

# 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 7 pm

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