PUBLIC SAFETY, HEALTH & WELFARE

Focus on the Family 10:00 p.m. (28:30) October 17, 2019

Dr. Matthew Stanford offers a compassionate look at mental illness, which affects one in five teens and adults in the United States. He discusses the need for overcoming the stigma of reaching out for help and encourages the church community to offer hope and healing for families with loved ones suffering with mental health issues.

Focus on the Family 10:00 p.m. (28:30) November 4, 2019

Cecil Stokes, a successful TV producer and director, describes how his life and perspective changed dramatically when he adopted his son, Boone. Joined by Boone for this inspiring conversation, Cecil discusses the joys and challenges of adopting from foster care.

FAMILY, PARENTING AND RELATIONSHIPS

Focus on the Family 10:00 p.m. (28:30) October 1, 2019

Focus on the Family Vice President of Parenting and Youth Danny Huerta and popular author Jessie Minassian offer parents practical advice for teaching their kids about sex, puberty, and the many changes they'll experience during their teen years. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) October 3, 2019

Todd Ehman and his wife, Karen, share valuable lessons they've learned from working through their relational challenges during their 30+ year marriage, lessons that helped inspire Karen to write her book, Keep Showing Up: How to Stay Crazy in Love When Your Love Drives You Crazy (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) October 4, 2019

Todd Ehman and his wife, Karen, share valuable lessons they've learned from working through their relational challenges during their 30+ year marriage, lessons that helped inspire Karen to write her book, Keep Showing Up: How to Stay Crazy in Love When Your Love Drives You Crazy (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) October 7, 2019

Author Arlene Pellicane offers encouragement and advice to wives in a discussion based on her book 31 Days to Becoming a Happy Wife.

Focus on the Family 10:00 p.m. (28:30) October 8, 2019

Psychologist Michael Anderson and Dr. Timothy Johanson explain how many parents waste time and energy on parenting strategies that don't work, and offer practical suggestions for more effectively disciplining children and raising them to become well-adjusted adults. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) October 9, 2019

Psychologist Michael Anderson and Dr. Timothy Johanson explain how many parents waste time and energy on parenting strategies that don't work, and offer practical suggestions for more effectively disciplining children and raising them to become well-adjusted adults. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) October 10, 2019

In a discussion based on his book When to Walk Away, Gary Thomas explains why it's okay to disengage from people who relish negativity, control, and hatred, and he offers practical, biblically-based advice for doing so. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) October 11, 2019

In a discussion based on his book When to Walk Away, Gary Thomas explains why it's okay to disengage from people who relish negativity, control, and hatred, and he offers practical, biblically-based advice for doing so. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) October 16, 2019

Pastor Kevin Thompson offers practical advice for maintaining a healthy and happy marriage in a discussion based on his book Happily: 8 Commitments of Couples Who Laugh, Love & Last.

Focus on the Family 10:00 p.m. (28:30) October 18, 2019

Sarah Parshall Perry offers encouragement to moms as she describes how they can find joy in their parenting journey in a discussion based on her book Mommy Needs a Raise (Because Quitting is Not an Option).

Focus on the Family 10:00 p.m. (28:30) October 21, 2019

Educator and author Cynthia Tobias explains how various learning styles affect us both at home and at work, and illustrates how our friends and family may perceive the world very differently than we do. She explains how recognizing those perceptions can help us improve our relationships. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) October 22, 2019

Educator and author Cynthia Tobias explains how various learning styles affect us both at home and at work, and illustrates how our friends and family may perceive the world very differently than we do. She explains how recognizing those perceptions can help us improve our relationships. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) October 29, 2019

Your daughter's boyfriend has asked you for her hand in marriage. What questions should you ask him before giving your blessing? Dr. Greg Smalley offers practical guidance covering a variety of topics including communication styles, handling conflict, finances, and more.

Focus on the Family 10:00 p.m. (28:30) October 30, 2019

Pastor Levi Lusko offers help for overcoming your bad habits and negative thought patterns in a discussion based on his book I Declare War: Four Keys to Winning the Battle With Yourself. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) October 31, 2019

Pastor Levi Lusko offers help for overcoming your bad habits and negative thought patterns in a discussion based on his book I Declare War: Four Keys to Winning the Battle With Yourself. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) November 5, 2019

Author Arlene Pellicane offers practical suggestions to wives on strengthening their marriage, especially if their relationship with their husband has taken a backseat to raising children.

Focus on the Family 10:00 p.m. (28:30) November 7, 2019

Michael Anderson and Dr. Timothy Johanson encourage parents to stop trying so hard to raise "perfect" kids by lecturing, reminding and warning them – which are often ineffective anyway. Our guests advise that parents should instead adopt a more hands-off approach that lets natural consequences teach their children. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) November 8, 2019

Michael Anderson and Dr. Timothy Johanson encourage parents to stop trying so hard to raise "perfect" kids by lecturing, reminding and warning them – which are often ineffective anyway. Our guests advise that parents should instead adopt a more hands-off approach that lets natural consequences teach their children. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) November 18, 2019

In this very practical workshop, Jonathan McKee educates parents on apps like Instagram and Snapchat, provides insight into music lyrics and streaming services, and encourages parents to be more involved in the media choices their children make. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) November 19, 2019

In this very practical workshop, Jonathan McKee educates parents on apps like Instagram and Snapchat, provides insight into music lyrics and streaming services, and encourages parents to be more involved in the media choices their children make. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) December 5, 2019

Dr. Meg Meeker describes the heroic impact a father can have on his daughter as he helps protect her from the negative influences of our culture. She encourages the listening dad to model the kind of honorable character traits that he'd like to see his daughter be attracted to. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) December 6, 2019

Dr. Meg Meeker describes the heroic impact a father can have on his daughter as he helps protect her from the negative influences of our culture. She encourages the listening dad to model the kind of honorable character traits that he'd like to see his daughter be attracted to. (Part 2 of 2)