

Let's Talk About It!

April 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 April 6	<p>Using Movies for Mental Health</p> <p>For many of us, movies entertain, some inform. Movies are capable of showing us our peaks and valleys as human. As such, movies can be a source of inspiration and motivation to meet the challenges of making our own lives epic and heroic.</p>	<p>Thomas Armenta, MFT intern Mental Health Counselor Resource Center ICBHS – Brawley</p>
Week of April 13	<p>Confronting Abuse of Power: Restorative Justice for Women</p> <p>Research shows that when secrecy, minimizing, and rationalizations about abuse are overcome, healing and safety begin. The World Health Organization, for example, lists the lionizing of a violent and dominating masculinity, female subordination, and racism as a potent recipe for abuse. Examining which groups are included and which are excluded in teaching, governance, and wealth can also tell us where to expect challenges.</p>	<p>Pam Rubin, Author, Canadian Certified Counselor, and Lawyer</p>
Week of April 20	<p>Rat Park Revisited: Rethinking Addiction</p> <p>Dr. Alexander posits that the most effective response to a growing addiction problem is a social and political one, rather than an individual one: to reshape society with enough force and imagination to enable people to find social integration and meaning in everyday life. Then great numbers of them would not need to fill their inner void with addictions.</p>	<p>Bruce K. Alexander, PhD Professor Emeritus Department of Psychology Simon Fraser University</p>
Week of April 27	<p>Parenting Styles and Child Success</p> <p>Is there a 'best way' to parent? Do all children respond the same to parenting styles? Is it easier to parent with two styles in the house? How do we consistently put our children on a path to success through our parenting? Does mental health impact parenting? Join us as we discuss how parenting and mental health intersect.</p>	<p>Guadalupe Garcia, MFT Intern Mental Health Counselor Children Services ICBHS – El Centro</p>

Tune in:



Thursdays at 8:00 a.m.



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

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