#### PUBLIC SAFETY, HEALTH & WELFARE

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

Author Deborah Pegues offers an insightful look at worry and anxiety and presents effective strategies to deal with the stress they cause.

Focus on the Family 10:00 p.m. (28:30) November 16, 2020

Listen in and laugh out loud as comedian and singer-songwriter Tim Hawkins shares his humorous, unique perspective on various aspects of everyday life.

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

Be inspired to help others as you hear stories from some Focus on the Family listeners who reflect on a time in their lives when someone went out of the way to provide a miracle in their moment of need.

Focus on the Family 10:00 p.m. (28:30) December 10, 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) December 11, 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) December 18, 2020

Infectious disease specialists Dr. Daniel Hinthorn and Dr. Scott James share an informative perspective on COVID-19 vaccines, discussing their historic nature and the rapid speed of their development.

#### FAMILY, PARENTING AND RELATIONSHIPS

Focus on the Family 10:00 p.m. (28:30) October 1, 2020

Actors Kirk Cameron and his wife, Chelsea, describe how ministry and family commitments had a detrimental effect on their marriage until they renewed their commitment to make their relationship one of their highest priorities. They encourage couples to do the same by taking active steps to guard against the pressure and demands of other responsibilities.

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

Kristi Clover offers moms encouragement as she shares practical guidance for finding joy through home organization and efficiency in a discussion based on her book M.O.M.: Master Organizer of Mayhem

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

Authors Matt and Lisa Jacobson describe how seemingly minor decisions can impact on your marriage and offer practical suggestions to help your marriage thrive.

Focus on the Family 10:00 p.m. (28:30) October 13, 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) October 19, 2020

A panel of three moms in different life stages offers encouragement to listening moms who are feeling exhausted and burnt out. Our guests discuss the unique challenges of motherhood, offering their insights on the effects of childhood wounds on parenting, prioritizing marriage, depending on God, and much more. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) October 20, 2020

A panel of three moms in different life stages offers encouragement to listening moms who are feeling exhausted and burnt out. Our guests discuss the unique challenges of motherhood, offering their insights on the effects of childhood wounds on parenting, prioritizing marriage, depending on God, and much more. (Part 2 of 2)

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

Drawing from her years of work as a counselor and her own life experience, Leslie Vernick offers guidance and hope to women who are in need of finding safety and healing from an abusive marriage. (Part 1 of 2)

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

Drawing from her years of work as a counselor and her own life experience, Leslie Vernick offers guidance and hope to women who are in need of finding safety and healing from an abusive marriage. (Part 2 of 2)

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

In a discussion based on his book Raising Boys Who Respect Girls, Dave Willis offers parents advice for cultivating within their young sons a healthy respect for others, particularly girls and women.

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

Jonathan McKee and his daughter Alyssa offer parents practical guidance for establishing meaningful communication and connection with their teen children who are caught up in a digital world.

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

Offering encouragement to couples whose children are facing a crisis, author Elisa Morgan and her husband, Evan, describe how God and their faith have sustained them through the trials that have plagued their 40-year marriage, including their daughter's teen pregnancy and their son's drug addiction.

Focus on the Family 10:00 p.m. (28:30) November 12, 2020

Becky Kiser and Jean Daly offer practical suggestions for filling your family's holiday season with peace, joy, faith, and fun.

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

Lysa TerKeurst shares powerful and profound lessons she's learned about forgiveness in a discussion based on her book Forgiving What You Can't Forget: Discover How to Move On, Make Peace With Painful Memories, and Create a Life That's Beautiful Again. (Part 1 of 2)

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

Lysa TerKeurst shares powerful and profound lessons she's learned about forgiveness in a discussion based on her book Forgiving What You Can't Forget: Discover How to Move On, Make Peace With Painful Memories, and Create a Life That's Beautiful Again. (Part 2 of 2)

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

Educator and author Cynthia Tobias offers encouragement and practical advice for the difficult scenarios faced by frustrated parents of strong-willed children, ranging from very young to adult. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) November 20, 2020

Educator and author Cynthia Tobias offers encouragement and practical advice for the difficult scenarios faced by frustrated parents of strong-willed children, ranging from very young to adult. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) November 25, 2020

Author and blogger Jessica Smartt offers suggestions for capturing special moments with your family that you will cherish remembering for years to come.

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