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BE STRONG INTERNATIONAL MONTHLY NEWSLETTER VOL.24 APRIL 2025

THANK YOU TO ALL OUR VOLUNTEERS!

NATIONAL VOLUNTEER APPRECIATION MONTH



[Watch Volunteers Video](#)

PROGRAM SPOTLIGHT



Raising the Bar Parent Alliance (RTB), the Parent Services Division of BeStrong International, offers free workshops that equip parents with practical strategies and tools to strengthen their families.



Be Strong International has teamed up with The Children's Trust's Parent Club to provide FREE workshops across the county. These workshops focus on parenting, strengthening family bonds, and supporting children's development. They help parents improve their skills, connect with other families, and access community services, available in English, Spanish, and Creole.



The FATHER FIRST NURTURING PROGRAM offers educational support to fathers and male caregivers through a 13-week series of group sessions led by a certified BSI facilitator. Topics include fathering sons and daughters, managing anger, and balancing work with parenting. The program is supported by the Florida Department of Children and Families.

[Sign Up for the Free Parenting Workshops](#)

[Register for the Father First Program](#)

RTB FAMILY STRENGTHENING BROWARD

The program provides family intervention, case management, caregiver support, and family-building events to encourage positive interactions. Led by trained staff, it aims to help parents thrive. Workshops are held at Pines Middle School and Somerset Academy Central Miramar Campus in Florida, funded by The Children's Services Council.



RTB FAMILY STRENGTHENING MIAMI-DADE

We empower families with tools and guidance to promote positive interactions, particularly for children aged 12 to 16. Our focus is on enhancing social skills for better behavior at home and school. Services are offered in English and Spanish in Miami-Dade County, specifically Miami Gardens and Goulds, FL. This program is funded by The Children's Trust and Ocean Reef Foundation.

Register for The RTB
Broward Program

Register for The RTB
Miami Dade Program

FROM OUR CHIEF HEART OFFICER



[Click Here to Watch Michelle's Message](#)

ANNOUNCEMENTS

NEW BOARD MEMBERS ANNOUNCEMENT



Randy M. Weber



Dr. O'Neil Pyke



Be Strong International, an award-winning non-profit serving South Florida families for more than 30 years, has appointed two new members to its Board of Directors. New members **Randy M. Weber** and **Dr. O'Neil J. Pyke** will help support Be Strong International's mission of providing healthy relationship education programs that strengthen individuals and families in Miami-Dade and Broward Counties.

The now ten-member board is dedicated to overseeing one of South Florida's rising nonprofit organizations. Like the current members, the new appointees bring expertise and resources from influential South Florida organizations.

[Read Full Story Here!](#)



[Register Here!](#)

Discover, Connect, Inspire: Visit Social Yaks at Teach For America's Annual Event – May 1st

Join us at Teach For America's annual event, a celebration of education, impact, and innovation!

Explore the transformative work of Teach For America, hear inspiring stories, and connect with like-minded individuals passionate about advancing educational excellence in our community. Be sure to stop by our table to learn how Social Yaks is fostering deeper connections and building stronger communities through empathy and conversation.



[Register Today!](#)

Fuel Your Mission: Join Social Yaks for a Power Lunch at IGNITE Miami – May 8th

The countdown to IGNITE! 2025 is on, and we're thrilled to be part of this dynamic event! Join us for a Social Yaks lunch session designed to help you grow, connect, and lead with impact. With a powerhouse lineup of speakers and sessions, IGNITE! is the perfect opportunity to sharpen your skills and build meaningful connections that will fuel your mission. Don't miss out on the chance to experience Social Yaks in action!



[Register Here!](#)

Together on the Block: A 10 Days of Connection Celebration May 10th

Get ready for an interactive and vibrant celebration of unity at "Connection on The Block"! Hosted by the 10 Days of Connection and The Underline, this event will bring together changemakers, creatives, and community members for a morning of connection, creativity, and action. Come contribute to the Connect Miami Community Mural, engage in meaningful conversations with Social Yaks, and discover how we can build stronger, more inclusive communities—starting right here on the block. Join us for a day of connection, collaboration, and community spirit!



Get Your Tickets Today!

10th Annual South Florida Behavioral Health Conference May 21st & 22nd

Social Yaks is thrilled to present a workshop at the 10th Annual South Florida Behavioral Health Conference on May 21–22, 2025, in Fort Lauderdale, FL. This year’s theme, "The Power of Prevention," highlights proactive mental health strategies. Discover how Social Yaks fosters deeper connections and social empathy through meaningful conversations—key tools for resilience and prevention. Don’t miss this chance to learn how connection strengthens mental well-being!



Check Michelle's Post!

Celebrating Women Who Lead with Purpose

Be Strong International's **CEO and Heart Chief Officer, Michelle Shirley, and Board President, Lisa Greer**, had the distinct honor of participating in the **South Dade Chamber of Commerce's Ladies of Legacy Luncheon**. Surrounded by trailblazing women who are redefining leadership while balancing career, family, and personal growth, it was a moment of deep inspiration and connection.

A heartfelt thank you to the South Dade Chamber of Commerce for hosting such an empowering event and for your continued commitment to celebrating women who lead with purpose.



Apply Here!

Exciting Internship Opportunities for Youth!

Applications are open for the Luisa Santos Summer Youth Internship Program (SYIP) for Summer 2025! This opportunity allows rising 10th–12th graders to explore public service and policy while gaining leadership skills. The Academic Year Internship Program (AYIP) is also accepting applications for 2025–2026. Both programs empower young leaders for a brighter future. Learn more about eligibility and apply today—we encourage all eligible students to seize these impactful experiences!



Community in Action: April Food Drive-Thru Made a Lasting Impact

This month's Food Drive-Thru highlighted the vital support it provides to families in need. Thanks to Farm Share Florida, Dade County Federal Credit Union volunteers, and compassionate community members, cars were loaded with food and hearts with gratitude. Happening every second Thursday, this drive relies on volunteers to continue serving. If you've ever considered giving back, now is the perfect time to make a difference. Together, we fill homes with care.

[View the Gallery](#)



Connecting Through Conversation

Be Strong International had the opportunity to host a powerful Social Yaks session at Miami Dade College's Medical Campus, engaging members of the President's Leadership Academy and staff from all MDC campuses. The conversation created a space for open dialogue, connection, and reflection on building stronger relationships within their college community and beyond. Attendees were enthusiastic and fully engaged, especially during the Social Yaks card game, which sparked meaningful conversations and plenty of laughter.

[View the Gallery](#)



Celebrating Our Father First Graduates 🎓👨👩👧👦

We proudly celebrated the incredible fathers who completed the Father First program—a journey marked by growth, dedication, and deep love for their families. 💪💙 These Super Dads showed up, put in the work, and are now equipped with the tools to lead their families with strength, purpose, and confidence. They are true heroes, both at home and in their communities.

[View the Gallery](#)

WE'RE IN THE NEWS



Watch the Show Here!

Valentine's Edition of The Be Strong Show 💕

In this special episode, CEO Michelle Shirley and her husband, Jason, shared heartfelt insights on love, lessons learned, and the power of connection. They also played a fun game to test how well they know each other, bringing plenty of laughs and sweet moments to this Valentine's edition!



Watch the Episode Here!

Inspiring Stories Community Impact Unstoppable Passion ✨

In this episode of The Be Strong Show, we sat down with Trina Harris, CEO of Touching Miami with Love 💙. She reflected on her 15-year service journey, her passion for uplifting the community, and powerful stories from her childhood in Miami. Her dedication to making a difference was truly inspiring! ✨



Watch the Episode Here!

Facing Homelessness with Hope | Featuring Heidi Alzate Kauffman

In this episode of The Be Strong Show, Heidi Alzate Kauffman, EVP of Chapman Partnership, discussed the growing risk of homelessness in Miami due to rising rent prices 🏠💔. She shared Chapman's mission to provide shelter, resources, and support to help individuals rebuild their lives.



TESTIMONIALS



[Watch the Testimonials Video](#)

HOW TO MAKE A DIFFERENCE

WAYS TO BE STRONG IN THE COMMUNITY

See how YOU can make every contribution count! Ready to get involved? Here are easy ways to make an impact!





[Learn More or DONATE!](#)

Six Simple Ways to Make a Big Impact 🤝💙

Strong International empowers youth and families in South Florida, and you can help in six impactful ways. Donations, from \$25 for After School Club supplies to \$500 for family programs, make a direct difference. Volunteering, even just an hour a month, strengthens the community. Referring friends expands our reach, and engaging on social media spreads awareness. Shopping our products supports our programs, and promoting our mission helps us grow. Every action—big or small—builds stronger, healthier communities.

LOOK BACK AT HEARTS IN RHYTHM

Hearts in Rhythm

CHARITY EVENT



🎵 The Hearts In Rhythm Charity Event brought together an incredible community for an evening of celebration, music, and purpose. It was truly a night to remember, and we are deeply grateful.

Be Strong International extends heartfelt appreciation to everyone who joined us in support of this meaningful cause. Your presence and generosity left a lasting impact.

🌟 A special thank you goes to our Presenting Sponsor, Mastercard, for their unwavering commitment to our mission. We are also sincerely grateful to the Miami Dolphins Foundation for their generous scholarships and sponsorships, as well as to our Community Champions—Amazon, SouthState Bank, and South Dade Kia—for their continued support.

Click through to relive some of the unforgettable moments from the evening. 📸

[View The Hearts in Rhythm Gallery](#)



Hearts in Rhythm 2025 was truly an unforgettable evening as we gathered to celebrate the changemakers who are shaping our community through leadership, service, and impact. The night was filled with inspiration and joy as we honored five outstanding individuals whose dedication continues to uplift and empower those around them. ***Congratulations to our distinguished honorees: Vania Laguerre, Senior VP and Local Market Executive at Bank of America; Commissioner Kionne McGhee of Miami-Dade County, District 9; Gene Schaefer, Bank of America Miami Market President; Lesly Simon, Community Engagement Director at South Dade Automotive Group; and Myrna Y. Vaca, passionate Community Advocate.*** We extend our deepest gratitude to our generous sponsors—Mastercard, Amazon, and South State—for helping make this celebration of excellence and unity possible.

[Watch the 2025 Honorees](#)

JOIN OUR TEAM!

Available Positions at Be Strong International

[Program Manager - Parent Services](#)

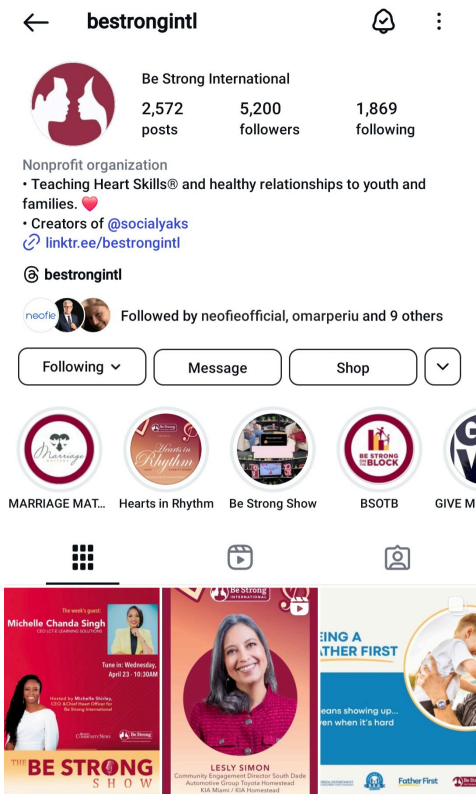
[Quality Assurance/Data Analyst Supervisor - Hybrid](#)

[Fatherhood Engagement Specialist - Hybrid](#)

[Certified Teacher - Pembroke Pines, FL](#)

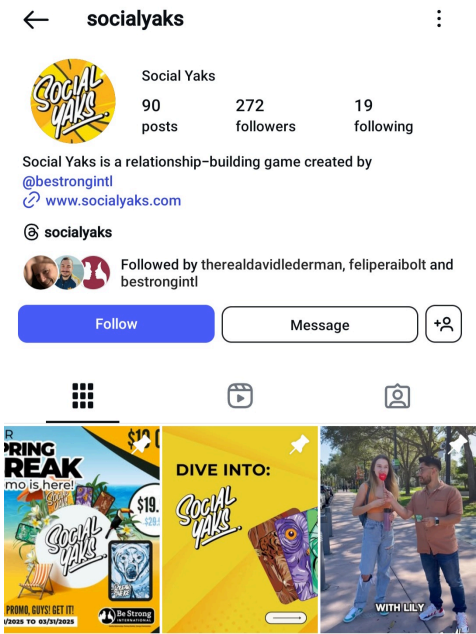
[Certified Teacher - Miami, FL](#)

**STAY UP TO DATE WITH
BE STRONG INTERNATIONAL.
FOLLOW OUR SOCIAL MEDIA!**



Follow Be Strong International to see how we're empowering youth, families, and communities—one heart skill at a time. ❤️

- Instagram: [@beststrongintl](#)
- YouTube: [@beststrongintlinc](#)
- Facebook: [@beststrongintl](#)
- LinkedIn: [Be Strong International](#)



Follow Social Yaks for fun, meaningful conversations that build stronger hearts and deeper connections! 💜💗❤️

- Instagram: [@socialyaks](#)
- Website: [Social Yaks](#)



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