

Let's Talk About It!

Wellness Radio

Co-hosts: Patricia Arevalo-Caro & Alfonso Ruiz



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

December
2025



SDSU Student Services

Week of December 1

Aday Urias, explains how the SDSU Imperial Valley campus provides in-person counseling, virtual counseling and psychological services for students.

Guest Speaker:
Aday Urias
Case Management Coordinator
San Diego State University

CHARLEE

Week of December 8

CHARLEE Family Care, Inc. is a nonprofit organization dedicated to empowering and improving the lives of children, youth, adults, and families.

Guest Speakers:
Tina Williams, LMFT
Social Worker Supervisor
CHARLEE

Season of Gratitude

aired on December 2019
Week of December 15

Join us for Season of Gratitude, a heartwarming radio special that celebrates thankfulness in all its forms. Tune in and rediscover the power of appreciation this holiday season.

Guest Speakers:
Juan J. Flores, LFMT

Positive Engagement Team Program

aired January 2025
Week of December 22

ICBHS, in partnership with the Humane Society of Imperial County, trains select shelter dogs to offer emotional support and comfort to clients and the community through the Positive Engagement Team (P.E.T.) Program.

Guest Speakers:
Ernesto De La Rosa, Csw
Monica Hernandez, csw
Brooke Hester, PET Handler

Casa Serena

aired December 2021
Week of December 29

Casa Serena offers refuge-providing supportive, short-term care for those in need. Tune in as Deputy Director Maria Ruiz discusses this vital new program and its role in promoting mental wellness.

Guest Speaker:
Maria Ruiz, MSW Deputy Director
Mental Health Triage and
Engagement Services

TUNE IN

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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