

Let's Talk About It!

June 2017

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 June 5 th	<p>National Alliance on Mental Illness (NAMI): Family/Peer Supporter</p> <p>The role of Family/Peer Supporter is an emerging profession in behavioral health services for those individuals with "lived experience". NAMI offers a Family/Peer webinar training to better prepare interested individuals for a role in recovery. Join us as, NAMI Program Manager A'Sheka Jordan, discusses organization and the development of Family/Peer Supporters in the Imperial Valley.</p>	<p>A'Sheka Jordan NAMI San Diego Career Pathways Program Manager</p>
Week of June 12 th	<p>Obsessive Compulsive Disorder: Too Much Order (Originally aired on May 2014)</p> <p>For those of us less organized, it might be difficult to imagine too much order and the resulting suffering it might cause. For those impacted with Obsessive Compulsive Disorder, the impacts are all too real.</p>	<p>Aalamgeer Ibrahim Psychiatrist</p>
Week of June 19 th	<p>Playing for Change: Music's Transformative Power (Originally aired on January 2016)</p> <p>Playing for Change was created to connect the world's people through music. The idea for this project came from a common belief that music has the power to break down boundaries, overcome distances between people and create positive change.</p>	<p>Mark Johnson Chairman of the Board Playing for Change Foundation</p>
Week of June 26 th	<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 <i>SuperStars</i> singers as they share their stories and songs with the community.</p>	<p>Sergio Alberti Music Instructor Wellness Center ICBHS – El Centro Cecelia & Jessica Members of the <i>SuperStars</i></p>

Tune in:



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