

Let's Talk About It!

January 2018

Wellness Radio

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of January 1 st	<p>Finding Recovery with a Degree: Wellness Center Imperial Valley College Program</p> <p>Mental Health problems can shut down a life, as the stress of coping isolates and steals hope and energy. At the Behavioral Health Wellness Center, the IVC Program offers a return to education, ongoing support, and a path to academic success for those whose mental health impairments have hindered academic growth.</p>	<p>Yolanda Romero, M.A. IVC Counselor Wellness Center ICBHS</p>
Week of January 8 th	<p>Obtaining a General Education Diploma as Part of Mental Health Illness Recovery</p> <p>Another way the Behavioral Health Wellness Center supports its participants is by the General Education Diploma (GED) Program. A collaborative effort between Imperial County Behavioral Health Services (ICBHS) and the Imperial Valley Regional Occupational Program (IVROP); the program provides an opportunity to consumers to obtain an education, which some might not have had the opportunity to achieve.</p>	<p>Brenda Gonzalez GED Instructor Wellness Center ICBHS</p>
Week of January 15 th	<p>Anorexia and Bulimia – Signs, Symptoms & Treatment</p> <p>Eating disorders can affect anyone regardless of age and socioeconomically status. Family members may be suffering through this and not know it –and/or– not comprehend what they are going through. Not eating enough or eating too much all at once? This may be a sign of an eating disorder. Join us as Maricruz Bermudez talks more in depth about the various eating disorders and the treatments available.</p>	<p>Maricruz Bermudez, LMFT Supervising Therapist Youth and Young Adult Services ICBHS</p>
Week of January 22 nd	<p>Finding Recovery with a Song: Wellness Center Music Program (Originally aired on April 2017)</p> <p>Mental Health problems can shut down a life, as the stress of coping isolates and steals hope and energy. At the Behavioral Health Wellness Center, the music program brings people together making fantastic music in recovery. Join the music instructor Sergio Alberti and two Superstar singers as they share their stories and songs with our community.</p>	<p>Sergio Alberti Wellness Center Music Instructor Celia & Jessica Superstars Members</p>
Week of January 29 th	<p>Mental Health Support at Imperial Valley College (Originally aired on April 2017)</p> <p>IVC students, are you anxious about life? Depressed about grades? Imperial valley College provides mental health services and referrals to Imperial County Behavioral Health if more support appears necessary. Listen and join us, as Guadalupe Garcia discusses this resource.</p>	<p>Guadalupe Garcia, LMFT Clinical Mental Health Counselor Student Health Center Imperial Valley College</p>



With Scott Dudley & Maria Wyatt

If you have any questions that you would liked answered on the show, please send an email to: wellnessradio@co.imperial.ca.us

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