

Let's Talk About It!

December 2016

Wellness Radio

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of December 5 th	<p>Imperial Valley LGBTQ Resource Center-Update</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, Chief Executive Officer of the Imperial Valley LGBTQ Resource Center, talks about local support.</p>	<p>Rosa Diaz Chief Executive Officer Imperial Valley LGBTQ Resource Center</p>
Week of December 12 th	<p>Serenity Park: Healing Veterans and Parrots</p> <p>Serenity Park Sanctuary is an independent work therapy program for disabled, formerly homeless, veterans with combat-related trauma. These veterans work with similarly traumatized, rescued parrots who reside at a sanctuary. The unique relationship that develops is therapeutic for both and the veterans are allowed flexible schedules so they can continue physical and mental health appointments.</p>	<p>Dr. Lorin Lindner Founder The Association for Parrot Serenity Park Sanctuary (C.A.R.E.)</p>
Week of December 19 th	<p>Our Healing Companions</p> <p>Celebrating our kinship with animals of all species and illustrates how this bond makes our lives complete. Examining the mysteries of why we connect with companion animals, as well as their possible role in therapy settings, Aubrey Fine integrates scientific explanations with personal anecdotes and testimonials to shed light on this unique love affair and it's happiness and healing potentials.</p>	<p>Dr. Aubrey Fine Professor California State Polytechnic University (CALPoly)</p>
Week of December 26 th	<p>PRAXES (Parents Reach Achieve and eXcel through Empowerment Strategies) Parenting Program</p> <p>The vision at PRAXES is to advance the strength of parents and caregivers of children with special challenges (mental health, intellectual, or physical) through education, support, and empowerment so they can live healthy and functional lives while caring for the child. PRAXES is used by Imperial County Behavioral Health Children's Services, and has excellent results with diverse cultures and socioeconomic groups.</p>	<p>Dan Thorne, LMFT Developer of PRAXES Parenting Program</p>

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With Scott Dudley & Maria Wyatt

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

