

Let's Talk About It!

February 2015

Wellness Radio



With Scott Dudley & Maria Wyatt

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

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of Feb 2	<p>Yellow Ribbon Suicide Prevention Program Yellow Ribbon is a grass-roots, community based, volunteer organization developed to serve youth and the communities that surround them, and to address youth/teen suicide through public awareness, education and training to help communities build new and/or strengthen existing programs.</p>	<p>Margaret Strahm, Yellow Ribbon Suicide Prevention Imperial Valley</p>
Week of Feb 9	<p>Psychological Impacts of a Polarized Culture What do a school shooter, a corporate swindler, and a bullheaded ideologue have in common? They all converge on what Dr. Kirk Schneider terms "the polarized mind." The polarized mind, which is the fixation on one point of view to the utter exclusion of competing points of view, is killing us—and has been for millennia.</p>	<p>Kirk J. Schneider, Ph.D Author, President of the Society for Humanistic Psychology of the American Psychological Association.</p>
Week of Feb 16	<p>ICBHS Adult Recovery Center: Reclaiming Life Goals The Recovery Center programs are designed to assist clients to reach beyond stabilization of mental illness, including assisting clients to re-enter society, communities and re-establish relationships. The Recovery Center offers daily organized and structured activities that are consumer directed and geared to assist individuals towards recovery from mental illness and a restoration of a healthy and independent lifestyle.</p>	<p>Sylvia Benavides and Maria Martinez, Program Supervisors Recovery Center ICBHS – Brawley & El Centro</p>
Week of Feb 23	<p>Trauma-Informed Substance Treatment Tonier "Neen" Cain's joyous spirit and astonishing inner-strength that leaps through the radio directly into listeners hearts, inspiring renewed hope and compassion for those still living on the fringes. Her recovery, focused on trauma-informed treatment is a story that inspires all.</p>	<p>Tonier Cain CEO & Author of Healing Neen</p>

Tune in:



Thursdays at 8:00 a.m.



*Saturdays & Sundays
 at 9:00 a.m.*

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