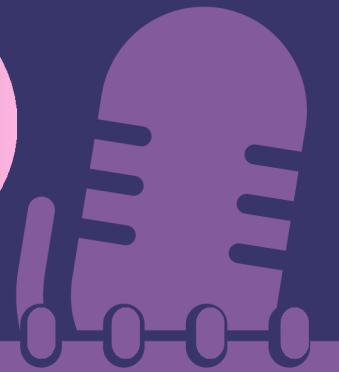




Let's Talk About It!



Wellness Radio

Co-hosts: Patricia Arevalo-Caro & Berenice Flynt



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

July
2026



Men's Mental Health

Week of July 6

Join us for a conversation with Dr. Sudhakar Ravada as we explore the importance of men's mental health, the cultural influences that shape emotional well-being, and ways we can better support the men in our lives as they navigate healing, connection, and resilience.

Guest Speaker:
Sudhakar Ravada, Psy. D.
Clinical Psychologist
Imperial County Behavioral Health
Triage Unit

Managing Change and Stress

Week of July 13

Managing change and stress can improve quality of life and support mental health. Join Dr. Bernardo Ng as he discusses practical ways to navigate life's challenges, adapt to change, and manage stress effectively.

Guest Speaker:
Bernardo Ng, M.D.
Bilingual Principal Investigator and Rater
Board Certified Psychiatrist
Sun Valley Research Center, Inc.

International Self-Care

Week of July 20

Self-care is the practice of intentionally caring for your physical, mental, and emotional well-being. As defined by the National Institute of Mental Health it goes beyond treating illness and includes daily habits and activities that help reduce stress, increase energy, and support overall health and well-being.

Guest Speaker:
Catherine Lopez, LCSW
Behavioral Health Therapist
Imperial County Behavioral Health
Children Services

Mindfulness

Week of July 27

Mindfulness is defined by the National Alliance on Mental Health as the practice of being fully aware of the present moment, paying attention to your thoughts, feelings, and surroundings without judgment. It means to acknowledge your current thoughts, feelings, body sensations, and surroundings with curiosity and kindness, rather than worrying about the past and future.

Guest Speakers:
Andrew Wells
Administrative Analyst
Imperial County Behavioral Health
Administration

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