

# Let's Talk About It!

# December 2017

# Wellness Radio

For access to services please contact:  
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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:  
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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of December 4	<p><b>Dispelling the Myth of Violence and Mental Illness</b>            (Originally aired on April 2014)</p> <p>Historically, society (this means you!) has perceived people with mental disorders as being more violent and dangerous than normal folks. Dr. Grohol shares the facts.</p>	<p><b>John Grohol, Psy.D.</b>            Founder of PsychCentral Health Network</p>
Week of December 11	<p><b>Teen Challenge: Stress, Anger Management &amp; Mindfulness</b></p> <p>Youth and Young Adults face an emerging world of cellphones, social media, academics, relationships, and parents, all while experiencing the biological changes and challenges of adolescence. Debilitating stress or anger, internalized or externalized can result. Mindfulness techniques, framed towards youth, can help.</p>	<p><b>Dalia Pesqueira, LMFT</b>            Program Supervisor Youth &amp; Young Adult Services</p>
Week of December 18	<p><b>Identifying and Treating Eating Disorders</b>            (Originally aired on December 2015)</p> <p>When you become so preoccupied with food and weight issues that you find it harder and harder to focus on other aspects of your life, it may be an early sign of an eating disorder. Studies suggest that 1 in 20 people will be affected at some point in their lives. Ultimately without treatment, eating disorders can take over a person's life and lead to serious, potentially life-threatening conditions.</p>	<p><b>Aalamgeer Ibrahim, MD</b>            Psychiatrist</p>
Week of December 25	<p><b>Unwrapping Joy for the Holidays</b></p> <p>How we manage our thoughts and feelings can make the difference between a pleasurable and enjoyable holiday and an irritable time spent noticing traffic snarls, money worries, and others' shortfalls. Cognitive Behavioral Techniques, applied to the situations of the season, as discussed with licensed clinician Peter DiManno, minimize stress, make interactions kinder, and holidays more joyful.</p>	<p><b>Peter DiManno, LCSW</b>            Licensed Clinical Social Worker</p>

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