

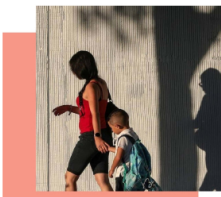


IT'S BACK-TO-SCHOOL TIME!

As the new school years begins, we are looking back at how incredible these past few weeks have been, getting our youth ready to thrive in their studies! We started out with our Back-to-School Strong 2023 Packing Event as we gathered over 100 volunteers to pack more than 1,000 backpacks filled with school supplies! Afterwards, Be Strong International collaborated with other institutions to distribute all the backpacks to hundreds of children in underserved communities! We are so grateful for all our sponsors, volunteers, and partners who helped make this all possible. Together, we are making a difference! May this new school year be filled with excitement, lots of learning, and wonderful memories!

[CLICK HERE TO WATCH!](#)

WE'RE IN THE NEWS



[READ MORE](#)

ADD THIS TO YOUR BACK-TO-SCHOOL CHECKLIST: IS YOUR CHILD EMOTIONALLY READY?

Op-Ed by Michelle Shirley on the Miami Herald

A new school year starts soon in South Florida, and if your family is like mine, you're rushing from store to website and back again, armed with lists of supplies and clothing your child will need to be physically and intellectually ready to learn on that first day.

There's one more back-to-school list to check off so you can answer a critical question: Is your child socially and emotionally ready?

MIAMI'S COMMUNITY NEWSPAPERS SUPPORT BE STRONG INTERNATIONAL'S BACK-TO-SCHOOL EVENT 2023

Packing & Networking Event

Grant Miller from Miami's Community Newspapers joins Be Strong International for their Back-to-School Strong 2023 Packing & Networking event. Watch as over 100 volunteers come together to pack over 1,000 bookbags filled with essential school supplies to distribute to children and families from underserved communities.



[WATCH HERE](#)



[WATCH VIDEO](#)

BE STRONG SHOW WELCOMES KARINA PAVONE, PRESIDENT & CEO OF AMIGOS FOR KIDS

Hosted in partnership with Miami's Community Newspapers

Watch our Be Strong Show as we welcome our special guest, Karina Pavone, President & CEO of Amigos For Kids! Watch as our CEO and Chief Heart Officer, Michelle Shirley, interviews Karina as she shares her journey with Amigos For Kids and all the incredible work they are doing. Also, get to know her at a deeper level as she answers some fun questions from our new card game, Social Yaks!

GRANT MILLER VISITS BE STRONG INTERNATIONAL'S MONTHLY FOOD DRIVE

Over 500 families received nutritious food packages.

Grant Miller from Miami's Community Newspapers visited Be Strong International's food distribution at Demps Park where every month, over 500 families receive nutritious food packages in efforts to support those who may be suffering from food shortages. Families who are in need were provided with free packages of food that included dairy, protein, canned food items, bread, among other food items.



[WATCH HERE](#)

TESTIMONIAL



ANDREW DAVIS TESTIMONIAL

The transformation of his daughter through Be Strong's After School Club.



Andrew Davis, rather to Kiara Davis, shares the incredible transformation he has witnessed from his daughter after her participation in the Be Strong After School Club program. In this program, she has received academic support, learned all about healthy relationships through Heart Skills, and participated in different activities like photography classes, culinary arts classes, dance and more!

[WATCH TESTIMONIAL](#)

WHAT WE'VE BEEN UP TO

BACK-TO-SCHOOL STRONG 2023

Over 1,000 bookbags filled with school supplies.

Be Strong International coordinated a successful backpack packing event with more than 100 volunteers, who selflessly donated their time to put together more than 1,000 bookbags full of quality school supplies. This once-in-a-year event was arranged to directly benefit youth and families who might not have the financial liberty to buy new school supplies for the upcoming school year. The energy in the room was inspiring as everyone gathered for a great cause, selflessly dedicating their time to help kids and teenagers start the new school year strong.



[VIEW GALLERY](#)



SOCIAL YAKS SESSIONS WITH TOWN OF CUTLER BAY

Strengthening communities through social empathy.

We want to give a special thank you to the Town of Cutler Bay for their incredible support and generosity! Be Strong International was awarded with Community Fund Grant from the Town of Cutler Bay! The generous award funded interactive workshops using Social Yaks to promote social empathy and to bring the Cutler Bay community together! We are so grateful & excited to see the Cutler Bay community strengthen!

[READ ARTICLE](#)

BOOKBAGS DISTRIBUTIONS

Over 1,000 bookbags distributed to children from underserved communities!

Be Strong International partnered with several institutions, such as Miami-Dade County Parks, Recreation & Open Spaces, Christ Fellowship Church 2nd Baptist Church, and Sweet Home Missionary Baptist Church to distribute over 1,000 backpacks filled with essential school supplies to children and families living in high-need areas, such as Goulds, West Perrine and Richmond Heights.



[VIEW GALLERY](#)



SUMMER FOOD DRIVES

Serving individuals & families struggling with food shortages.

Thank you to all the incredible volunteers who showed up to give back to their community, even during this intense heat wave this summer! We truly appreciate all the support you give us, we couldn't do this without you! Thank you to Farm Share FL for providing the nutritious food packages to distribute to the 500+ families every month! Shout out to Demps Park and the Miami-Dade police department for your support and contribution every month. Together, we are truly making a difference!

[WATCH VIDEO](#)



G.E.M.S. WORKSHOP WITH TD BANK

Girls Empowerment Mastery Sessions

Our 'Girls Empowerment Mastery Sessions' aka GEMS had a fantastic session with TD Bank! Our board member, Emily Arcia, taught the girls all about financial literacy and give them tips on how to save up their money, as well as fun details/facts about banking and finances. During this session the girls also learned about their unique gifts and all those things within themselves that make them special and were encouraged to use those gifts with purpose.

[VIEW GALLERY](#)

WHAT'S COMING UP!

FREE MARRIAGE MATTERS SEMINAR - SEPT 29TH

Join us for a romantic evening with a sit-down dinner, prizes, lots of fun, and free childcare included!

Do you want to rekindle the flame and communicate better with your spouse? Are you looking for ways to strengthen your marriage? Then this FREE seminar is perfect for you! Join us and learn the best tips and tools from our panel of marriage experts like Judith John to take your marriage to the next level! Spaces are limited, register today to save your spots!



[REGISTER HERE!](#)



SEMINARIO GRATUITO DE MARRIAGE MATTERS - 29 DE SEPTIEMBRE

¡Ven a una velada romántica con cena, premios, mucha diversión y cuidado de niños gratis incluido!

¿Quieres reavivar la flama y comunicarte mejor con tu esposa/a? ¿Estás buscando maneras de fortalecer tu matrimonio? ¡Entonces este seminario GRATUITO es perfecto para ti! Ven a nuestro seminario y aprende los mejores consejos y herramientas de nuestro panel de expertos matrimoniales como Cecilia Aleira, la Doctora

¡REGÍSTRESE AQUÍ!

VOLUNTEER WITH US & GIVE BACK TO YOUR COMMUNITY - SEPTEMBER 14TH!

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 Dempo 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!

Amor, para llevar tu matrimonio al siguiente nivel! Los espacios son limitados, ¡regístrate hoy para asegurar tu lugar y el de tu pareja!



VOLUNTEER NOW!

JOIN OUR TEAM!

Available Positions at Be Strong International

BE STRONG AFTER SCHOOL CLUB

- Contractor - Security Guard
- Contractor - Certified Teacher
- PT - Site Instructor - Palm Glades Preparatory Academy
- PT - Site Instructor - Lake Stevens Middle School

EXECUTIVE

- Growth and Strategy Officer

RAISING THE BAR PARENT ALLIANCE

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



STAY UP TO DATE!



FOLLOW US ON INSTAGRAM



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