

Let's Talk About It!

December 2021

Wellness Radio



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

Tune in:



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:

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| Week of December 6 th | <p>Season of Gratitude (Originally aired on December 2019)</p> <p>In our hectic lives, with all of our responsibilities and commitments, quiet reflection on gratitude can be easily misplaced. The winter season, full of holidays for some, offers us a chance to reconnect to the mental health benefit of realizing we have so much to be thankful for, followed up by demonstrating that gratitude to the world so that the spirit of gratitude is as infectious as a winter cold, but as healthy as a warm bowl of chicken soup for the soul.</p> | <p>Juan J. Flores, LMFT Licensed Marriage and Family Therapist</p> |
| Week of December 13 th | <p>Casa Serena</p> <p>Sometimes people in our community, suffering serious mental health symptoms that are disrupting their lives, need safe harbor, a port in the storm to stay safe and avert a potentially dangerous mental health crisis. Casa Serena provides that safe harbor, falling under the prevention portion of the continuum of care, providing supportive elements of in-patient services for those who are having a mental health crisis before the crisis escalates. Join us as Deputy Director Maria Ruiz comes and talks more in depth about this new program.</p> | <p>Maria Ruiz, MSW Deputy Director Mental Health Triage and Engagement Services</p> |
| Week of December 20 th | <p>Substance Use Disorder (SUD) Prevention Services (Originally aired on August 2020)</p> <p>Youth continue to face unique challenges in the COVID-19 post-pandemic environment. The transition back to school has been beneficial to some, but not all, and access to substances is facilitated. <i>Too Good For Drugs</i> is an evidenced-based substance use prevention program that focuses on facts and decision-making practices in a group setting. This program is currently being adopted to remote learning environments. Join our guest, Danny Gutierrez, as he discusses the 12 session curriculum, its benefits, and the challenges of adapting from a classroom setting to a virtual one.</p> | <p>Danny Gutierrez Community Service Worker Adolescent Substance Use Disorder Program</p> |
| Week of December 27 th | <p>When Loves Goes Into Food: Mental Health Support From a Meal (Originally aired on October 2019)</p> <p>Research finds that people who eat home-cooked meals on a regular basis tend to be happier and healthier as they consume less sugar and processed foods, which can result in higher energy levels and better mental health. As those who have discovered the joy of cooking can attest, the magic of combining ingredients into flavors that nurture and sustain our loved ones fulfills and inspires us. Join us Rina Godoy and Roberto Perez, the owner and head chef of <i>Antojitos Como En Casa</i> Restaurant as they share their story and their passion for adding love to food.</p> | <p>Rina Godoy Owner Antojitos Como en Casa Roberto Perez Head Chef Antojitos Como en Casa</p> |

