

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

November 2026

Movement and Mental Health: The Athletic Art of Dance

Week of November 2

Join us as we talk with Karen Osuna about "The Athletic Art of Dance" They help us connect between dance, athleticism, creativity, and self-expression. Learn how dance promotes physical fitness, builds confidence, encourages discipline, and supports mental well-being through the power of movement.

Guest Speaker:

Karen Osuna
General Partner
Pilates Instructor
The Athletic Art of Dance

Imperial County Veterans Service Office

Week of November 9

The Imperial County Veterans Service Office helps veterans, their families, and survivors access earned benefits, including health care, housing, education, and more. The office works closely with the U.S. Department of Veterans Affairs and other agencies to connect veterans with available support.

Guest Speaker:

David Hernandez
Veterans Service Officer
Imperial County Veterans Service Office

Family Resource Center (FRC)

Week of November 16

The Family Resource Center (FRC) at Central Union High School District provides support services, community resources, and wellness activities for students and families.

Guest Speaker:

Melissa Hisel
Family Resource Center Coordinator
Central Union High School District

Managing Stress During the Holidays

Week of November 23

The holiday season can bring joy and connection, but it can also create stress, financial pressures, and emotional challenges. Join us as we discuss practical ways to manage holiday stress, set healthy boundaries, prioritize self-care, and maintain emotional well-being so you can enjoy a more peaceful and meaningful holiday season.

Guest Speaker:

Marie Arroyo-Contreras
Behavioral Health Supervising Therapist
Adult and Older Adult Services

Stories of Resiliency

Week of November 30

Stories of Resiliency is an ongoing process of embracing vulnerabilities, the ability to adapt, recover and grow stronger through trauma, loss, or severe hardship rather than simply "getting over it." Join us as we hear the different stories from our local youth and their stories of resiliency.

Guest Speaker:

Students
ICOE Academy Schools

TUNE IN

88.7 RADIO BILINGÜE — Thursdays at 8 am

KXO 1230 AM — Sundays at 7am

FM 107.5 — Sundays at 7pm

Visit www.kxoradio.com
Tune in for podcasts on demand

https://bhs.imperialcounty.org
For access to services please contact
(442) 265-1525 or (800)-817-5292

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