

# Let's Talk About It!

## March 2018

# Wellness Radio

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*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](mailto:wellnessradio@co.imperial.ca.us)

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of March 5	<p><b>Teen Dating Violence Awareness</b></p> <p>February marked the inaugural Teen Dating Violence Awareness Month for Imperial County. One in four women will fall victim to relationship violence. Early prevention is key. Only about one in five teens who experience teen dating violence tell their parents. Join us as Judi Klein-Pritchard, provides more in-depth information about this important and, sometimes, overlooked topic.</p>	<p><b>Judi Klein-Pritchard</b>                      Director of Legal Services                      WomanHaven,                      Center for Family Solutions</p>
Week of March 12	<p><b>Each Mind Matters®: California's Mental Health Movement</b></p> <p>Everyday, millions of people face the challenge of stigma related to mental health because an individual's own mental health or that of a loved one. Their goal is to amplify the voices of all people who want to put an end to this stigma, creating a community where everyone feels comfortable reaching out for the support they deserve.</p>	<p><b>Rosio Pedroso</b>                      Resource Navigator                      Each Mind Matters®  <a href="http://www.eachmindmatters.org">www.eachmindmatters.org</a></p>
Week of March 19	<p><b>Postpartum Depression</b>                      (Originally aired on October 2014)</p> <p>Join us as we speak to a local OB/GYN about a mental health condition that is associated with child-bearing. We'll look at having a baby, the stressors, the joys, and how post-partum depression can be identified and treated in the life-changing experience of parenthood.</p>	<p><b>Dr. Marisel Chibas</b>                      Obstetrician &amp; Gynecologist</p>
Week of March 26	<p><b>Moral Reconciliation Therapy (MRT)</b></p> <p>Moral Reconciliation Therapy (MRT) is a systematic treatment strategy that seeks to decrease recidivism among juvenile and adult criminal offenders by increasing moral reasoning. Its step-by-step approach combines elements from a variety of psychological traditions to progressively address self-esteem, social, moral, and positive behavioral growth.</p>	<p><b>Joaquin Zambrano</b>                      Program Supervisor                      Adult Services                      ICBHS - Brawley</p>

*Tune in:*



*Thursdays at 8:00 a.m.*



*Sundays at 7:00 a.m.*

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