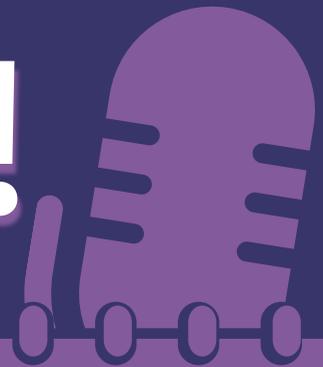
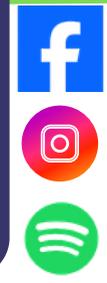


Let's Talk About It!



Wellness Radio

March
2026



Co-hosts: Patricia Arevalo-Caro & Alfonso Ruiz



IMPERIAL COUNTY
Behavioral Health Services
MENTAL HEALTH & SUBSTANCE USE RECOVERY
Hope, Wellness and Recovery

Aggression Replacement Training (ART)

Week of March 2

ART is an evidence-based, 10-week cognitive-behavioral intervention designed to help chronically aggressive children and adolescents (ages 12-17) replace antisocial behavior with prosocial skills. It uses a 3-part approach to reduce acting-out behaviors.

Guest Speakers:
William Murguia, ICBHS Program Supervisor
Children's Calexico Clinic
Andrew Wells, ICBHS Administrative Analyst

National Alliance on Mental Illness (NAMI)

Week of March 9

NAMI is dedicated to improving the lives of individuals and families affected by mental illness. NAMI provides free education, support groups, and advocacy, focusing on reducing stigma and providing resources for mental health conditions.

Guest Speakers:
Mario Rios, NAMI Program Manager
Adult Re-Entry Program
Mairani Tafoya, NAMI Bilingual Case Manager

Sound Healing

Week of March 16

Sound healing therapy is an ancient practice that uses sound vibrations from instruments like singing bowls, gongs, and tuning forks to promote deep relaxation and reduce stress by shifting brainwaves, lowering heart rate, and rebalancing energy.

Guest Speakers:
Francisca Rico Murillo, Sound Healing Practitioner,
School Psychologist at Central Union High School

Obsessive-Compulsive Disorder (OCD)

Week of March 23

Obsessive-Compulsive Disorder (OD) is a chronic mental health condition characterized by uncontrollable, recurring thoughts (obsessions) and repetitive behaviors (compulsions) that a person feels driven to perform.

Guest Speakers:
Michelle Gomez-Salazar, LCSW
OCD and Anxiety Therapist
Joali, OCD Advocate,
Talk TOC

WomanHaven

Week of March 30

WomanHaven's mission is to promote and provide a comprehensive response to domestic violence, stalking and human trafficking through community outreach & education, prevention, intervention, client support services; and safety and shelter services.

Guest Speakers:
Griselda Partida, Survivor Counselor & Life Coach
Embrace Your Purpose
Christian Gamble, COS
WomanHaven

TUNE IN



Thursdays at 8 am



Sundays at 7am



Sundays at 7pm

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If you have any question's you would like answered on the show, please send an email to: wellnessradio@co.imperial.ca.us