PUBLIC SAFETY, HEALTH & WELFARE

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

In this broadcast, Jamie Finn emphasizes the importance of Christian families becoming involved in foster care in some form and shared how the Christian community needs to be supportive of both the kids in foster care and their biological parents.

Focus on the Family 10:00 p.m. (28:30) May 12, 2022

Dave and Ashley Willis offer tips for you and your spouse to get healthy—mind, body, and spirit. With personal stories about Ashley's journey through anxiety and depression and Dave's health issues, you'll see how your overall well-being affects your relationship.

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

Amber Lia examines internal and external food triggers—things like boredom, community or event gatherings, shame, stress, and emotions that drive us to eat. With personal stories and practical advice, she'll give you some tips on how to navigate your food triggers.

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

Lieutenant Colonel Allen West reminds us of the true meaning of Memorial Day – it's an opportunity to remember and respect the members of our armed forces who paid the ultimate price to defend the freedoms we enjoy in the United States.

FAMILY, PARENTING AND RELATIONSHIPS

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

Drawing upon the lessons she's learned from her marriage of more than 35 years, Lucille Williams offers young couples practical advice for building a strong marital foundation in a discussion based on her book, *From Me to We: A Premarital Guide for the Bride-and Groom-to-Be.*

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

Pastor Brian Noble is the CEO of Peacemaker Ministries and has extensive experience in conflict coaching and mediation. His goal is for Christians to understand we live in a fallen world. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) April 6, 2022

Pastor Brian Noble is the CEO of Peacemaker Ministries and has extensive experience in conflict coaching and mediation. His goal is for Christians to understand we live in a fallen world. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) April 12, 2022

Jeff and Sarah Walton have faced a series of crises that have severely impacted their marriage and family. Financial issues and mental and physical ailments have challenged the Walton family for an extensive duration of time.

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

It's easy to fall into a cycle of correcting behavior problems instead of truly relating to your child. Pastor Bill Smith will help you draw out and guide your child – and ultimately build a deeper relationship.

Focus on the Family 10:00 p.m. (28:30) April 20, 2022

Dr. Gary Chapman gives you some insight into the teen years. He explains how teens are developing the ability to think logically and are learning to process anger. Dr. Chapman shares methods to help teens learn to apologize, forgive, and nurtures an attitude of service in them.

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

Pastor and best-selling author Mark Batterson offers his insights on biblical masculinity and what it takes, particularly for a father, to raise a boy to become a good man. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) April 26, 2022

Pastor and best-selling author Mark Batterson offers his insights on biblical masculinity and what it takes, particularly for a father, to raise a boy to become a good man. (Part 2 of 2)

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

Cheri Fuller discusses the important role grandparents play in their grandchildren's lives. She offers ideas and tips for engaging the grandkids in fun ways and also methods to stay in touch with children who are far away.

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

Amber Lia and Wendy Speake offer parents practical suggestions for responding with patience and wisdom to their children's misbehavior. The discussion is based on our guests' recent book, Parenting Scripts: When What You're Saying Isn't Working, Say Something New. (Part 1 of 2)

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

Amber Lia and Wendy Speake offer parents practical suggestions for responding with patience and wisdom to their children's misbehavior. The discussion is based on our guests' recent book, Parenting Scripts: When What You're Saying Isn't Working, Say Something New. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) May 18, 2022

Becky Harling offers practical ways you can intentionally listen to your child. From learning to give her a voice to the importance of non-verbal communication to teaching him how to make wise decisions, you'll see how listening is one of the most important components of parenting.

Focus on the Family 10:00 p.m. (28:30) May 23, 2022

Carol Kuykendall and her daughter-in-law Alexandra, describe some of those feelings—anticipation, excitement, turmoil, grief—and how you can work through those. With personal stories and some practical tips, they look at the homestretch to prepare your child—and yourself—for their launch.

Focus on the Family 10:00 p.m. (28:30) May 27, 2022

On this broadcast, Deborah Pegues, author of 30 Days to Taming Your Tongue, explains how we can honor God in how we talk to others. Deborah shares from her own journey to take a 'tongue fast' where she doesn't say anything negative and how all of us can avoid lying, gossip, and complaining.

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

Lauren Reitsema experienced divorce first-hand when her parents separated after almost 20 years of marriage. Drawing from her own experience, Lauren will help parents and stepparents uncover common points of grief and loss for children after divorce. And, she'll offer helpful advice for building a stronger blended family.

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

In this broadcast, Dr. Kevin Leman explains how birth order affects your relationships with your spouse, and offers advice on managing challenges in your marriage that stem from your placement in your family of origin.

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

Deborah Pegues offers hope in the midst of the crazy. She identifies common primary emotions that may be the root of your anger.