, team members, and especially the parents who trusted us with their precious daughters! We know that what they learned here with us here will stick with them for the rest of their lives!

KEEPING THE SPARK ALIVE MARRIAGE MATTERS SEMINAR 2023

Bilingual event for married couples was a complete success!

Be Strong International hosted its annual Marriage Matters "Keeping the Spark Alive" Seminar 2023! The romantic night consisted of prizes, lots of fun, as well as a sit-down dinner



with childcare included at no cost! 200+ couples learned amazing tips to improve their marriages from our expert keynote speakers, Judith John, The Couples Guidance and Cecilia Alegria, La Doctora Amor.



[VIEW GALLERY](#)

SEPTEMBER FOOD DRIVE

Record breaking numbers of individuals & families served!

Every month we are left in awe of all the amazing community support and love! This past food drive, we distributed food to 513 families! Up to date, more than 11,000 households have received free food packages! We could not be more grateful to have the wonderful opportunity to touch the lives of so many people in such a positive, impactful way. The best part? We don't do it alone! We are only able to do this work with the outstanding support from our lovely volunteers, partners and Farm Share FL for providing the food! We are so grateful!



[VIEW GALLERY](#)

BE STRONG INTERNATIONAL QUARTERLY STAFF RETREAT

Team bonding and connecting!

Every few months the Be Strong International team has such a great time at our quarterly staff retreats and this last one was no exception! We all came together as a team, connected and aligned ourselves with the organization's goals! Congratulations to Johannan Aracena for being voted as Employee of the Quarter by his peers! Very well deserved!



[VIEW POST](#)

MIAMI DOLPHIN'S FOOTBALL UNITES HOSTS BSASC STUDENTS AT RECORD SCORING GAME!

Be Strong International official partner of the game!

This "Sunday Funday" definitely lived up to its name! Our BSASC students were invited by the Miami Dolphin's Football Unites to their record scoring game against the Denver Broncos! The kids got to enjoy fun tailgate games and activities and watched their favorite players score touchdowns all day long! Be Strong International is grateful for this incredible opportunity and we can't wait to continue to see the Dolphin's win all season long! Fins up!



[VIEW GALLERY](#)

WHAT'S COMING UP!

VOLUNTEER WITH US & GIVE BACK TO YOUR COMMUNITY - OCTOBER 12TH!

Join our next food drive!

Our monthly food drives, in collaboration with Farm Share FL, continue to make an impact in the community of Goulds! On the second Thursday of each month, we get so excited to come out to Demps Park and serve up to 500 families with nutritious food packages! Are you looking for ways to give back? Join us and make a positive impact!



[VOLUNTEER NOW!](#)



[REGISTER HERE!](#)

NEW MARRIAGE MATTERS COHORT

Spots are limited! Deadline to register is Oct 20th!

Are you struggling to communicate with your spouse? Then our FREE Marriage Matters program is perfect for you! A happy lasting marriage is possible! Join our new cohort and receive the best educational skills & tools to improve your marriage! What are you waiting for? Spots are limited! Deadline to register is Oct 20th!

HEARTS IN RHYTHM CHARITY EVENT - SAVE THE DATE: MARCH 14TH, 2024

A celebration of philanthropy!

Time to mark your calendars! Our Hearts in Rhythm Charity Event is taking place Thursday, March 14th 2024, starting at 6:00pm at The Rusty Pelican, Key Biscayne! Come join us for a celebration of philanthropic spirit, as you take in all the rhythm of our hearts, meet exciting people during a fabulous night filled with fun, live entertainment, and exquisite cuisine! More details coming soon!



[MORE INFO!](#)

JOIN OUR TEAM!

Available Positions at Be Strong International

BE STRONG AFTER SCHOOL CLUB

- Contractor - Certified Teacher
- PT - Site Instructor - Lake Stevens Middle School

RAISING THE BAR PARENT ALLIANCE

- Facilitator I - Parenting Division
- Success Coach - Parenting Division



STAY UP TO DATE!



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Our mailing address is:
9730 E Hibiscus Street, Suite B Palmetto Bay, FL 33157

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