



Give Miami Day

HEALING OUR COMMUNITY, ONE HEART SKILL AT A TIME

DONATE ON GIVE MIAMI DAY
11.16.23

[bestrongint.org](#) [@bestrongint](#)



DONATE TO BE STRONG INTERNATIONAL ON GIVE MIAMI DAY

On November 16th, embrace your giving spirit and donate to Be Strong International through Give Miami Day. Depression and loneliness are affecting our youth more and more each day. Parents are desperate to connect with their children, so a tragedy can be prevented. When you support Be Strong International, you help families and individuals heal ONE HEART SKILL AT A TIME! Make a pledge today and your donation will be processed on our Give Miami Day page from November 13th to November 16th. Click the button below!

[PLEDGE TODAY!](#)

ANNOUNCEMENTS



SOCIAL YAKS IS TAKING OVER MIAMI! HAVE YOU SEEN IT?

WIN 3 FREE SOCIAL YAKS GAMES!

Be Strong International's new card game: Social Yaks, is taking over Miami & we want you to live the Social Yaks experience with us! If you find yourself out and about, make sure you keep an eye out for the Social Yaks billboards that are all over the city! Snap a quick picture, post it to your story and make sure to tag @socialyaks to enter for a chance to win a free Social Yaks game!

[SOCIAL YAKS!](#)

WE'RE IN THE NEWS

BE STRONG SHOW WELCOMES RODRICK MILLERS FROM THE MIAMI BEACON COUNCIL

Hosted in partnership with Miami's Community Newspapers

Watch our Be Strong Show as we welcome our special guest, Rodrick Miller, CEO of the Miami-Dade Beacon Council! Watch as our CEO and Chief Heart Officer, Michelle Shirley, interviews him as he shares incredible insights of working for Miami-Dade Beacon Council and all they do for Miami's communities & local businesses. Also, get to know him at a deeper level as he answers some fun questions from our new card game, Social Yaks!



[WATCH VIDEO](#)



MICHELLE SHIRLEY GUEST ON MIAMI'S COMMUNITY NEWSPAPERS

Interviewed by Michael Miller

Watch as Michael Miller interviews Michelle Shirley, CEO & Chief Heart Officer of Be Strong International and learn all about how Michelle got to her position, how it's been for her to lead the organization to where it is now, how Social Yaks came about, and how you can get involved with the organization by supporting, volunteering, and donating, (especially in this upcoming Give Miami Day)!

[WATCH VIDEO](#)

WHAT WE'VE BEEN UP TO

BSI RECEIVED \$200,000 FROM BANK OF AMERICA

Check presented at Stronger Together Thank You Mixer

Be Strong International's hosted its first ever "Stronger Together Thank You Mixer" as a celebration for our donors, sponsors, volunteers and community partners. We are truly grateful for their commitment to our cause. We would also like to give a big thank you to Gene Schaefer and the Bank of America team for honoring Be Strong International with the 'Neighborhood Builder' Award & generously donating 200k! Thank you for believing in our mission and entrusting us with the resources to make a difference in our community.



[VIEW GALLERY](#)



[VIEW GALLERY](#)

BE STRONG INTERNATIONAL CONDUCTS CORPORATE TRAINING

Social Yaks promotes healthy work culture.

Did you know Be Strong International offers corporate trainings to develop and maintain a positive/healthy workplace culture? We recently had the privilege of training this amazing leadership team from East Ridge at Cutler Bay! Check out this small recap from their training as they played Social Yaks, our new card game that helps create social empathy! For more information, reach out to juan@bestrongintl.org

BE STRONG AFTER SCHOOL CLUB FIELD TRIP

Students enjoy a fun day out of school!

The Be Strong After School Club students had the best time on their field trip to Planet Air in Doral! From rock climbing, trampolines, obstacle courses and more, it's safe to say they were entertained for hours on end and didn't want the fun to stop. We're looking forward to more fun field trips coming soon.



[VIEW GALLERY](#)



[VIEW GALLERY](#)

OCTOBER FOOD DRIVE

Serving individuals & families in the Goulds community!

Be Strong International is still going strong with our monthly food drives! We had a fantastic day distributing free nutritious food packages to 500 families! Shout out to our amazing sponsors & volunteers from TD Bank, Mastercard and Amazon. None of this would be possible without the collaboration of Farm Share FL and Miami Dade County, thank you for all you do! We are looking forward to next month, as we continue to serve hundreds of individuals and families in our local communities.

PROJECT H.O.P.E. STUDENTS PLAYING SOCIAL YAKS

Students bonding and connecting!

Our Project H.O.P.E. students are enjoying their time in our program as they learn all about healthy relationships, Heart Skills, setting boundaries, toxic friendships, financial literacy and so much more! Recently they have been digging deep and living the Social Yaks experience! Students get to share stories, memories, opinions and more, all in a safe space while developing social empathy!



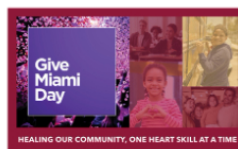
[VIEW POST](#)

WHAT'S COMING UP!

GIVE MIAMI DAY - PLEDGE TO DONATE TO BE STRONG INTERNATIONAL

Help us heal our communities!

Save the date! Give Miami Day is happening soon on November 16th, 2023! Embrace your giving



spirit and donate to Be Strong International through Give Miami Day. Make a pledge today and your donation will be processed on our Give Miami Day page from November 13th to November 16th.

PLEDGE TODAY!

SAVE THE DATE
11.16.23
EARLY BIDDING STARTS ON MONDAY, NOV. 13TH
Be Strong International



VOLUNTEER HERE!

VOLUNTEER WITH US & GIVE BACK TO YOUR COMMUNITY - DECEMBER 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 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!

FREE PARENTING WORKSHOPS

Take parenting to the next level!
As a parent, do you ever feel pulled in several directions, with no idea where to go first? Do you struggle to find the best ways of meeting your children's needs, with little help? You are not alone! Be Strong International's parenting program, Raising the B.A.R. offers free workshops that teaches caregivers evidenced-based strategies for raising happy, healthy children!



MORE INFORMATION!

JOIN OUR TEAM!

Available Positions at Be Strong International

BE STRONG AFTER SCHOOL CLUB <ul style="list-style-type: none">• Contractor - Certified Teacher• PT - Site Instructor - Lake Stevens Middle School	RAISING THE BAR PARENT ALLIANCE <ul style="list-style-type: none">• Facilitator I - Parenting Division• Success Coach - Parenting Division
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STAY UP TO DATE!



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