

Show Synopsis - Week Of 7/11/22

MONDAY, 7/11

TIPS FOR REDUCING STRESS, ANXIETY AND DEPRESSION. PLUS, IT'S THE FIVE SIMPLE MOOD BOOSTERS.

TUESDAY, 7/12

PARENTING EXPERT ADVICE ON 4 WAYS TO EVOLVE YOUR PARENT-CHILD RELATIONSHIP FROM MANAGER TO CONSULTANT FOR THE TEEN YEARS.

WEDNESDAY, 7/13

IN DEPTH INFORMATION ON THE 988 DIALING CODE TO BE OPERATED THROUGH THE EXISTING NATIONAL SUICIDE PREVENTION LIFELINE.

THURSDAY, 7/14

FILM CRITIC TONY TOSCANO ON HIS TAKE ON WHAT MOVIES TO LOOK OUT FOR.

FRIDAY, 7/15

GET READY FOR SOME DATING DO'S & DON'TS.

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