

The Entrepreneurial Mindset, Walking By Faith

PWSMD

**TOP 10
ORGANIZATIONS
YOU MUST KNOW
TO LEARN ABOUT
LOANS, GRANTS
AND MORE!**

+30 Years Helping Small Businesses Grow

LEROY JONES

**Founder Of N.A.N.A. And The Prestigious
Miami-Dade MOM AND POP GRANT Program**

**HOW TO START YOUR BUSINESS IN MIAMI-DADE
OFFICIAL GUIDE FROM STRIVE305 HUB**

**MILLIONAIRE MINDSET: UNLOCK YOUR BRAIN'S POTENTIAL
FOR WEALTH AND PROSPERITY**

THE MORNING HUDDLE 2.0

Live!

A LIVE RESOURCE PODCAST FOR
SOLOPRENEURS IN MIAMI-DADE

WITH DANILO VARGAS & CO-HOSTS:



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[SMALL BUSINESS RESOURCES](#)



Business Innovation and Growth Accelerator

FLORIDA INTERNATIONAL UNIVERSITY

Cultivating Growth, Inspiring Innovation

Our Mission

Our mission is to empower students, community members, early-stage entrepreneurs, and small to medium-sized enterprises (SMEs) to innovate, unlock opportunities, and achieve sustainable growth.

Program Capacities

- Capacity Building for Small Business Owners
- Business Canvassing for Aspiring and Early Entrepreneurs
- Financial and Digital Literacy for Women and Underserved Communities
- Business Planning and Marketing Strategies

Upcoming Workshops

How to Succeed in Government Contracts

Wednesday, January 15th

 **1:00 PM - 2:30 PM** |  **VIRTUAL**

Discover the strategies to unlock lucrative opportunities in government contracting. This workshop is designed for small business owners eager to expand their reach into the government sector.

Gain invaluable insights from a successful entrepreneur who has excelled in the government sector and positioned her business to thrive in this high-potential market. Let's turn your small business into a trusted government vendor!

**Scan QR code
to Register**



Mastering Small Business Certifications

Wednesday, January 29th

 **1:00 PM - 2:30 PM** |  **VIRTUAL**

Unlock the potential of small business certifications to win valuable contracts with government agencies and private organizations.

This workshop will show you how to leverage your certifications effectively, grow your network, and position your business for success in competitive markets. Elevate your business to new heights!

**Scan QR code
to Register**



Contact Us

fiubig@fiu.edu

    **@fiu_big**

Feeding your dog the same meal daily can lead to deficiencies over time. Just like us, dogs benefit from a varied diet. Add fresh, whole foods—like blueberries, cooked carrots, or even sardines—as toppers to enhance their nutrition.

Let's make every bite count



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visit us at
TheCombineDog.com
Let's help your dog
thrive today!**

Calling all small business owners! Supercharge your Fridays at 10 a.m. with Morning Huddle. Swap game-changing ideas, discover untapped resources, and connect with fellow entrepreneurs. Don't miss this weekly boost for your business – see you there!



PAST EDITION

Nailstry, a star is born! beauty, technology, and one million dollars!



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Leroy Jones and Chef On The Run Owners

The Vision of LeRoy Jones: “Together, we can transform adversity into purpose”

Dear Readers,

This issue is dedicated to extraordinary individuals who tirelessly help others in their best and worst times. We reflect on the strength and love that drives these heroes. In the United States, "The American Dream" embodies the courage to have faith in achieving a dream, a utopia, a goal. From our founding fathers to athletes and civil rights defenders, this nation has shaped ordinary people into extraordinary ones.

In this issue, we feature LeRoy Jones, whose story is not a bed of roses. His life, full of challenges and suffering, teaches us that behind every "bad" we can find true good. LeRoy's mission is to help and understand others in his community, overcoming the poverty and lack of opportunities he experienced since childhood.

LeRoy's journey began in hardship, but his talent was recognized early by his elementary school teacher. Despite mistakes, he took over his family's humble Miami-Dade store, reorganizing it for profit. He later expanded the business by purchasing a neighboring store. LeRoy's success led him to engage with community leaders and establish "The Mom and Pop Grants" nearly 30 years ago, supporting small businesses in Miami-Dade County. This amazing program's success was highlighted by The New York Times on August 13, 2014.

As LeRoy Jones says, ***“When you do something with passion, you can't wait for the next day to get up and do it again.”*** His happiness lies in giving opportunities to those with fewer chances, proving that ordinary people can achieve extraordinary things. The key to success is seeking opportunities, working hard, and having discipline and passion for what you do.

Learn more about the latest projects, workshops, free resources, and more. Keep Reading!

With gratitude and genuine enthusiasm,
Martha Melo
Editor-in-Chief, PWSMD Magazine

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CONTENT



Chef Daniel: The Best Of Two Worlds **Page 8**



Leroy Jones Interview: The Founder of the Mom And Pop Grant **Page 11**



The Mom and Pop Grant, helping Small Business Grow! **Page 16**



STRIVE305 HUB Program For Small Businesses **Page 21**



TOP TEN organizations to grow your business **Page 24**



Events, networking, meet and greet events and more **Page 28**



Emotional Intelligence Know Your Brain **Page 29**



Grant writing by T. Nikki Watkins, JD, BSW **Page 34**

[Check out our website at www.PWSMDMagazine.com for more information.](http://www.PWSMDMagazine.com)

SAVE THE DATE

SECOND ANNUAL FARM- TO-TABLE GALA

Join us for dinner, drinks, and a night of fun
to celebrate our 20th year Anniversary!

MARCH 14, 2025

6:00 PM - 10:00 PM



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*Yummy
Story*

CHEF DANIEL

**“The Best
Of Two
Worlds”**



MEXI&PIZZA
RESTAURANT



YOU WILL



LOVE THIS



FOOD



Traditional Mexican Cuisine since 2011

In Miami, the capital of Latin American food, there's one restaurant that stands out for its unique recipes of Mexican and Italian cuisines: Mexi and Pizza. Located in Kendall, this family-favorite spot has captured the hearts of locals with its creative dishes and local sourced fresh ingredients.

A Journey Full Of Flavors from Mexico and Italy!

Chef Daniel is proud of his journey. With over 20 years of experience in the industry, from the streets of Mexico to the trendiest restaurants in Miami, where he has learned the secrets of Italian cuisine from the best Italian chefs, he has had the privilege of cooking for celebrities in the vibrant city of Miami!

He recommends to new guests, "We offer a variety of dishes, from the exotic experience of the volcanic stone molcajete heated to 350 degrees to prepare delicious Mexican grilled meats, to Italian classics like seafood pasta and wood-fired pizza, which are our most famous dishes. But Mexi and Pizza isn't just about Mexican flavors. Many locals rave about the Italian side of the menu as well. As one loyal customer shares, "After eating pizzas here, we have never ordered a pizza anywhere else. The chef was trained by a genuine Italian chef, and the pizza here tastes better than in Italy."

The menu is rich with options for seafood lovers too. Weekly orders of seafood pasta or Mexican-style seafood are a hit among regulars, who praise the freshness and quality. One guest remarks, "We know it is fresh daily as we sometimes keep it in the fridge for two days and it doesn't get bad—try doing that at any other seafood place." Their Panini's pizza, seafood pasta, and Mexican tacos have become local legends, drawing in patrons from miles away.

Mexi and Pizza offers an exceptional culinary journey where traditional Mexican flavors meet authentic Italian craftsmanship, making it a must-visit destination for food lovers in Miami.

Located in Kendall Breeze Shopping Center 12300 SW 127th Ave, Miami, FL 33186 and the new location in Pembroke, Pines.

“

Grateful for
small things,
big things, and
everything *in*
between.

THE ART OF APPRECIATION

”

A man with short grey hair, wearing a light blue button-down shirt, white trousers, and black sneakers with white laces, is sitting in a red armchair. He is looking out a large window with a view of trees. His right hand is resting on his chin in a thoughtful pose.

INTERVIEW

“

**Success is forged:
a prize earned
through purpose,
hard work, and
faith.**

"Part of my confidence comes from the fact that I'm aware that everyone is equal and everyone should be treated with respect because everyone is important."

Leroy Jones

LEROY JONES

Keep your head up, even when things get tough.

Interview by Martha Melo
Photos: by Martha Melo,
ASD, and Youtube.

The story of Leroy Jones is from “street beginnings” to Community Leadership. This is the story of a community advocate and social activist, a leader with the most influence in Miami-Dade, dedicated to fighting for minorities.



“Success is Earned Step by Step”

During the pandemic in 2019, Mr Jones create various programs that emerged amidst the crisis, supporting small businesses both online and outdoors. His leadership was instrumental in leading campaigns to aid small businesses through the turbulent times.





“Learning Is A Continuous Lifestyle”

The Beginnings Of A Community Advocate:

“A key moment in 11th grade when my teacher, Miss Tate, recognized my potential despite my academic struggles. Her acknowledgment of my ability to think critically and lead, despite my academic shortcomings, left an indelible mark on me. She probably was the only teacher that ever made me feel like I could learn something or I could be somebody.”

My journey as a young adolescent began amidst complexity. My family's relocation to Miami during my formative years presented a starkly different environment from what I was accustomed to. Despite the initial challenges of adapting to this new setting, I found myself making choices that veered my life off course, choices I knew were unwise but pursued nonetheless.

As I recount these experiences, I'm reminded of meeting my wife in her teenage years, a unexpectedly fortunate encounter that shaped our shared journey. We founded a family despite my mother-in-law's opposition. Years later, she recognized our hard work. Our commitment to giving back to our community became a cornerstone of our success in life.

“Mom And Pop” Grant

A Force For Good

FIND YOUR PURPOSE TO WAKE UP EVERY MORNING

When I was starting a small organization, one person in the group advised me to dress more professionally (I was a street guy and I wasn't a dressy person wearing suits). I was fortunate enough to meet the owner of Suited for Success located in Overtown, she invited me to visit the organization, and they fitted me for my first suit jacket. It was a humbling experience. I felt that I was doing great things in the community, so I wanted to dress according to the occasion. Miss Sonia the director of Suited for Success not only gave me the first suit jacket I ever owned in my life, but also she helped build my confidence as well because when I used to go to those meetings I was very different from everyone else.



Empowering Communities Throughout Miami-Dade County

Having a strong support system has been instrumental in my life's journey. It's inspired me to dedicate myself to helping others. As the director of Neighbors and Neighbors Association (N.A.N.A.), The Black Economic Development Coalition (Tools for Change), and the Lead Organizer of the Circle of Brotherhood, I'm fortunate to be part of organizations that are making a real difference in our community.



ASD Cohort IV Graduates and County Commissioner - Danielle Cohen Higgins, District 8, MiamiDadeCounty

“I think it's not about race, background, or upbringing; it's about recognizing our shared humanity and the necessity of coexistence on this planet. I think having the right people in my life to support me and to believe in me and to help me with even the little small things, has humbled me and has made me realize that everybody is important.”



Small Business Owners from District 8
in Miami-Dade County

Reflecting on my past, I'm presently living the life I once envisioned—a life dedicated to aiding others, providing for my family, contributing to the business community, and fostering affordable housing initiatives.

My transformation taught me an invaluable lesson early on, success isn't solitary. It hinges on the support and influence of others. Through cultivating meaningful relationships and embracing support from my circle, I've come to understand the intrinsic value of every individual.



SMALL BUSINESS GRANTS

Neighbors & Neighbors Association (NANA)

Empowering Communities

Apply For A Mom and Pop Small Business Grant

Find the right program for you:

- N.A.N.A: We're celebrating 30 years of revitalizing small businesses through the Mom and Pop Grant program. We're also dedicated to providing housing opportunities for low-income first-time homebuyers.
- Tools for Change: For 16 years, we've been empowering businesses with loans, technical assistance, and training.
- Circle of Brotherhood: We're working to reduce gun violence and support re-entry programs for former offenders.

By combining these efforts, we're creating a powerful impact. We're not just providing financial assistance; we're fostering a sense of community, hope, and opportunity.

I'm grateful for the support of our community. It's this support that has allowed me to achieve more than I ever thought possible.



Make a positive impact in your community

At Neighbors And Neighbors Association, Inc (NANA), we believe in fostering innovation, nurturing talent, and empowering entrepreneurs to turn their dreams into reality.

Visit our website: <https://www.nanahubs.com> OR https://www.miamidade.gov/global/service.page?Mduid_service=ser1471548035447835





How To Apply

Neighbors & Neighbors Association (NANA)

If you are already in business you can apply in **Miami-Dade County** to the "**Mom and Pop Small Business Grant Program**" available every year in all 13 County Commission Districts. You can apply usually around the beginning of every year in January, February and March. The application in each district is different so make sure you are applying in the right district (call 311 to find your District), and follow the right guidelines. This program was created by Neighbors and Neighbors Association (N.A.N.A.) on behalf of a former County Commissioner Barbara Kery Schuler, supported the first funding for the program, and now it is an official government program that's offered every year

If you're looking for small grants or small loans you can always reach out to our office. You can also go to the Miami-Dade County website to find more opportunities created for small businesses as well as the other programs.

Helpful Links

[Miami-Dade Grants Video](#) (Watch on Youtube)

[Apply for a Mom and Pop Small Business Grant](#) (Miami-Dade County official site)

[N.A.N.A. Official Site](https://www.nanahubs.com) <https://www.nanahubs.com>

<https://www.beaconcouncil.com/organizations/neighbors-neighbors-association-nana-2/>

[The New York Times: Government Grants](#) (Read the article)



True Heroes Finding Hope in Grief

EVERY DAY, 17 PEOPLE DIE WAITING
FOR AN ORGAN TRANSPLANT

11 years ago, while tirelessly **working in the community to prevent gun violence and advocating for its cessation**, my 19-year-old son fell victim to gun violence. In the aftermath of this personal tragedy, my wife and I sought solace in altruism. Aware of our son's aspirations in his youth, including discussions about organ donation, my wife initiated a conversation with me about the possibility of honoring his wish to donate his organs to those in need.

Despite initial reservations rooted in cultural norms, we decided to fulfill our son's desire, ultimately **saving lives** and forging connections with the recipients.

Meeting the recipient of our son's heart, a white non-Hispanic male, prompted reflection on racial perceptions. However, our dialogue with him and his family proved enlightening, showcasing the transformative power of empathy and understanding across racial divides.

I pondered how the recipient felt about receiving an organ from a person of color, knowing they were not of the same race. While the urgency of a life-threatening situation diminishes concerns about such matters.

I told my wife that this experience could lead to one of two outcomes: either it would alter the recipient's perspective, fostering acceptance and understanding towards people of color, or it would reaffirm their already compassionate nature.



By extending their life, the recipient might now see beyond racial differences, finding hope and unity despite receiving organs from someone of a different race.

This seemingly small yet profound gesture has the potential to contribute to a more inclusive society, even for those grappling with prejudices

I recently discussed this with my wife, the organ recipient of my son's heart, and his spouse. This conversation stemmed from genuine introspection regarding the recipient's character and their attitude toward accepting a heart from a black individual. It evolved into a beautiful exchange.

*104,594 Americans need an organ transplant...**

NEVER
Ever
Give Up
TEACH, LEAD,
& INSPIRE

Join the fight to save lives

<https://unos.org/transplant/stories-and-tributes/>

Strive305 HUB: Business Opportunities and Innovation

Discover Your Potential

Events • Networking • Training



Miami-Dade launches on December 2, 2024 'Strive 305 Hub' to support local small businesses

The STRIVE305 HUB online platform and live workshops is a great initiative to help Small Business Owners to grow. A hands-on program in partnership between Miami-Dade County and Wells Fargo.



Empowering Miami-Dade's Entrepreneurs

Miami-Dade County is committed to fostering a thriving business environment for local entrepreneurs. The STRIVE305 program provides a comprehensive suite of resources to help businesses succeed, from startups to established businesses.



STRIVE305 HUB



Key benefits

- A-Z business guide
- Workshops
- One-on-one mentorship
- Funding opportunities
- Networking events.

Small Business Saturday Series Giving Back To The Community

In partnership with the City of Coral Gables, the guest speaker Andrei Stern—co-founder of the well-known SuViche and Novecento restaurant brands shared his expertise on delivering exceptional customer experiences, strategies for converting new clients into loyal customers, and how Small Business Owners can grow their businesses.

**PROFESSIONAL
BUSINESS
AND STRATEGY
NETWORKING**

www.strive305hub.com



Starting a Business in Miami-Dade County

HOW TO START YOUR BUSINESS IN MIAMI-DADE: A STEP-BY-STEP GUIDE



Download the Strive305 guide to learn about organizations offering business consulting, workshops, seminars, webinars, marketing assistance, financial guidance, accounting support, operational expertise, and more. Discover new opportunities to grow your business!

Balancing work, family, and caregiving?

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At Rest Assured Home Care, we understand the challenges families face when caring for aging parents or loved ones, we are here to help you.



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PERSONAL CARE:

Assistance with
bathing, grooming,
and mobility.



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ABOUT US

We're dedicated to making this journey easier by offering tailored care plans at an affordable rate. With 24/7 availability and a team of highly vetted and trained caregivers. We deliver peace of mind to families across Miami-Dade County.

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info@restassuredhomecare.com

@rest_assured_homecare
www.restassuredhomecare.com

TOP 10 ORGANIZATIONS TO LEARN ABOUT LOANS, GRANTS AND MORE!

STRIVE305 HUB

Open and Grow Your Business In Miami-Dade County

<https://www.miamidade.gov/economy/library/2024-strive305-business-resource-guide.pdf>

WORKFORCE.MIAM

<https://www.miamidade.gov/business/starting-a-business.asp>

ACCELERATE SOUTH DADE

12 Amazing Services to Grow your business

<http://acceleratesouthdade.com>

PROSPERA

Comprehensive Services For Hispanic Entrepreneurs

<https://prosperausa.org>

THE MIAM FOUNDATION

Community Grants, Scholarships, and Community Programs.

<https://miamifoundation.org>

The Florida SBDC (FIU's College of Business) Provides To Local Businesses A Team Of Highly Experienced Business Experts

<https://business.fiu.edu/faculty-and-research/centers-institutes/sbdc/index.php>

THE IDEA CENTER

Entrepreneurial ideas into action

<https://theideacenter.co>

FIU BUSINESS INNOVATION & GROWTH ACCELERATOR

Helps Local Small Businesses Grow Their Companies.

<https://business.fiu.edu/biz/business-innovation-and-growth-accelerator/>

THE MORNING HUDDLE 2.0

Small business Resources every week live on YouTube

Subscribe @ <https://striver-confidential.ghost.io> or <http://clanilovargas.com>

SMALL BUSINESS ENTERPRISE PROGRAM MIAM-DADE COUNTY

The SBE programs is free, and is race and gender neutral.

<https://www.miamidade.gov/global/business/smallbusiness/certification-programs.page>

SMALL BUSINESS AND ECONOMIC DEVELOPMENT

Miami-Dade Economic Advocacy Trust's

<https://www.miamidade.gov/global/business/smallbusiness/certification-programs.page>



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DIANA LIZCANO

INFLUENTIAL CELEBRITY MAKE UP ARTIST

La Ciencia de la Belleza: Tecnología e Innovación al Servicio de tu Piel.



Soy Diana, esteticista con más de 15 años de experiencia en el mundo de la belleza. Mi pasión es realzar tu belleza natural y transmitirte la confianza que mereces.

He trabajado como maquilladora profesional en Argentina y Miami, colaborando con prestigiosas marcas como **Dolce & Gabbana**, Oscar de la Renta, **Carolina Herrera**, Silvia Tcherassi y **Agatha Ruiz de la Prada**, así como en **Miami Fashion Week**.

Ahora, te ofrezco tratamientos faciales y corporales personalizados, diseñados específicamente para tus necesidades:

- Evaluación detallada: Analizamos tu piel para crear un plan a medida que te ayude a lograr resultados increíbles.
- Técnicas avanzadas: Me mantengo actualizada con las últimas tendencias y colaboro con un reconocido médico en Miami para ofrecerte los mejores tratamientos.
- Uñas de ensueño: Nuestro equipo profesional te hará sentir como una reina con las últimas tendencias en manicura y pedicura.

¡Agenda tu cita y descubre la diferencia!



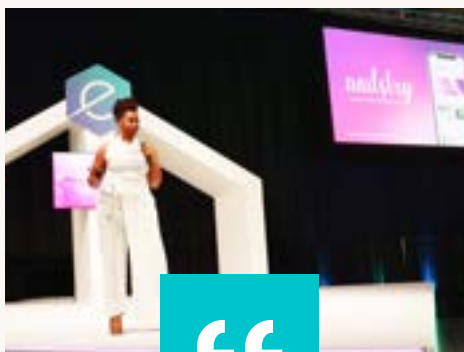
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People are the most
IMPORTANT part of



***Networking Events,
Pitch Presentations,
Personal Growth
and more!***

South Florida is a multi-cultural community with infinite options. Join these events hosted by international speakers, meet and greet workshops and more! Connect with our community to learn about business growth, connection, and purpose.



“



**WORK UNTIL
YOU NO LONGER
HAVE TO
INTRODUCE
*Yourself***

”

In·i·ti·a·tive



/i'niSHədiv/

THE INITIATIVE is the power or opportunity to do something before others do

INITIATIVE

LOVE
WHAT
YOU DO



43% of adults in the United States reported feeling more anxious in 2024 than the previous year.

CELEBRATE
your mistakes
it means
you're
Learning

*"Know yourself,
practice self-care, cultivate self-love,
and foster self-awareness."*

L♥VE YOUR BRAIN

THE POWER IS WITHIN YOU

Plant Yourself Where You Want To Bloom




,n(y)oorō'siəns/ noun.

Martha Melo Graphic Design
Santiago Ramón y Cajal Artwork

Wealth Begins Within: Cultivating a Prosperous Mindset

Learn More About Neuroscience and Entrepreneurship Research



LOVING YOURSELF
STARTS FROM WITHIN YOU

WELCOME TO THE CLUB!

Numerous studies in neuroscience offer guidelines for generating positive change. However, the origin of thought, that essence that unites mind, will, and emotions, remains a mystery. It is that spirit that gives value to our experiences and gives us the ability to choose between good and evil.

Consciousness is the space where we can evaluate the importance of internal and external stimuli that drive our actions.



Consciousness, Will, And Impulses

The ability to know our environment and ourselves requires a clear and objective view of reality.

Consciousness is that "inner voice" that guides us, evaluating situations but not imposing decisions. Will, on the other hand, is the faculty of making conscious and rational decisions. Our brain is designed to analyze, reflect, and judge, allowing us to make decisions that help us adapt to our environment successfully.



Rewrite Your Story, No Matter Your Age, Anytime, Anywhere!

Our attitude towards our thoughts and emotions significantly influences how we perceive ourselves and how we relate to others. Knowing our emotions and analyzing our thoughts allows us to eliminate those that harm us. It is essential to recognize the importance of affirming, renewing, or changing our thoughts to improve our quality of life. Neuroplasticity is the response to change and adapt our brain's structure and function throughout life.

Knowledge about our strengths, values, and skills is developed through "tacit knowledge," the "know-how" gained through practice and intuition, rather than formal learning (for example, a mechanic has the know-how to fix a car).

The verb "to be" expresses permanent characteristics or inherent qualities. For example: "I am happy because I am optimistic." Here, "being optimistic" is a permanent characteristic. In contrast saying "I am happy because I won the lottery" expresses a temporary feeling caused by a specific event.

The **"When"** and **"Because"** conditionals can significantly impact our self-awareness. Recognizing the difference between permanent qualities and temporary states can help us navigate our emotions and make better decisions.



Self-Reflection

Informed and rational choices allows us to pause and reflect before reacting impulsively.

Making informed decisions allows us to develop the necessary skills to face the challenges that arise in our interactions with others. Happiness, in addition to being an end in itself, helps us save time, energy, and resources.

Life is full of ups and downs. Intelligence is not limited to the amount of knowledge, but to the ability to learn, understand, and apply ideas. Knowing how to process information helps us solve problems effectively, avoiding impulsive reactions.



The only person you need to impress is yourself

Overcoming Challenges

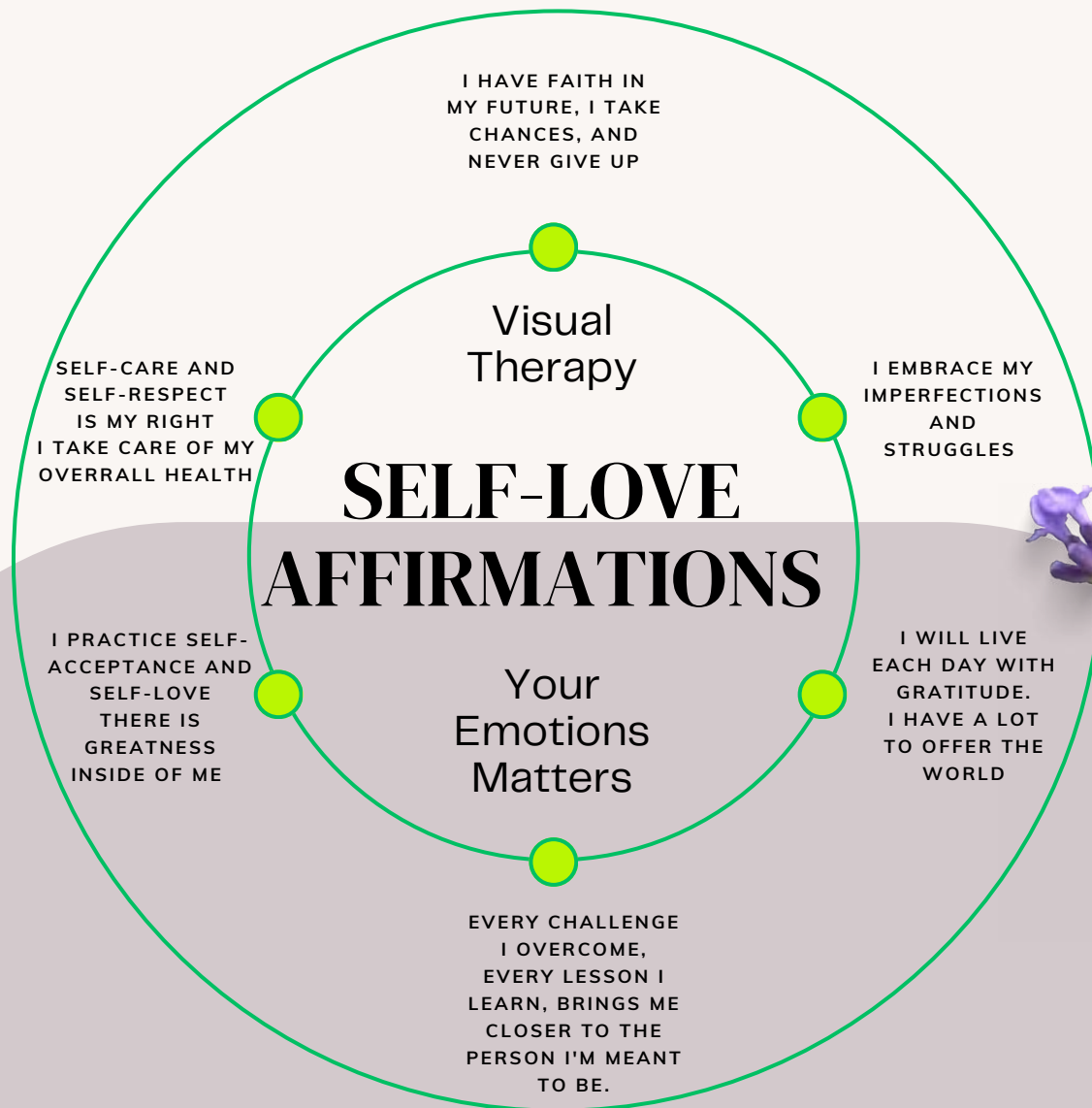
As Einstein said, we cannot solve problems by thinking in the same way we created them. It is necessary to step out of our comfort zone and explore new perspectives to find effective solutions. Decision-making involves choosing between different options. The change is in our hands.



Protect Your Mind, Transform Your Life **POSITIVELY**

Your brain it's a dynamic masterpiece, constantly evolving and adapting to your experiences. Every thought, feeling, and action you have shapes its intricate neural network.

The choices you make today can significantly impact your brain's health and function. By engaging in activities that stimulate your mind, such as learning new skills, reading, and socializing, you can foster positive neuroplasticity.



HEALTHY EMOTIONS

HOW OFTEN? HOW INTENSE?

HOW LONG-LASTING? HOW EASY TO REGULATE?

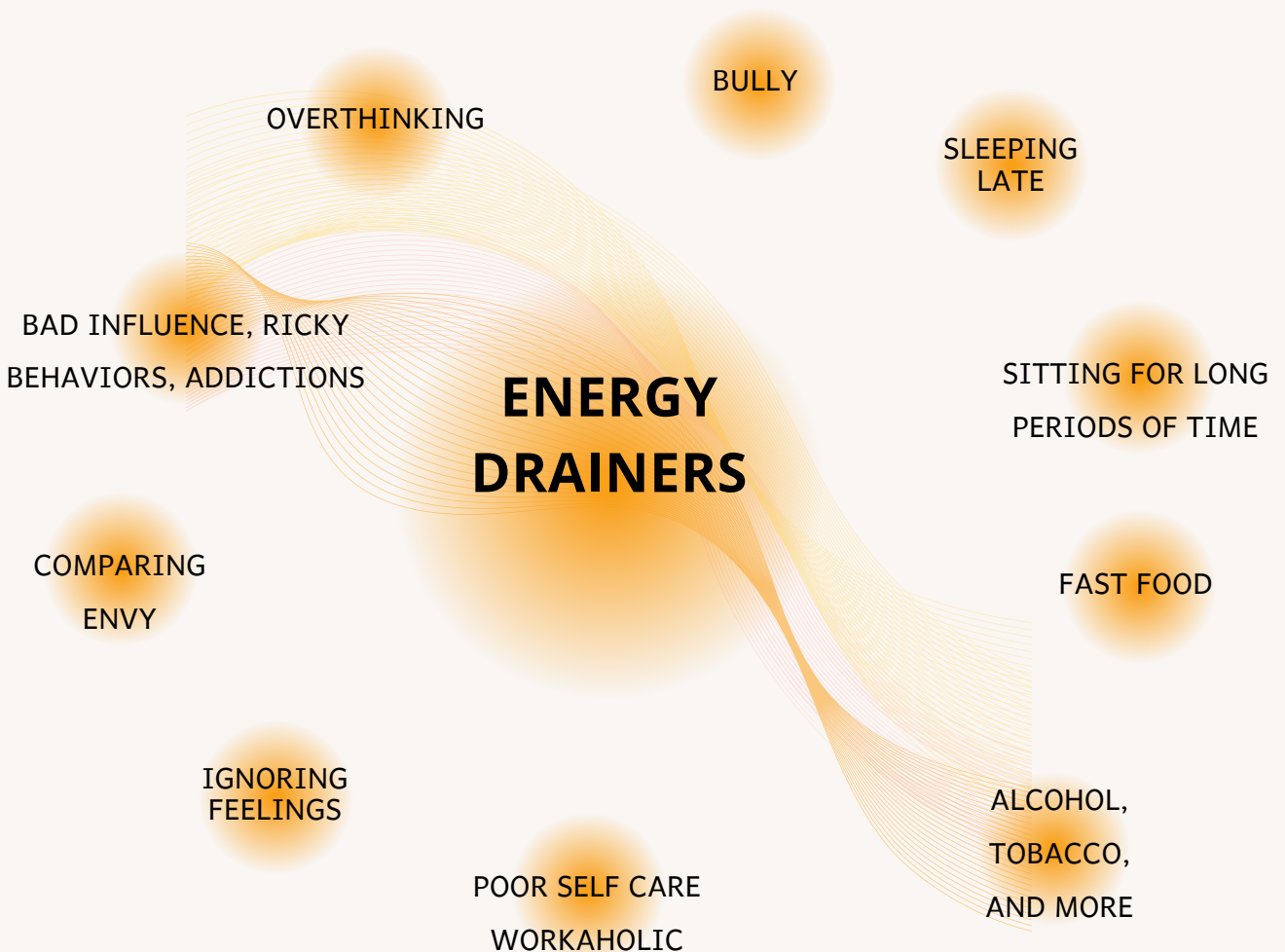
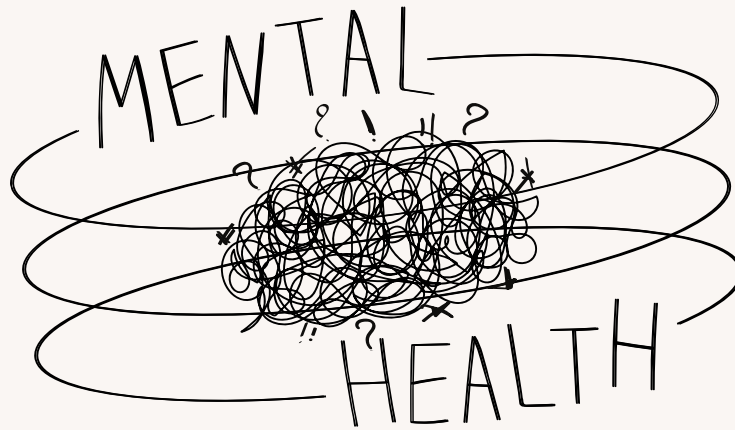
Positive Emotion

Description

*Self-Discovery:
A Path to Emotional Freedom*

Joy	Pure happiness and delight
Gratitude	Thankfulness and appreciation
Serenity	Peace and tranquility
Interest	Curiosity and engagement
Hope	Optimism and anticipation
Pride	Satisfaction and accomplishment
Amusement	Lighthearted pleasure and enjoyment
Inspiration	Motivation and excitement
Awe	Wonder and reverence
Elevation	Warmth and upliftment
Altruism	Fulfillment and purpose
Satisfaction	Contentment and fulfillment
Relief	Release and relaxation
Affection	Love and fondness
Cheerfulness	Optimism and positivity
Surprise	Astonishment and amazement
Confidence	Self-assurance and competence
Admiration	Respect and esteem
Enthusiasm	Excitement and eagerness
Eagerness	Anticipation and impatience
Euphoria	Intense excitement and happiness
Contentment	Peace and satisfaction
Enjoyment	Pleasure and satisfaction
Optimism	Positive outlook
Happiness	General well-being and contentment
Love	Deep affection and care
Respect	Esteem, admiration, and deference
Loyalty	Faithfulness, devotion, and allegiance
Endurance	Perseverance, stamina, and fortitude
Rapport	Harmony, connection, and understanding
Compassion	Empathy, kindness, and caring

How To Get To The Bottom Of What You're Feeling



NEGATIVE EMOTIONS

HOW OFTEN? HOW INTENSE?
HOW LONG-LASTING? HOW EASY TO REGULATE?

Negative Emotion	Description
Ingratitude	Thanklessness and lack of appreciation
Anxiety	Worry, nervousness, and unease
Apathy	Indifference and lack of motivation
Despair	Hopelessness and despair
Shame	Humiliation and embarrassment
Boredom	Weariness and lack of interest
Disillusionment	Disappointment and disillusionment
Indifference	Lack of interest or concern
Resentment	Bitterness and anger
Selfishness	Focus on one's own needs and desires
Dissatisfaction	Discontent and frustration
Fear	Anxiety and worry
Indifference	Lack of interest or concern for others
Pessimism	Focus on the negative aspects of life
Disappointment	Sadness and let-down
Insecurity	Lack of self-assurance and self-doubt
Disrespect	Lack of respect and esteem for others
Apathy	Lack of interest or excitement
Procrastination	Tendency to delay or postpone tasks
Depression	Persistent sadness and hopelessness
Dissatisfaction	Discontent and frustration
Boredom	Weariness and lack of interest
Pessimism	Focus on the negative aspects of life
Loneliness	Isolation and emptiness
Hate	Strong dislike and hostility
Greediness	Excessive desire for wealth or gain
Carelessness	Lack of attention or concern

*Self-Discovery:
A Path to Emotional Freedom*

Follow y ur Heart

But Take Your Brain With You

Instead of



*I'm struggling to meet
my goals*



*Shifting my mindset takes
time and dedication.*

MENTAL HEALTH CHECKLIST





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HOME HEALTH CARE SERVICES

At A1 Recovery, we are dedicated to providing compassionate, high-quality care tailored to meet the needs of each individual. Our skilled nurses, home health aides, and personal care professionals offer reliable support to ensure our clients' well-being in the comfort of their own homes. Whether you need medical evaluations or daily care, we are here to be your trusted health companion.

SERVICES OFFERED

- Home Health Care
- Post Surgery Care
- Respite Care
- Medication Management
- IV infusion
- Companionship services
- Light housekeeping and much more

EXPERT TEAM

- Care Coordinators
- Certified Nursing Assistance
- Home Health Aides
- Registered Nurses
- Licensed Practical Nurses



CUSTOMIZED CARE PLANS

- Personalized assessment to understand individuals needs.
- Regular updates to care plans based on progress.
- Collaboration with family and health care providers



COMMUNITY ENGAGEMENT

- Round the clock access to caregiving services.
- Continuous monitoring for clients.
- Emergency response for urgent medical needs.
- Peace of mind with reliable support anytime.



SAFETY MEASURES

- Strict hand hygiene
- Sanitation protocol.
- Regular use of PPE
- Comprehensive infection control training
- Emergency preparedness

CONTACT

 305-351-3135 Text: 305-987-9312

 A1recoverymiami@gmail.com

 A1recoverycare

 A1recoverycenter.com

The 5 R's of Grant Writing: A Quick Guide

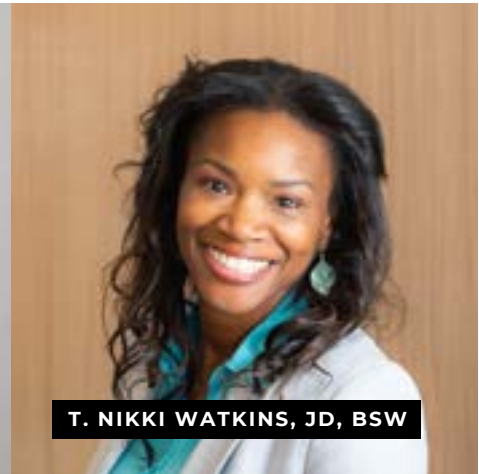
CONTRIBUTOR

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GLOBAL, LLC

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Grant writing is vital for securing funding. To increase your success, focus on the 5 R's: Research, Relationships, Relevance, Resources, and Reporting.

By breaking down these essential components, we can demystify the process and empower organizations to approach grant writing with confidence and strategic intent.

1. Research: Find the Right Grants

- **Know Funders' Priorities:** Align with funders' mission and goals.
- **Check Eligibility:** Ensure your organization qualifies.
- **Use Tools:** Use databases and websites to find funding.
-

Tip: Focusing on relevant grants saves time and effort.

2. Relationships: Build Connections

- **Engage Early:** Attend events, webinars, and network.
- **Communicate Regularly:** Keep funders updated.
- **Show Appreciation:** Thank funders, regardless of the outcome.
-

Tip: Strong relationships increase your chances of success.

3. Relevance: Tailor Your Proposal

- **Align Goals:** Make sure your project matches the funder's focus.
- **Use Data and Stories:** Combine facts and examples to show impact.
- **Highlight Uniqueness:** Show why your project stands out.

Tip: Tailored proposals are more likely to succeed.

4. Resources: Showcase Your Strengths

- **Show Team Strengths:** Highlight your team's expertise.
- **Realistic Budget:** Be clear about how funds will be used.
- **Sustainability:** Show how the project will continue after the grant.

Tip: Be honest about your resources to build trust.

5. Reporting: Prove Impact

- **Track Outcomes:** Measure and report your results.
- **Meet Deadlines:** Submit reports on time.
- **Be Transparent:** Share challenges and solutions.

Tip: Good reporting strengthens relationships for future funding.

Why Professional Help Matters

Grant writing can be challenging. **HopeWell Global, LLC** helps with:

- **Custom Grant Proposals**
- **Targeted Research**
- **Training and Support**

Let us help you maximize your success.

HopeWell Global, LLC

T. Nikki Watkins, JD, BSW

Phone: 786.375.0573

Email: nikki@hopewell-global.com

T. Nikki Watkins



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BISCAYNE NATIONAL PARK

RECONNECT WITH NATURE

The beauty of peace and amazement going through your mind .



**RELAX
AND ENJOY
LIFE**

Photography by Martha Melo

NATURE ENHANCES WORKING
MEMORY, RESTORES FOCUSED
ATTENTION, RELIEVES FEAR AND
STRESS

Nature is an important need for many and vital in keeping us emotionally, psychologically and physically healthy. Biscayne National Park in Homestead, Florida, is a beautiful natural reserve that invites visitors to connect with nature and appreciate the beauty of the underwater world. Whether you're seeking adventure through water activities or prefer a more relaxed exploration, the park offers a diverse range of experiences for every type of nature lover. Plan your visit to Biscayne National Park and immerse yourself in the wonders of this unique marine paradise.



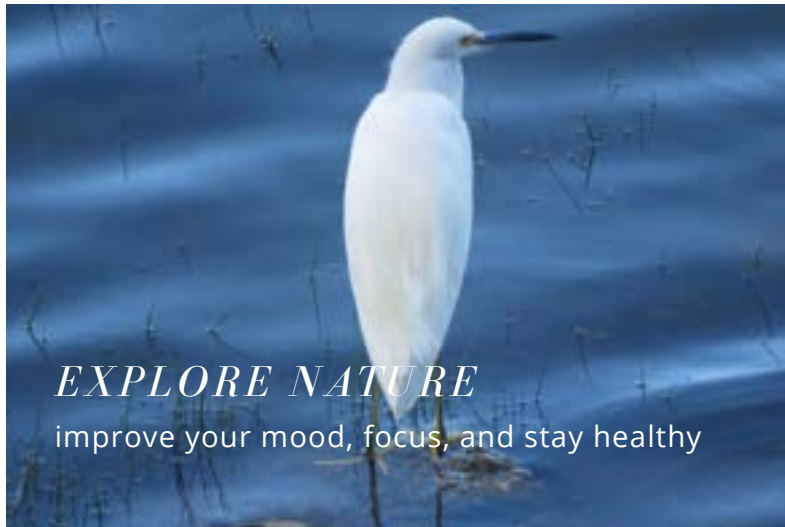
OUTDOOR ACTIVITIES

CALENDAR
BISCAYNE NATIONAL PARK

[HTTPS://WWW.NPS.GOV/BISC/PLANYOURVISIT/CALENDAR.HTM](https://www.nps.gov/bisc/planyourvisit/calendar.htm)



*REST AND REFRESH
YOUR BRAIN*



EXPLORE NATURE

improve your mood, focus, and stay healthy

Source:

<https://www.facebook.com/BiscayneNPS>

**NATURE ENHANCES WORKING
MEMORY, RESTORES FOCUSED
ATTENTION, RELIEVES FEAR AND
STRESS**

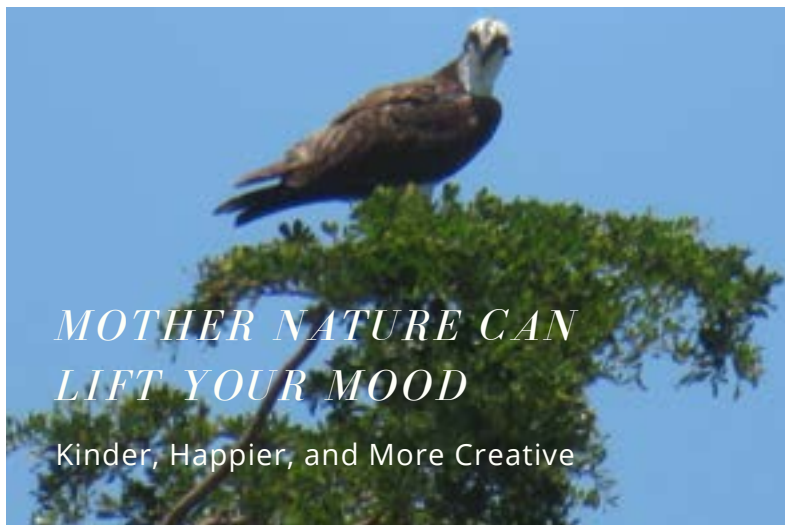
Special activities are offered year round at Biscayne National Park. From late November through the end of April. Visit the website [here](#) or in person at the Dante Fascell Visitor Center.

To learn more about visit the official page at:

<https://www.nps.gov/bisc/planyourvisit/calendar.htm>

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