

Let's Talk About It!

January 2019

Wellness Radio

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With **Scott Dudley**
 & **Maria Wyatt**



Thursdays at 8:00 a.m.



Sundays at 7:00 a.m.



Sundays at 7:00 p.m.

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of December 31 st	<p>Children Services-Prevention and Early Intervention Program for Trauma Exposed Children (Originally aired on march 2016)</p> <p>The Prevention and Early Intervention (PEI) program engages at risk children before the development of serious mental illness or serious emotional disturbance; a potential result of trauma exposure. Please join us as we discuss trauma exposure and our Prevention and Early Intervention Program for children with Christine Garcia.</p>	<p>Christine Garcia, LCSW Licensed Clinical Social Worker Psychiatric Social Worker Children Services ICBHS-EI Centro</p>
Week of January 7 th	<p>Therapeutic Riding and Mental Health (Originally aired on March 2017)</p> <p>Therapeutic Riding offers physical, social, and spiritual benefits to people with disabilities. For those who have cognitive and/or behavioral disabilities, communication skills may improve through interaction with the horse and instructor. Behavioral Health has an ongoing therapeutic riding program for youth and young adults; join us as we speak with instructor Marsha Boutwell about her local program.</p>	<p>Marsha Boutwell Owner BMB Boarding & Animal Plus</p>
Week of January 14 th	<p>National Alliance on Mental Illness (NAMI): Family/Peer Supporter (Originally aired on June 2017)</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 January 21 st	<p>Little Flower Yoga for Kids (Originally aired on October 2017)</p> <p>Little Flower Yoga is dedicated to making yoga and mindfulness available to children and teenagers. It challenges students to learn in new ways, make connections, and recognize their capacity to achieve. Join us as founder Jennifer Cohen Harper explores the role of mindfulness and focused movement in improved behavior and academic performance.</p>	<p>Jennifer Cohen Harper, MA Founder of Little Flower Yoga, Inc.</p>
Week of January 28 th	<p>Teen Challenge: Stress, Anger Management & Mindfulness (Originally aired on December 2017)</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>Dalia Pesqueira, LMFT Licensed Marriage and Family Therapist Program Supervisor Youth and Young Adults Services</p>

