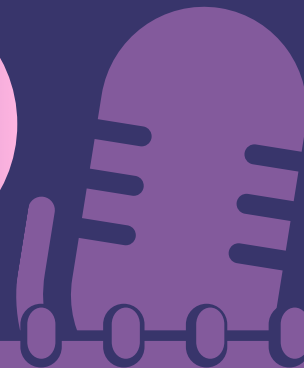




Let's Talk About It!



Wellness Radio

Co-hosts: Patricia Arevalo-Caro & Berenice Flynt



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

August
2026



Mindfulness and Horses

Aired on May 2023
Week of August 3

Mindfulness helps us let go of distractions and focus on the present moment. Combined with horses, whose sensitivity encourages emotional awareness, it can promote relaxation, healing, and a deeper connection with ourselves and nature.

Guest Speaker:
Jennifer Cohen Harper
Founder and CEO-Little Flower Yoga

Day Out Center

Aired on April 2025
Week of August 10

Brawley Day Out Center is an all-inclusive, personalized program designed to help participants achieve their individual goals while providing much-needed respite for caregivers and families. The program fosters greater independence in familiar surroundings, helping participants maintain their quality of life for as long as possible.

Guest Speaker:
Veronica Negrete
Director of Brawley Day Out Center

Laughter Yoga

Aired on October 2023
Week of August 17

Laughter Yoga is a wellness practice that combines intentional laughter with yogic breathing to reduce stress, boost mood, and improve well-being. Join certified Laughter Ambassador Mayra Reyes as we explore its techniques and the benefits it can bring to everyday life.

Guest Speaker:
Mayra L. Reyes, LCSW
Laughter Ambassador, Laughter Yoga

WomanHaven

Aired on March 2026
Week of August 24

WomanHaven's mission is to promote and provide a comprehensive response to domestic violence, stalking and human trafficking through community outreach & education, prevention, intervention, client support services; and safety and shelter services.

Guest Speaker:
Griselda Partida, Survivor, Counselor & Life Coach
Embrace Your Purpose
Christian Gamble, COS
WomanHaven

Sure Helpline

Aired on February 2026
Week of August 31

Sure Helpline Center provides a safe, supportive space for women and families in crisis, promoting mental health, stability, and freedom from violence.

Guest Speaker:
Jose Luis Mendoza, ASW
Victim Advocate and Educator
Sure Helpline Center

TUNE IN



Thursdays at 8 am



Sundays at 7 am



Sundays at 7pm

Visit www.kxorradio.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