

Stir It Up Broadcast Summary April - June 2022

	Host Dr. Shawntell Phoenix Martin and Ms. Jaqueline Awe interview Jamie Espinon, professional counselor and Director of Full Circle Center for Education and Grief Support.	Friday, 4.1.2022 12 pm – 1 pm	Jamie Espinon discuss the bereavement and grief services in the Savannah area.
10.12.2018	Jaqueline Awe, Shawntell Phoenix-Martin, Dionna Sheats.	Friday, 4.8.2022 12 pm – 1 pm	The panel talk about alternate approaches to counseling, and provide information on where to find services.
6.19.2017	Jaqueline Awe interviews Mr. Bernard Polite and Ms. Brenda Elmgrin from Community Help, Incorporated.	Friday, 4.15.2022 12 pm – 1 pm	Guests discuss the services provided by Community Help, Inc. which includes Minor Home Repair & Paint Program to home owners in need of assistance with home repairs and painting as well as handicap individuals in need of assistance with construction of ramps for home access.
4.28.2017	Jaqueline Awe interviews Darryl M. Brooks, President Elect of the Licensed Professional Counselor Association of Georgia.	Friday, 4.22.2022 12 pm – 1 pm	Career opportunities in the helping professions are discussed as well as the types of certifications and

			education needed.
4.4.2014	Jaqueline Awe Interviews: Jodi Whitaker from the National Alliance on Mental Illness.	Friday, 4.29.2022 12 pm – 1 pm	Jodi Whitaker talks about her experience with mental health issues, and where she found assistance. Jodi works with NAMI, and provides listeners with information on resources available for anyone experiencing mental health crisis.
10.28.2017	Dr. Shawntell Phoenix-Martin interviews Ms. Patty Lyons from Senior Citizens Inc., and Andrea Eptings from Heads Up Guiding Services (HUGS).	Friday, 5.13.2022 12 pm – 1 pm	Each guest gives information about their organization and the services that are offered: Senior Citizens Inc. assists seniors with resources to help pay bills, home repairs, provide food, and adult day care facilities. HUGS, a faith based non-profit organization, provides mental health and substance abuse counseling and therapy services for all individuals despite their ability to pay.
12.8.2017	Dr. Shawntell Phoenix-Martin interviews Lolitha Mohammad and her daughter Amira about their learning center, Scholar's Academy Learning Center.	Friday, 5.20.2022 12 pm – 1 pm	Ms. Mohammad talks about her learning center and the services they provide, such as the base curriculum: math, reading and writing. They also provide sewing, typing,

			gifted education courses, black studies and community building.
	Jaqueline Awe interviews Author, LaShone Grimes.	Friday, 5.27.2022 12 pm – 1 pm	Grimes discuss her book, “More Than a Pretty Face: Empowering Women to Love and Value Their Inner Beauty”.
11.20.07	Hosts Jaqueline Awe and Dr. Shawntell Phoenix-Martin interview Rebecca Lantz licensed professional counselor in her private practice.	Friday, 6.3.2022 12 pm – 1 pm	Ms. Lents is a specialist in anxiety disorders. During this broadcast stress is discussed, and how to determine the difference between normal stress and anxiety vs anxiety disorders.
1.30.2017	Jaqueline Awe interviews Ms. Lisa Wiggins from Youth Families and Emerging Adults Services Integration Coordinator for Gateway Behavioral Services for Savannah Counseling.12.8.2017	Friday, 6.10.2022 12 pm – 1 pm	Ms. Wiggins talks about the organization and the services they have to offer, and the steps to take to gain access to those services.
4.12.2019	Jacqueline Awe interviews Charity Lee from Ella Foundation; Tadisha Sams-Young from Coordinator of Disability Services at SSU; Bria Anderson, Master level intern; and Stephen Williams MSW intern	Friday, 6.17.2022 12 pm – 1 pm	Guests discuss compassion fatigue, and the intense emotional components that is involved in the social work/care takers field. Also discussed: how easily it is to become tapped out as a counselor, social worker, care takers, etc., as well as the importance knowing when

			to take a break, and engage in self-care.
2.14.2020	Jaqueline Awe and Shawntell Phoenix-Martin interview Amanda Meyer, Instructor/Consultant with the Chatham County Safety Net Planning Council.	Friday, 6.24.2022	Meyer discusses mindful self-compassion yoga: what it is, its purpose and how it is beneficial physically, emotionally, mentally, and spiritually.