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March 2021



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

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of March 1 st	<p>Central Union High School's Yellow Ribbon Club</p> <p>The Yellow Ribbon Club, a high school student organization, encourages a positive attitude and outlook in life. The club promotes holistic wellness starting with students, but with a goal of reaching the entire community, through a focus on self-care and positivity. Join us as counselor Ramona Campos and student leaders Itzel and Vanessa talk more about this wonderful school-based mental health wellness club.</p>	<p>Ramona Campos Counselor Itzel and Vanessa President, Vice-President of Yellow Ribbon Club Central Union High School</p>
Week of March 8 th	<p>Grief During a Pandemic</p> <p>The pandemic has brought grief to our community. Lost loved ones, lost freedoms, lost opportunities, lost social contacts, lost practices and habits all have resulted from the pandemic and its conditions. Join us as therapist Stephanie Ramirez acknowledges and validates the losses we've all suffered and provides both healing coping and a sense of when grief may be overwhelming and when support may be necessary for recovery.</p>	<p>Stephanie Ramirez, LCSW Licensed Clinical Social Worker Supervising Therapist Children Services</p>
Week of March 15 th	<p>Causes of Substance Use Disorders (Originally aired on December 2018)</p> <p>According to the National Institute on Drug Abuse, abuse of tobacco, alcohol exacts more than \$740 billion annually in costs related to crime, lost work productivity and health care. Yet to our families, substance use can be personally even more devastating. To an individual this disorder may even be fatal. Why do people use substances? How does it lead to life-threatening problems? Therapist Eufemio Anaya explores the answers. Life-changing answers. The pandemic has placed additional concern on substance use, tune in.</p>	<p>Eufemio Anaya, AMFT Associate Marriage and Family Therapist Mental Health Counselor Substance Use Disorder Program</p>
Week of March 22 nd	<p>Adult Healthy Relationships During a Pandemic</p> <p>Adulthood contains a number of life challenges, possibly including the beginning or ending of romantic relationships, career choices, parenting, aging, and adult steps and stages. With therapist Sergio Hernandez, we focus on all of these relational aspects in the context of this pandemic. He shares common concerns and helpful strategies in supporting ourselves and other adults through the remainder of the pandemic and its restrictions.</p>	<p>Sergio Felipe Hernandez, AMFT Associate Marriage and Family Therapist Mental Health Counselor Adult Services</p>
Week of March 29 th	<p>Self-harming Behaviors In Youth and Young Adults</p> <p>What is self-harm? NAMI defines it as: self-harm or self-injury means hurting yourself on purpose. The thoughts or actually hurting yourself are a sign of emotional distress. With the pandemic and the particular stress on youth and young adults, the risks of self-harming behaviors have probably never been more pronounced. Please join us as therapist Maricruz Bermudez talks about more in depth about the signs and symptoms and the different interventions and help that are available for young people that are experiencing self-harm.</p>	<p>Maricruz Bermudez, LFMT Licensed Marriage & Family Therapist Supervising Therapist Youth and Young Adult Services</p>

