

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

January
2026



The Path of the Butterfly

January 5

Join us for a powerful story that invites us to reconnect with our human magic, deepen kindness toward ourselves and others, and gain fresh perspective on the challenges we all face.

Guest Speaker:
Dulce Lopez, Psy.D. Psychologist
Motivational Speaker

Behavioral Health Community Outreach

January 12

Tune in as Community Service Workers Jazmin Bueno and Cesar Reyes discuss the challenges and opportunities involved in strengthening community connections to support behavioral health.

Guest Speakers:
Jazmin Bueno & Cesar Reyes
CSW's ICBHS
Center for Clinical Training

Right Hand Club of Calexico High School

January 19

Don't miss this inspiring conversation with the advisor and student leaders of the Right Hand Club at Calexico High School. Together we learn about students who are leading the way in promoting well-being on their campus.

Guest Speaker:
Eva Lara, LCSW
Calexico Unified School District

Imperial County Behavioral Health's Wellness Center

January 26

Join us for a conversation with Maria Martinez, Supervisor at the El Centro Wellness Center, as she discusses the variety of recovery activities available and the meaningful ways the Center supports its community members.

Guest Speaker:
Maria Martinez MHW Supervisor
El Centro Wellness Center

TUNE IN



Thursdays at 8 am



Sundays at 7 am



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