PUBLIC SAFETY, HEALTH & WELFARE

Focus on the Family 10:00 p.m. (28:30) January 21, 2020

Dr. David Ireland explains how Christians can help foster racial and ethnic diversity, and experience cross-cultural relationships in healthy, godly ways. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) January 22, 2020

Dr. David Ireland explains how Christians can help foster racial and ethnic diversity, and experience cross-cultural relationships in healthy, godly ways. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) March 19, 2020

Dr. Francis Collins, Director of the National Institutes of Health, shares his expert knowledge about the coronavirus pandemic, highlighting what families need to know and encouraging us all to respond to this crisis with faith and common sense.

FAMILY, PARENTING AND RELATIONSHIPS

Focus on the Family 10:00 p.m. (28:30) January 6, 2020

Deborah Smith Pegues equips women to manage finances wisely in a discussion based on her book *The One-Minute Money Mentor for Women: 21 Strategies for Financial Empowerment.*

Focus on the Family 10:00 p.m. (28:30) January 9, 2020

In a discussion based on their book, *Never Say No: Raising Big-Picture Kids*, Pastor Mark Foreman and his wife, Jan, describe how parents can expand their children's world by saying "yes" to them more often, instead of relying on the word "no" as a default response for managing their kid's behavior (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) January 10, 2020

In a discussion based on their book, *Never Say No: Raising Big-Picture Kids*, Pastor Mark Foreman and his wife, Jan, describe how parents can expand their children's world by saying "yes" to them more often, instead of relying on the word "no" as a default response for managing their kid's behavior (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) January 17, 2020

Comedian John Branyan shares a humorous look at living with a spouse who is your polar opposite and a touching message about the wonder of true, lasting love.

Focus on the Family 10:00 p.m. (28:30) January 27, 2020

Authors Greg and Erin Smalley encourage spouses to embrace each other's differences, focusing on their good qualities instead of their faults.

Focus on the Family 10:00 p.m. (28:30) January 29, 2020

Chrys Howard offers grandparents encouragement and advice in a discussion based on her book *Rockstar Grandparent: How You Can Lead the Way, Light the Road, and Launch a Legacy*. Topics include developing a thriving relationship with your grandchildren, drawing healthy boundaries with their parents, focusing on your marriage, and pursuing dreams with your spouse.

Focus on the Family 10:00 p.m. (28:30) January 30, 2020

Speaker Keith Becker describes how the tragic loss of his younger brother in a drunk-driving accident ultimately helped to bring about healing and restoration to their family.

Focus on the Family 10:00 p.m. (28:30) January 31, 2020

Popular speaker and author Nicole Johnson highlights some of the challenges she's faced – including being stressed out as a crazy-busy mom and losing her relationship with a long-time, dear friend – and describes how these experiences taught her to find inner calm and healing with God's help.

Focus on the Family 10:00 p.m. (28:30) February 4, 2020

Dr. Kathy Koch offers practical advice for finding wholeness, contentment, and peace in a discussion based on her book *Five to Thrive: How to Determine if Your Core Needs are Being Met (and What to Do When They're Not).* (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) February 5, 2020

Dr. Kathy Koch offers practical advice for finding wholeness, contentment, and peace in a discussion based on her book *Five to Thrive: How to Determine if Your Core Needs are Being Met (and What to Do When They're Not)*. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) February 7, 2020

Connie Albers offers parents practical advice for overcoming challenges they face in rearing their teenage children in a discussion based on her book, *Parenting Beyond the Rules: Raising Teens With Confidence and Joy*.

Focus on the Family 10:00 p.m. (28:30) February 18, 2020

On this lighthearted broadcast, Pastor Ted Cunningham shares humorous stories from life with his spouse to illustrate how laughter is a key component for a thriving and lasting marriage. He explores the emotional, physical, and spiritual benefits of laughter, and encourages listeners to discover their "humor muscle" and flex it on a daily basis.

Focus on the Family 10:00 p.m. (28:30) March 10, 2020

Josh and Christi Straub offer insight on how parents can help their young children to identify and navigate their emotions in a healthy way.

Focus on the Family 10:00 p.m. (28:30) March 17, 2020

In a discussion based on his book *The Two Sides of Love*, Dr. John Trent explains the differences between the "hard side" and the "soft side" of love and how they may manifest themselves in your marriage. He offers advice for how you and your spouse can strike a healthy balance between the two sides by developing qualities that you may be lacking.

Focus on the Family 10:00 p.m. (28:30) March 23, 2020

Drs. Gary Chapman and Shannon Warden offer insights for creating a family blueprint that will help build up faith and godly character in a discussion based on their book The DIY Guide to Building a Family That Lasts: 12 Tools for Improving Your Home Life. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) March 24, 2020

Drs. Gary Chapman and Shannon Warden offer insights for creating a family blueprint that will help build up faith and godly character in a discussion based on their book The DIY Guide to Building a Family That Lasts: 12 Tools for Improving Your Home Life. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) March 27, 2020

The Argument-Free Marriage, Fawn Weaver explains how you can reduce conflict with your spouse by making small, intentional changes, timing your discussions, establishing rules of engagement, and more.