PUBLIC SAFETY, HEALTH & WELFARE

Focus on the Family 10:00 p.m. (28:30) October 24, 2022

Dr. Elizabeth Stevens was a high-achieving psychiatrist in the U.S. Air Force. Her work came to an abrupt halt when she was debilitated by a traumatic brain injury and a series of other traumatic events which caused PTSD. In this conversation, Dr. Stevens offers hope to those who are bound by the pain of trauma.

Focus on the Family 10:00 p.m. (28:30) November 1, 2022

Ryan Bomberger, founder of The Radiance Foundation, reveals important research on abortion, dispels myths about adoption, and explains why more people should explore adoption from foster care. The discussion also promotes ways to support other adoptive families.

Focus on the Family 10:00 p.m. (28:30) November 11, 2022

Jim Daly and John Fuller highlight personal stories of veterans and their experiences in war in recognition of Veterans' Day. Topics considered are the death of comrades in battle, the role of the military chaplain, and an in-depth look at the members of our military.

Focus on the Family 10:00 p.m. (28:30) November 25, 2022

Chaplain Bill Goodrich of God Cares Ministry describes the vibrant opportunity to befriend the elderly in your community. He shares his heart for this forgotten generation of precious people who deserve our love and attention.

FAMILY, PARENTING AND RELATIONSHIPS

Focus on the Family 10:00 p.m. (28:30) October 4, 2022

Gary Thomas offers practical help for couples about dealing with fear, overcoming anger in conflict, staying connected with your spouse. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) October 5, 2022

Gary Thomas offers practical help for couples about dealing with fear, overcoming anger in conflict, staying connected with your spouse. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) October 10, 2022

Grandparents are an integral part of the family, passing along wisdom, faith, and love. While many of the "rules" of grandparenting are timeless, some of the games have changed. Chrys Howard and Shellie Tomlinson will help you better understand the unique role you have in supporting your adult children and influencing your grandchildren.

Focus on the Family 10:00 p.m. (28:30) October 14, 2022

Cynthia Tobias explains the positive and negative characteristics of strong-willed adults and provides tips for healthy communication at home and in the workplace.

Focus on the Family 10:00 p.m. (28:30) October 17, 2022

Danny Ray and Kimberly Thompson have a passion to help marriages thrive. The Thompsons offer practical marital advice about "embracing the mess" of life, how a "reset button" can change your communication and create a legacy relationship for your kids and family.

Focus on the Family 10:00 p.m. (28:30) November 2, 2022

Dr. Kevin Leman gives advice to two dozen moms who join Jim Daly and John Fuller for this fast-paced, humorous-but-practical look at how you can regain control in your home by disengaging from fights with your child. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) November 3, 2022

Dr. Kevin Leman gives advice to two dozen moms who join Jim Daly and John Fuller for this fast-paced, humorous-but-practical look at how you can regain control in your home by disengaging from fights with your child. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) November 8, 2022

Lysa TerKeurst reflects on the death of her marriage and how she had to place boundaries in her life to protect her own mental, emotional, and spiritual well-being. She offers insight, biblical wisdom, and encouragement to those needing to establish boundaries with others. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) November 9, 2022

Lysa TerKeurst reflects on the death of her marriage and how she had to place boundaries in her life to protect her own mental, emotional, and spiritual well-being. She offers insight, biblical wisdom, and encouragement to those needing to establish boundaries with others. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) November 14, 2022

Dr. Randy Schroeder discusses the "perfect" parent, why appropriate physical and emotional love with your children is vital, and the attitude of gratitude you can create in your child's environment. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) November 15, 2022

Dr. Randy Schroeder discusses the "perfect" parent, why appropriate physical and emotional love with your children is vital, and the attitude of gratitude you can create in your child's environment. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) November 29, 2022

Dr. Tim Keller unpacks powerful stories of forgiveness and shares Scripture to help you forgive those who've wronged you, as you gain a better understanding of all that Christ has forgiven. Dr. Keller takes you through the steps to forgiveness, including the need to forgive yourself, and how to lovingly confront others. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) November 30, 2022

Dr. Tim Keller unpacks powerful stories of forgiveness and shares Scripture to help you forgive those who've wronged you, as you gain a better understanding of all that Christ has forgiven. Dr. Keller takes you through the steps to forgiveness, including the need to forgive yourself, and how to lovingly confront others. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) December 9, 2022

Pastor Ted Cunningham brings hilarious encouragement to moms by urging them to stop stressing out over non-essential decisions and start actively seeking out a more lighthearted approach to life.

Focus on the Family 10:00 p.m. (28:30) December 14, 2022

Dr. Chapman helps parents understand their child's primary and secondary love language to keep their son or daughter's "love tank" filled and to strengthen the parent-child bond. Jean Daly joins the discussion to share personal examples from the Daly family.