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BACK TO SCHOOL STRONG 2025 DRIVE THRU BOOKBAGS DISTRIBUTION

Save the Date!



Event begins at 10:00 AM
While supplies last
VILLAGE OF PALMETTO BAY
9705 E. Hibiscus St., Palmetto Bay,
FL 33157

FREE!

SATURDAY, AUGUST 2, 2025



Join Us for a Back-to-School Drive-Thru with Be Strong and Palmetto Bay!

Together, we're excited to support our local families by distributing over 750 bookbags packed with essential school supplies. We believe every child deserves to kick off the school year prepared, confident, and ready to succeed, especially during uncertain times.

 Mark your calendar:

Saturday, August 2nd, 2025

 Village of Palmetto Bay – 9705 Hibiscus St., Palmetto Bay, FL 33157

 Starting at 10:00 AM – while supplies last

 Important details:

Registration is required to participate

Please note: registration does not guarantee a bookbag

Sign up for the event

Make your donation

PROGRAM SPOTLIGHT



END OF THE YEAR BE STRONG AFTER SCHOOL CLUB

A Strong Finish to an Incredible School Year! 🎉

What a meaningful way to wrap up the school year! Our Be Strong After School Club students from Lake Stevens Middle School, Palm Glades Preparatory Academy, Richmond Heights Middle School, and Pines Collegiate Academy Academy came together to celebrate a year of growth, creativity, and connection.

Throughout the year, students explored their passions through **photography, culinary arts, and dance**—all while learning Heart Skills™ and building strong bonds with their peers. ❤️

To cap it all off, we hosted an **outdoor field day** filled with fun and friendly competition. From **jump rope and tug-of-war** to games and laughter, students had a blast closing out the school year with joy and teamwork. 🌟

We're incredibly thankful to *The Children's Trust*, *United Way of Miami Dade* and the *Community Foundation of Broward* for their continued support in helping us create safe, enriching spaces where youth can learn, grow, and thrive beyond the classroom.

Here's to a strong finish—and an even stronger future!

[Check the post](#)





[Watch the YouTube short!](#)

WHAT'S COMING UP!



FOOD DRIVE-THRU

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



July 10 | Starting at 9 a.m. until supplies last
➔ 11350 SW 216th Street, Miami, FL 33170 ➔
JL (Joe) and Enid W. Demps Park (Former Goulds)



[Register to volunteer here!](#)

[Don't Miss the Food Drive, Sign Up!](#)

Be Strong on the Block: Food Drive-Thru 🍏

Join us on **July 10** 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, Commissioner Kionne L. McGhee, and Miami-Dade County.

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

Proudly hosted by Be Strong International in partnership with Farm Share, Commissioner Kionne L. McGhee, and Miami-Dade County.

UPCOMING PARENTING WORKSHOPS



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 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](#)

Celebrating Fatherhood and Growth at North Miami Middle ❤️

Six dedicated dads were recently honored at **North Miami Middle School** for completing our 13-week **Father First Nurturing Program**—equipping them with tools to become more nurturing, engaged caregivers. Each father received a **certificate**, a **gift bag**, and was celebrated with a heartfelt commencement speech recognizing their commitment and growth.

This impactful program is made possible thanks to the support of the **Department of Children and Families** and Fathers First Florida.



[Check the post](#)

Families Finish Strong—And Celebrate on the Track! 🏁

Be Strong International celebrated the completion of its 10-week **Family Strengthening Program** with a fun day of **Go Karting at AMR Motorplex in Homestead** for seven participating families. This event gave families who had worked one-on-one with a Success Coach the chance to meet, reflect on their journey, and connect with others. Parents received **certificates of completion** and practical parenting tools to continue supporting their children at home and in school. Thank you, The Children's Trust, for supporting this program. A day of fun, connection, and well-earned celebration! 🎉❤️



[Check the post](#)

🌻 A Day of Service, Support, and Impact 🍎

Thanks to the incredible teamwork and generosity of our partners and volunteers, **over 500 families** received food and support during our recent outreach event. In the summer heat, compassion showed up in full force—reminding us all that no one should face hunger alone.

We're deeply grateful to **Farm Share**, the **Miami-Dade Department**, and our amazing partners from **Miami Dade College (Homestead & Medical Campus)**, **Hope for Miami**, **Chase Bank**, and our own **Be Strong International staff** and volunteers for making this effort possible.



[Check the post](#)

Honoring Women Veterans Who Power Miami's Future ✨

Be Strong International was honored to be represented by our CEO and Heart Chief Officer, **Michelle Shirley**, at the recent *"Women Are Veterans Too: Powering Miami's Future"* conference. This impactful event highlighted the strength, resilience, and leadership of women veterans who are shaping the future of our communities. Michelle's participation underscored BSI's deep commitment to uplifting those who dedicate their lives to service—on and off the battlefield. At Be Strong, we believe in empowering individuals who, in turn, empower others. We're proud to stand alongside these remarkable women as they continue to inspire positive change throughout Miami and beyond.



[Check the post](#)

Delicious treat to celebrate with our team!

Who says work can't be sweet? Our Be Strong team took a joyful break to celebrate **National Donut Day**—sharing laughs, sweet treats, and quality time together. Moments like these remind us that building a strong organization isn't just about the work we do in the community—it's also about nurturing a positive, connected culture within our team. Because strong teams build strong families, and strong families build stronger communities!



BE STRONG IN THE COMMUNITY



[Watch the show here!](#)

[Be Strong Show BTS](#)

Fierce Mindset, Strong Roots: Yesenia Moreno's Journey of Impact and Empowerment

In this episode of *The Be Strong Show*, we're joined by the incredible Yesenia Moreno of New Edge Associates! 📁 ✨ Yesenia opens up about the powerful influence the women in her family had on her mindset and drive, shaping her journey toward making a lasting impact in both her community and career. From valuable recruiting insights to touching personal stories, this episode is packed with inspiration, empowerment, and practical gems you won't want to miss. Tune in now and feel the strength! 💪 ❤️

FREE SERVICES



Moving Communities Upward!



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

At Be Strong International, we believe that strong communities start with strong support. Through our **Be Strong on the Block** initiative, individuals and families can access a wide range of **free services** designed to meet their most pressing needs. **Our core service is mental health counseling and emotional support**, which is currently provided through a trusted third-party partner. In addition, we help participants connect with free resources for **education support, housing, utilities, tutoring, parenting classes, food assistance, legal aid, job placement, GED programs, bereavement support, and after-school programs**. If you or someone you know could benefit, we're here to help—right on the block. Thank you to The Children's Trust and Peacock Foundation for supporting this program.

[Register Here](#)

[More Information](#)

SOCIAL YAKS GOING PLACES

SOCIAL YAKS

CREATED BY



💬 During June, Be Strong International had the privilege of leading a **Social Yaks** session during the 16th Annual U Health Student Leadership Conference! Our interactive discussion provided students with a safe and engaging space to share their perspectives, open up about real-life challenges, and build meaningful connections. It was a powerful opportunity to support emotional wellness and promote heart skills in a room full of future leaders. Thank you to U Health for trusting us in providing connection services to your students.

[CHECK THE RECAP!](#)

**Are you ready to build connection
and empathy at your workplace?**



BOOK A TEAM BUILDING SESSION TODAY



**Did you know that
when you buy a
Social Yaks game,
we donate one to a
family we serve?**

GET YOURS TODAY, AND HELP OTHERS!

JOIN OUR TEAM!

Available Positions at Be Strong International

Program Coordinator

Site Supervisor - LSMS

Site Supervisor - PCA

Site Supervisor - PGPA

Site Supervisor - RHMS

Site Instructor - LSMS

Site Instructor - PCA

Site Instructor - RHMS

Certified Teacher - PCA

Certified Teacher - PGPA

STAY UP TO DATE!

Follow Be Strong International on Social Media



beststrongintl

Be Strong International

@beststrongintl

Nonprofit organization

- Teaching Heart Skills® and healthy relationships to youth and families. ❤️
 - Creators of @socialyaks
- linktr.ee/beststrongintl

Followed by [gemsbusinesssolutions](#)



BSOTB



Be Strong ...



MARRIAG...



Hearts in ...



GIVE MIA...

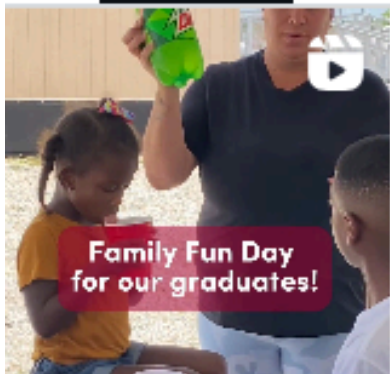


BSA...

2,627
posts

5,205
followers

1,869
following



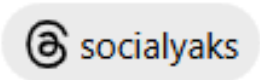
Follow Be Strong International to see how we're empowering youth, families, and communities—one heart skill at a time. ❤️

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

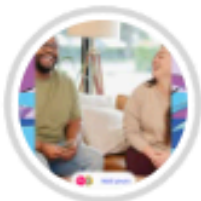




Social Yaks



Social Yaks is a relationship-building game created by [@bestrongintl](#)
We connect people, one card at a time!
[www.socialyaks.com](#) and 1 more



Connect !



10th BHC



10doc

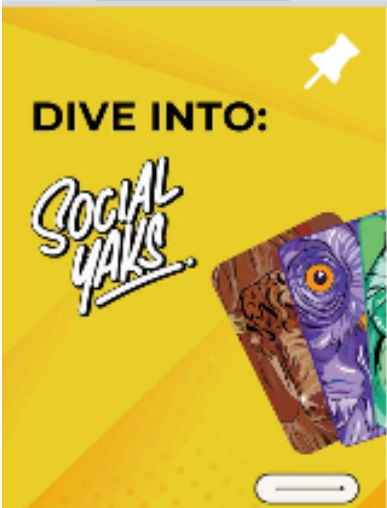


IGNITE! 20...

102
posts

385
followers

32
following



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

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





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

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