

Let's Talk About It!

February 2020

Wellness Radio



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

Tune in:


Thursdays at 8:00 a.m.


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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of February 3 rd	<p>Teen Dating Violence Awareness (Originally aired on March 2018)</p> <p>February 2018 marked the inaugural Teen Dating Violence Awareness Month for Imperial County. Once in four women will fall victim to relationship violence. Early prevention is key. Only about one in five teens who experience teen dating violence tell their parents. Join us as Judi Klein-Pritchard, provides more in-depth information about this important and, sometimes, overlooked topic.</p>	<p>Judi Klein-Pritchard Director of Legal Services WomanHaven A Center for Family Solutions</p>
Week of February 10 th	<p>Young Love: Concerns and Mental Health Issues in Adolescent Romance (Originally aired on February 2018)</p> <p>Adolescence contains a number of life challenges, including the beginnings of romantic relationships. With youth and young adults therapist Andrea Platero, we examine the modern context of young love, including social media, consider common concerns and share helpful strategies in supporting the young ones through their first romantic relationships.</p>	<p>Andrea Platero Registered Associate Professional Clinical Counselor Mental Health Counselor Youth and Young Adult Services El Centro MHSA FSP</p>
Week of February 17 th	<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 their goals. 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 February 24 th	<p>Cognitive Processing Therapy (CPT)</p> <p>The Cognitive Processing Therapy (CPT) is an evidenced-based therapy used to treat individuals that are diagnosed with Post-Traumatic Stress Disorder (PTSD) and other related problems. Join us as Andrea Platero, introduces us to the model and the processes of CPT used to work through and recovery from PTSD.</p>	<p>Andrea Platero Registered Associate Professional Clinical Counselor Mental Health Counselor Youth and Young Adult Services El Centro MHSA FSP</p>

