

Let's Talk About It!

October 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 September 28 th	<p>Yellow Ribbon Suicide Prevention Program</p> <p>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 October 5 th	<p>Imperial Valley LGBTQ Resource Center</p> <p>LGBTQ individuals are almost 3 times more likely than others to experience a mental health condition such as major depression or generalized anxiety disorder. The fear of coming out and being discriminated against for sexual orientation and gender identities, can lead to depression, post-traumatic stress disorder, thoughts of suicide and substance abuse. Join us as Rosa Diaz, Director of the Imperial Valley LGBTQ Resource Center, talks about local support.</p>	<p>Rosa Diaz Director Imperial Valley LGBTQ Resource Center</p>
Week of October 12 th	<p>Mindful Warrior Project: Bootcamp for Re-entering Civilian Life</p> <p>Why Mindfulness for Veterans? Mindfulness is an evidence based therapy that has been proven in hundreds of research studies to have a positive impact in the following areas: quality of life (depression, stress & anxiety, performance, sleep, addiction, etc.), PTSD, TBI, and suicide. These are areas that are of significant importance in the veteran community.</p>	<p>Gail Soffer, Founder and Executive Director Mindful Warrior Project</p>
Week of October 19 th	<p>Mindfulness for Teen Anger</p> <p>Do you ever feel so frustrated with school, friends, parents, and life in general that you lose control of your emotions or lash out? You're not alone. Being a teen is hard, but it's even harder when you're unable to keep your cool in stressful situations. Fortunately, there are easy steps you can take to stay calm and collected.</p>	<p>Jason Murphy, M.A. M.F.T. Intern Founder of Mindfulness Recovery Counseling</p>
Week of October 26 th	<p>Interpersonal Violence Prevention</p> <p>Interpersonal violence occurs when one person uses power and control over another through physical, sexual, or emotional threats or actions, economic control, isolation, or other kinds of coercive behavior. Violence is not O.K., and nobody should have to put up with it. Being angry, confused or frustrated are all normal emotions, and there are non-violent ways of expressing these emotions.</p>	<p>Judy Prichard, Legal Director Center for Family Solutions</p>

Tune in:



Thursdays at 8:00 a.m.



Saturdays & Sundays at 9:00 a.m.

Visit www.krop.info for streaming for internet 24/7



The Best Oldies On The Radio

Sundays at 7:00 a.m.

Visit www.kxoradio.com for podcasts on demand

