



BACK TO SCHOOL PARENT CHECKLIST

IS YOUR CHILD EMOTIONALLY READY?

[Read The Article Here!](#)

BACK TO SCHOOL STRONG 2025 DRIVE THRU BOOKBAG DISTRIBUTION

750+ Backpacks Distributed: Investing in Our Youth 🖋️ 🎒

This fantastic distribution event brought the community together in a big way, welcoming hundreds of families from South Dade. **More than 750 backpacks filled with school supplies were given to students from VPK through high school**, helping families prepare their kids for the new school year. The day had a fun, festive vibe with music, lots of smiles, and even surprise visits from Wonder Woman and Black Panther, making it extra special for the kids. Despite the summer heat, families left not only with supplies but also with a sense of community and support, which is what the back-to-school season is all about.

[Check the Pictures Recap!](#)

PROGRAM SPOTLIGHT



Love, Laughter, and Lasting Bonds: A Look Back at Marriage Matters This Summer 💕 💍 ❤️

This summer, the Marriage Matters program brought over 45 couples together for several weeks of engaging and insightful classes designed to strengthen their relationship and deepen their connection. Throughout the program, participants not only gained valuable tools and perspectives but also built meaningful friendships with other couples in the group. The experience culminated in two special evenings—an Engagement Night filled with laughter, conversation, and shared moments, and a beautiful Ceremony Night where couples celebrated their journey, enjoyed time together, and connected with their classmates in a warm and joyful atmosphere.

COUPLE TESTIMONIAL



Name: Jermaine & LaFaye Mickens Date: 8/19/25

Being apart of these courses were very exciting because as a couple we learned that we aren't the only marriage that experiences hardships. It really opened up the door to have conversations that we put off. Like finances and how what anyone says can hurt a persons feelings. We were able to have open dialog comfortably. Everything was great. Glad we were able to be apart of a fantastic group of people.

Signature: 

Enjoying the content? Spread the love! Share our newsletter and forward it to a friend who might enjoy it too.

WHAT'S COMING UP!

WOMEN'S BUSINESS NETWORK LUNCHEON

...it's not just for women!

FEATURING



MICHELLE SHIRLEY
CEO & CHIEF HEART OFFICER
BE STRONG INTERNATIONAL

DETAILS

TUESDAY, SEPT. 16, 2025
11:30 AM | NETWORKING
NOON | LUNCHEON

LOCATION:
COLLAB AT THE
THESES HOTEL MIAMI
1350 SOUTH DIXIE HWY.

COST

\$55 CHAMBER MEMBERS
\$65 GUESTS
*Includes three-course lunch
networking & program.*

BUILDING A LEGACY: THROUGH CONNECTION & IMPACT

SPONSOR



Brand Poets™

[Register Here!](#)

🌟 **Ready to Build Your Legacy?** 🌟

Be Strong International is proud to share that our very own **CEO & Chief Heart Officer, Michelle Shirley**, will be the featured speaker at September's **Women's Business Network Luncheon**. Michelle's talk, *"Building a Legacy: Through Connection & Impact,"* will highlight the power of meaningful relationships and purposeful leadership—values at the heart of everything we do.

📅 **Tuesday, September 16, 2025 | 11:30 AM**
🎤 Sponsored by **Brand Poets**



FOOD DRIVE-THRU

Food available for 500 households | First come, first served!



September 11 | Starting at 9 a.m. until supplies last
➔ 11350 SW 216th Street, Miami, FL 33170 ➔
JL (Joe) and Enid W. Demps Park (Former Goulds)



[Sign up to Volunteer Here!](#)

🍏 **Be Strong on the Block: Food Drive-Thru**

Join us on **September 11** for our next Food Drive-Thru, where we'll be distributing food to 500 households on a first-come, first-served basis. The drive begins at 9 a.m. at **11350 SW 216th Street, Miami, FL 33170 (JL & Enid W. Demps Park)**. Come early to receive fresh groceries and pantry essentials—no registration needed!

Proudly hosted by **Be Strong International** in partnership with **Farm Share**.

🌟 Want to make a difference? Volunteers are welcome! Help us serve the community by lending a hand with setup, food distribution, and clean-up.

UPCOMING PARENTING WORKSHOPS



 **Parent Club**
LEARN • SHARE • CONNECT

 **Be Strong**
INTERNATIONAL
Helping Individuals Achieve Relationship Breakthroughs

Register Today!

Grow With Us: Upcoming Workshops You Don't Want to Miss!

Looking to strengthen your relationships and personal growth this summer? **Be Strong International**, in partnership with **The Children's Trust Parent Club**, has a powerful lineup of **upcoming workshops** designed to support youth, parents, and families with real-life skills that build emotional wellness and healthy connections. From **conflict resolution and communication** to **financial literacy and parenting strategies**, our evidence-based sessions are free and open to the community. Don't miss the opportunity to grow with us—check out our full calendar and register today. *Talleres también disponibles en español.*

WHAT WE'VE BEEN UP TO



Check the post

Welcoming Families to the After-School Club at Parent Orientation

Be Strong International had the pleasure of attending parent orientation events at **Palm Glades Preparatory Academy, Richmond Heights Middle School, Lake Stevens Middle School, and Pines Collegiate Academy**. Parents and students learned more about our programs and had the opportunity to register for the **Be Strong After School Club**. We're excited to welcome new families and students into a space where they can grow, learn, and build stronger futures together! ❤️



[Check Our Trending Reel](#)

[Check the Food Drive Recap](#)

Together We Did It! 500 Families Received Free Food Packages

Our August Food Drive was a true reflection of what happens when kindness meets teamwork. Thanks to the generosity of our supporters and the dedication of volunteers, we were able to bring food and hope to families across our community. The highlights captured in our Instagram reel show the impact of your compassion and commitment. We are deeply grateful to everyone who gave their time, energy, and resources to make this initiative possible. Together, we continue to build a stronger and more caring community.



[Check The Post](#)

Celebrating success, family-style! 🧑🏽🧑🏻

Our incredible families completed the FSP Family Strengthening Program, and we couldn't be prouder. They received their well-earned certificates and capped off the day with a joyful gathering at Capri Restaurant.

We want to thank **The Children's Trust** for making this empowering journey possible! 🙏🏽
🇺🇸



[Check The Post](#)

Our team helps, gives back, and has fun! 🎉

Our latest Instagram Reel shines a spotlight on the incredible team behind our **Family and Marriage Program** and it shows that giving back can be filled with joy and connection. From laughter to teamwork, the video captures how we can have fun while supporting our community and empowering families. This highlight reel is a reminder that meaningful impact comes when passion meets purpose. Together, we’re not just building stronger families, we’re building a stronger, happier community.



Community Spotlight: Back-to-School at Naranja Park



Be Strong International was honored to participate in Commissioner Kionne McGhee’s District 9 Back-to-School Event at Naranja Park! Families enjoyed a fun-filled day with bounce houses, games, and food trucks, while children received free bookbags to kick off the school year prepared and excited. Alongside other community agencies, we had the opportunity to share resources and connect with families to support them in building stronger futures.

WE ARE IN THE NEWS



Watch The Show Here!

Be Strong Show BTS

From a Long Line of Educators to Her Own School: Interview with Shiren Rattigan 🧡

Shiren Rattigan, Founder & Lead Educator at Colossal Academy shares her inspiring journey in this episode of *The Be Strong Show*. In her conversation with our very own CEO & Chief Heart Officer®, Shiren opens up about her calling to teach, the challenges educators face, and her vision for transforming education. They even played a few rounds of Social Yaks 🎲, sparking heartfelt talks about life, purpose, and passion.



Check The Article in Brickell Magazine

Making Headlines: Our Gala Shines in Brickell Magazine

We're thrilled to share that our *Hearts In Rhythm* charity gala—celebrating the 2025 **Stronger Together Award** honorees—was featured on the *Brickell Magazine* website! This special evening was a true celebration of the philanthropic spirit, bringing our community together to support Be Strong International's mission. **Big thank you to Brickell Magazine** for the awesome support and for covering the gala!



[Check Miami Community Newspapers Article](#)

Filling Smiles & Backpacks: Be Strong Featured in *Community Newspapers*

We're delighted to announce that Be Strong International's Back-to-School Strong event, in partnership with the **Village of Palmetto Bay**, was featured in **Community Newspapers**! The article highlights how we distributed over 750 fully stocked bookbags to students from VPK through high school at our drive-thru event, easing families' back-to-school burdens and lifting spirits across South Dade. A heartfelt thank you to **Miami's Community Newspapers** for covering the event and helping us share and impact your community.

ANNOUNCEMENTS

Important Update for Food Drive Participants

To receive food packages at our **Food Drive on Thursday, September 11**, all participants **must download the Farm Share RAN app** and present their QR code at the event.

- No QR code = no food distribution (per new Farm Share regulations).

📍 **JL (Joe) & Enid W. Demps Park**

11350 SW 216th St, Miami, FL 33170

🕒 **Starts 9:00 a.m. – until supplies last**

- ✅ Scan the QR code below to download the app and register.
Please share this with family and neighbors attending!

You can also follow these links based on your phone type:

Apple Store: <https://apps.apple.com/us/app/resource-assistance-navigator/id6480118414>

Google Play: <https://play.google.com/store/apps/details?id=org.gra4u.client>



Search for
"Resource Assistance Navigator"
in



OR

Scan this QR-Code



FREE SERVICES



Moving Communities Upward!



Be Strong on the Block: Free Support Services for Individuals and Families ❤️

Be Strong On The Block (BSOTB) is an intensive care coordination program designed help families with the resources needed to get back in their feet. It provides comprehensive and individualized support, at no cost, for children, youth, and families residing in Goulds, Richmond Heights, West Perrine, South Miami Heights, Cutler Bay, Princeton, Naranja and Homestead to help participants thrive in life. This program is possible thanks to **The Children's Trust**.

A LIFELINE TO HELP YOUTH AND FAMILIES GET FINANCIAL SUPPORT!

If you know anyone who might benefit from these services, please share this information with them.

More Information



COMPANY CULTURE



BE STRONG



SUMMER STAFF RETREAT



Stronger Together: Highlights from Our Summer Staff Retreat ♥

This year's Summer Staff Retreat was full of meaningful moments—sharing heartfelt stories, playing **Social Yaks** with our board members, and celebrating our **Employees of the Quarter** with well-deserved recognition. We strengthened connections through the **Heart Skills** activity, led by our Chief Heart Officer, Michelle Shirley, fostering deeper team bonds. 💬
🌟 The fun peaked with the **Spaghetti Tower Challenge**, and yes, one team took home the crown! 🏆🍰 We're so grateful for a team that desires to grow and continually support each other every day.

[Check The Retreat Video!](#)

EMPLOYEES OF THE QUARTER



EBONIE GILBERT
1ST QUARTER EMPLOYEE



MISHELL VALENZUELA
2ND QUARTER EMPLOYEE

[Read The Article!](#)

JOIN OUR TEAM!

Available Positions at Be Strong International

Program Manager - Youth Division

STAY UP TO DATE!

Follow Be Strong International on Social Media

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

Instagram: [@bestrongintl](#)

YouTube: [@bestrongintlinc](#)

Facebook: [@bestrongintl](#)

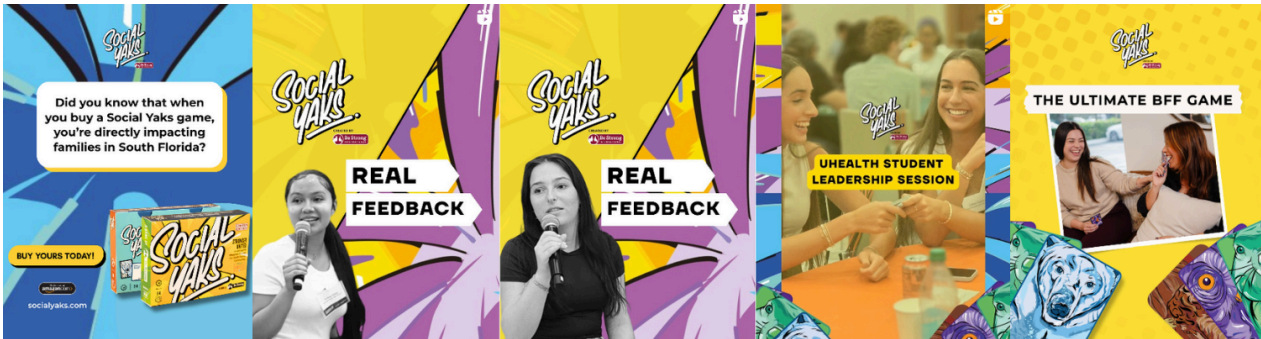
LinkedIn: [Be Strong International](#)



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

Instagram: [@socialyaks](#)

Website: [Social Yaks](#)



Donate Today!

DONATE TODAY

At Be Strong International, we've made a difference in the lives of more than +250,000 children and families, and with your support, we hope to continue connecting with our community.



DONATE



VOLUNTEER





Copyright © 2025 | Be Strong International | All rights reserved.

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

Want to change how you receive these emails?
You can [unsubscribe from this list](#).