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Let's Talk About It!

June 2020

Wellness Radio



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

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Sundays at 7:00 a.m.

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| SCHEDULE: | TOPIC: | GUEST SPEAKER: |
|-------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Week of June 1 st | <p>Coronavirus (COVID-19) and Mental Health (Originally aired May 2020)</p> <p>We are currently experiencing a global pandemic event caused by a communicable novel (new) virus. COVID-19 has already demonstrated its effect on our daily lives, our routines, and even our mental health. One of the best coping tools for anxiety is information discernment. Gathering information, verifying the accuracy of the information, and then specific planning to manage the information is an effective anxiety reduction strategy. We have invited Imperial County Public Health Registered Nurse Collett Ashurst, RN to discuss all things COVID-19. How it is spread, what symptoms are experienced, how to suppress the spread, and how to manage life and stress levels in the midst of an infectious disease outbreak. Join us and learn the best ways to proceed in the days ahead of us all.</p> | <p>Collett Ashurst, RN Registered Nurse Public Health Department County of Imperial</p> |
| Week of June 8 th | <p>Post-Traumatic Stress Disorder (PTSD) in Children (Originally aired on July 2014)</p> <p>The impacts of trauma on children can be lifelong and profound, yet identifying the disorder at times difficult. Join us as Helen McClain shares specialized treatments shown in research to work for children diagnosed with PTSD.</p> | <p>Helen McClain, LCSW Licensed Clinical Social Worker</p> |
| Week of June 15 th | <p>Adult Anxiety and Depression Services (Originally aired on July 2018)</p> <p>The Adult Anxiety and Depression Clinics, located regionally in El Centro, Brawley and Calexico, provide services to individuals diagnosed with Depression, Anxiety or Post Traumatic Stress Disorder (PTSD). The Anxiety and Depression Clinics strive to help individuals who meet criteria to find the best way to manage stress and alleviate symptoms and impairments. Join us as Marie Arroyo talks more in depth about the services that are provided to adult populations through the clinics and how to access support for life-affecting depression, anxiety and PTSD symptoms.</p> | <p>Marie Arroyo, LMFT Licensed Marriage and Family Therapist Program Supervisor Adult Anxiety and Depression Clinic ICBHS-Calexico</p> |
| Week of June 22 nd | <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 June 29 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 & Young Adult Services</p> |

