

KVDF-CD CHANNEL 31 – SAN ANTONIO, TX

Q3 2023 ISSUES AND PROGRAMS LIST

LOCAL ISSUES ADDRESSED DURING THE QUARTER

The following are local issues of concern to the community ***“PROBLEMAS Y SOLUCIONES”*** a 60-minute Daily program addressing current issues of local and community interest. Weekly topics vary, but include interviews with local community leaders, reports on topics of public health and safety, matters concerning education in the local community, and matters concerning changes to the nation’s immigrations laws & regulations. Programs that addressed these issues during this reporting period are listed on the following pages.

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
Problemas y Soluciones San Antonio	07/03/2023	Starts: 03:00pm Ends: 03:58pm Duration:58min Repeat: Starts: 05:00am Ends: 05:58am Duration:58min	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit <p>Host: Bishop Alberto</p>
Problemas y Soluciones San Antonio	07/04/2023	Starts: 03:00pm Ends: 03:58pm Duration:58min Repeat: Starts: 05:00am Ends: 05:58am Duration:58min	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit <p>Host: Bishop Alberto</p>
Problemas y Soluciones San Antonio	07/05/2023	Starts: 03:00pm Ends: 03:58pm Duration:58min	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p>

		<p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>		<p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Alberto</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	07/06/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST 7 prayers</p> <p>Host: Bishop Alberto</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	07/07/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST 7 prayers</p> <p>Host: Bishop Alberto</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	07/10/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

		<p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>		<p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Alberto</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	07/11/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Alberto</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	07/12/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST 7 prayers</p> <p>Host: Bishop Alberto</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	07/13/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

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<p>Problemas y Soluciones</p> <p>San Antonio</p>	07/14/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST 7 prayers</p> <p>Host: Bishop Alberto</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	07/17/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Alberto</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	07/18/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

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<p>Problemas y Soluciones</p> <p>San Antonio</p>	07/19/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST 7 prayers</p> <p>Host: Bishop Alberto</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	07/20/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST 7 prayers</p> <p>Host: Bishop Alberto</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	07/21/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

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<p>Problemas y Soluciones</p> <p>San Antonio</p>	07/24/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Alberto</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	07/25/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Alberto</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	07//26/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

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<p>Problemas y Soluciones San Antonio</p>	<p>07/27/2023</p>	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST 7 prayers</p> <p>Host: Bishop Alberto</p>
<p>Problemas y Soluciones San Antonio</p>	<p>07/28/2023</p>	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST 7 prayers</p> <p>Host: Bishop Alberto</p>
<p>Problemas y Soluciones San Antonio</p>	<p>07/31/2023</p>	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

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<p>Problemas y Soluciones San Antonio</p>	<p>08/01/2023</p>	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones San Antonio</p>	<p>08/02/2023</p>	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones San Antonio</p>	<p>08/03/2023</p>	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

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<p>Problemas y Soluciones</p> <p>San Antonio</p>	08/04/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST 7 prayers</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	08/07/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	08/08/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

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<p>Problemas y Soluciones</p> <p>San Antonio</p>	08/09/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	08/10/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST 7 prayers</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	08/11/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

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<p>Problemas y Soluciones San Antonio</p>	<p>08/14/2023</p>	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones San Antonio</p>	<p>08/15/2023</p>	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones San Antonio</p>	<p>08/16/2023</p>	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

		<p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>		<p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones San Antonio</p>	<p>08/17/2023</p>	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones San Antonio</p>	<p>08/18/2023</p>	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST 7 prayers</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones San Antonio</p>	<p>08/21/2023</p>	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

		<p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>		<p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	08/22/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	08/23/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	08/24/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

		<p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>		<p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	08/25/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	08/28/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	08/29/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

		<p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>		<p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	08/30/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	08/31/2023	<p><i>Starts: 03:00pm</i></p> <p><i>Ends: 03:58pm</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 05:00am</i></p> <p><i>Ends: 05:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	09/01/2023	<p><i>Starts: 08:00am</i></p> <p><i>Ends: 08:58am</i></p> <p><i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

		<p><i>Repeat:</i></p> <p><i>Starts: 11:00pm</i></p> <p><i>Ends: 11:58pm</i></p> <p><i>Duration:58min</i></p>		<p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST of Cure</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones San Antonio</p>	<p>09/04/2023</p>	<p><i>Starts: 08:00am</i></p> <p><i>Ends: 08:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 11:00pm</i></p> <p><i>Ends: 11:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST of Cure</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones San Antonio</p>	<p>09/05/2023</p>	<p><i>Starts: 08:00am</i></p> <p><i>Ends: 08:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 11:00pm</i></p> <p><i>Ends: 11:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones San Antonio</p>	<p>09/06/2023</p>	<p><i>Starts: 08:00am</i></p> <p><i>Ends: 08:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 11:00pm</i></p> <p><i>Ends: 11:58pm</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p>

		<i>Duration:58min</i>		-TST Holy Spirit Host: Bishop Nicolas
Problemas y Soluciones San Antonio	09/07/2023	<i>Starts: 08:00am</i> <i>Ends: 08:58am</i> <i>Duration:58min</i> <i>Repeat:</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Bishop Nicolas
Problemas y Soluciones San Antonio	09/08/2023	<i>Starts: 08:00am</i> <i>Ends: 08:58am</i> <i>Duration:58min</i> <i>Repeat:</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Bishop Nicolas
Problemas y Soluciones San Antonio	09/11/2023	<i>Starts: 08:00am</i> <i>Ends: 08:58am</i> <i>Duration:58min</i> <i>Repeat:</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Bishop Nicolas

<p>Problemas y Soluciones San Antonio</p>	<p>09/12/2023</p>	<p><i>Starts: 08:00am</i> <i>Ends: 08:58am</i> <i>Duration:58min</i></p> <p><i>Repeat:</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones San Antonio</p>	<p>09/13/2023</p>	<p><i>Starts: 08:00am</i> <i>Ends: 08:58am</i> <i>Duration:58min</i></p> <p><i>Repeat:</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones San Antonio</p>	<p>09/14/2023</p>	<p><i>Starts: 08:00am</i> <i>Ends: 08:58am</i> <i>Duration:58min</i></p> <p><i>Repeat:</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones San Antonio</p>	<p>09/15/2023</p>	<p><i>Starts: 08:00am</i> <i>Ends: 08:58am</i> <i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p>

		<p><i>Repeat:</i></p> <p><i>Starts: 11:00pm</i></p> <p><i>Ends: 11:58pm</i></p> <p><i>Duration:58min</i></p>		<p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST of Cure</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	<p>09/18/2023</p>	<p><i>Starts: 08:00am</i></p> <p><i>Ends: 08:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 11:00pm</i></p> <p><i>Ends: 11:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST of Cure</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	<p>09/19/2023</p>	<p><i>Starts: 08:00am</i></p> <p><i>Ends: 08:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 11:00pm</i></p> <p><i>Ends: 11:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones</p> <p>San Antonio</p>	<p>09/20/2023</p>	<p><i>Starts: 08:00am</i></p> <p><i>Ends: 08:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 11:00pm</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p>

		<p><i>Ends: 11:58pm</i></p> <p><i>Duration:58min</i></p>		<p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones San Antonio</p>	<p>09/21/2023</p>	<p><i>Starts: 08:00am</i></p> <p><i>Ends: 08:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 11:00pm</i></p> <p><i>Ends: 11:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones San Antonio</p>	<p>09/22/2023</p>	<p><i>Starts: 08:00am</i></p> <p><i>Ends: 08:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 11:00pm</i></p> <p><i>Ends: 11:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>Host: Bishop Nicolas</p>
<p>Problemas y Soluciones San Antonio</p>	<p>09/25/2023</p>	<p><i>Starts: 08:00am</i></p> <p><i>Ends: 08:58am</i></p> <p><i>Duration:58min</i></p> <p><i>Repeat:</i></p> <p><i>Starts: 11:00pm</i></p> <p><i>Ends: 11:58pm</i></p> <p><i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <p>-TST Witchcraft</p> <p>-TST Depression</p> <p>-TST Suicide</p> <p>-TST Holy Spirit</p> <p>Host: Bishop Nicolas</p>

Problemas y Soluciones San Antonio	09/26/2023	<i>Starts: 08:00am</i> <i>Ends: 08:58am</i> <i>Duration:58min</i> <i>Repeat:</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit <p>Host: Bishop Nicolas</p>
Problemas y Soluciones San Antonio	09/27/2023	<i>Starts: 08:00am</i> <i>Ends: 08:58am</i> <i>Duration:58min</i> <i>Repeat:</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit <p>Host: Bishop Nicolas</p>
Problemas y Soluciones San Antonio	09/28/2023	<i>Starts: 08:00am</i> <i>Ends: 08:58am</i> <i>Duration:58min</i> <i>Repeat:</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit <p>Host: Bishop Nicolas</p>
	09/29/2023	<i>Starts: 08:00am</i> <i>Ends: 08:58am</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle</p>

Problemas y Soluciones San Antonio		<i>Duration:58min</i> <i>Repeat:</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>		against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Bishop Nicolas
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The following are local issues of concern to the community ***“ROMPIENDO EL SILENCIO”*** a 60-minute Daily program addressing current issues of local and community interest. Weekly topics vary, but include interviews with local community leaders, reports on topics of public health and safety, matters concerning education in the local community, and matters concerning changes to the nation’s immigrations laws & regulations. Programs that addressed these issues during this reporting period are listed on the following pages.

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
Rompiendo el Silencio	07/03/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	HOW TO FIND YOUR LIFE INSPIRATION	<p>In a world full of daily challenges and demands, we often need something to drive us, to fill us with energy and motivate us to reach our goals. that something is inspiration, a powerful force that can significantly transform our lives.</p> <p>Guests: -Angeles Sanchez Life Coach</p> <p>-Yeny Hércules Integrative Mental Health Ttherapist</p> <p>ZOOM Jessica Medina Psycho-Corporal Therapist</p> <p>-</p>
Rompiendo el Silencio	07/04/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i>	INDEPENDENT WOMEN	<p>In today’s world is important to be independent in every sense of the word. Many women leave their dreams behind to become wives and mothers. Today we discuss the possibilities of becoming independent and the steps we can take to achieve out gold</p>

		<i>Duration:58min</i>		<p>Guests:</p> <p>Mayra Alvarez Human Developing Specialist</p> <p>Jackeline Cacho Producer/Journalist/ Writer</p> <p>Jackeline Vrba President and Founder of FRIDARS</p>
Rompiendo el Silencio	07/05/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	OVERWEIGHT, THE BURDEN THAT AFFECTS YOUR HEALTH	<p>Obesity is a silent killer in the United States. Our experts gave us the most up to date information in order to lose those extra pounds the best and easiest possible way</p> <p>Guests:</p> <p>-Lonea Ruan Integral Nutrition Advisor</p> <p>-Viviana Rodriguez Trainer</p> <p>Zoom</p> <p>Francis de Freitas Nutritionist</p>
Rompiendo el Silencio	07/06/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	THE INVISIBLE LINK; THE IMPORTANCE OF COMMUNICATION	<p>The importance of communication in human relations is fundamental and can have a profound impact in our lives. Effective communication allows us to establish stronger connections, understand each other, and solve problems constructively.</p>

				<p>Guests:</p> <p>-Joha Rivera Remodeling Mentalities and creating conscious habits.</p> <p>- Paola Rezo Expert in effective communication</p> <p>ZOOM</p> <p>-Elvia Allred Self Confidence and Couples Relations Coach</p>
Rompiendo el Silencio	07/07/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	<p>FROM ZERO TO ENTREPENOUR</p>	<p>multi-faceted women are true leaders in today's society. With the ability to perform multiple roles simultaneously, these women stand out as mothers, housewives, workers and entrepreneurs. they are experts at balancing their family, work and personal responsibilities, and face daily challenges with courage and determination</p> <p>Guest</p> <p>-Paulina Thomas Director of Marketing Relator</p> <p>-Rachel Medina Executive Director of RM101 Media Group</p>
Rompiendo el Silencio	07/10/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	<p>THE COURAGE OF RISKS: DOING THINGS IN SPITE OF FEAR</p>	<p>Overcoming fears and the willingness to act despite fear are fundamental aspects on the path towards personal growth and the achievement of our goals.</p> <p>Guests</p> <p>Dr. Patricia Arcache Family Therapist</p> <p>Elisa Guzman Family Therapist</p>

<p>Rompiendo el Silencio</p>	<p>07/11/2023</p>	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>DO YOU LIKE YOURSELF OR DO YOU HAVE COMPLEXES ?</p>	<p>complexes are those negative thoughts and feelings that can affect our perception about ourselves, influencing our self-esteem and emotional well-being. How can we see ourselves through a kinder mirror?</p> <p>Guests:</p> <p>-Itzel Molina Family Psychotherapist</p> <p>-Laura Aguilar Psychologist</p> <p>Zoom Sanaa Vanessa Saab Life Coach</p>
<p>Rompiendo el Silencio</p>	<p>07/12/2023</p>	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>HOARDERS</p>	<p>In the world of organization and psychology, there is an intriguing and complex phenomenon that affects many people: compulsive hoarding. in our today's program, we will go into this disorder that goes beyond the simple accumulation of objects.</p> <p>Guests:</p> <p>Isabel Medher Clinical Psychologist</p> <p>-Gladys Menendez Live Coach</p> <p>ZOOM Jeannette Escudero Space Organization Consultant</p>

Rompiendo el Silencio	07/13/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	GENTLE PARENTING	<p>We explore the benefits of gentle parenting. Is it effective? How does it work? What is it all about? Many moms are adopting this new way of parenting and it seems to be working.</p> <p>Guests: -Julia Aguilar Pedagogue</p> <p>-Marcela Arrieta Emotional Healing Specialist Zoom Anabel Hernandez Child Psychologist</p>
Rompiendo el Silencio	07/14/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	PMS	<p>3 out of 4 women suffer from premenstrual syndrome, some to the extreme of not being able to go to work and do every day activities.</p> <p>Guests -Nataly Cifuentes OBGYN</p> <p>-Giselle Hernandez Nutritionist</p>
Rompiendo el Silencio	07/17/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	WHAT TO DO WITH KIDS DURING SUMMER	<p>During summer, there is a wide range of options to keep your kids entertained and engaged. from exciting family getaways to creative activities at home, the summer provides countless opportunities for fun and learning.</p> <p>guests: Nancy Tabares health and Nutrition coach</p> <p>Azalia correa Summer camp lata Academy</p> <p>zoom Yurina Melaria press secretary</p>

<p>Rompiendo el Silencio</p>	<p>07/18/2023</p>	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>NARCISIST</p>	<p>Narcissistic personality disorder is characterized by inflated self-esteem and an exaggerated sense of personal importance. narcissists tend to constantly seek validation and admiration from others, and may have difficulty recognizing or valuing the needs and feelings of others.</p> <p>guests:</p> <p>-Blanca Ochoa Motivation Ttherapist</p> <p>-jacqueline cacho journalist/producer/writer</p>
<p>Rompiendo el Silencio</p>	<p>07/19/2023</p>	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>NERVOUS TICS & MANIAS</p>	<p>Manias and tics are repetitive, obsessive behaviors that some people develop as a way of relieving anxiety or stress. these actions are usually irrational and can range from constantly checking something to repeatedly washing their hands. manias can affect the daily lives of those who suffer from them and, in some cases, are associated with mental disorders such as obsessive-compulsive disorder (ocd).</p> <p>Guests:</p> <p>- Joha Rivera</p> <p>Reshaping Mentalities & Creating Conscious Habits</p> <p>-Emily Chavez</p> <p>Neuropsychopedagogue/Master in Neurolinguistic Programming</p> <p>-Dr. Gisela Acevedo</p> <p>Neurologist</p>

Rompiendo el Silencio	07/20/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	THE POWER OF FEMALE HEADS OF HOUSEHOLDS	<p>women heads of households, also known as single mothers, play a vital role in modern society. taking responsibility for both childcare and financial support, these women face unique challenges and show exceptional strength and resilience. their dedication and courage inspire and demonstrate that gender should not be a barrier to achieving a full and successful life.</p> <p>-Rosa Milano Immigration Consultant</p> <p>-Angelica Arias Gerontologist- Health and Wellness Coach</p> <p>ZOOM</p> <p>-Dr. Maria Mendez Clinical Psychologist</p>
Rompiendo el Silencio	07/21/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	HOW CAN CHILD ABUSE BE PREVENTED?	<p>The problem of child abuse is an alarming issue that affects millions of children around the world. it refers to any form of physical, emotional or sexual abuse, as well as neglect that undermines the well-being and safety of the very young. this tragic reality can have lasting effects on the physical, emotional and psychological development of children, profoundly affecting their quality of life.</p> <p>Guests:</p> <p>Dr. Patricia Arcache Family Therapist</p> <p>Zoom</p> <p>Franally Archicoque</p>

				<p>Clinical Psychologist</p> <p>Dr.Ariana Huerta</p> <p>Pediatrician</p>
Rompiendo el Silencio	07/24/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	<p>HOW DO YOU "CURE" JEALOUSY?</p>	<p>Jealousy is an intense emotion that arises when we perceive a threat to something or someone we value deeply, such as a relationship or a possession. jealousy can be normal to some extent, but if not managed properly, it can negatively affect our lives and relationships.</p> <p>Guests:</p> <p>-Aileen Nealie</p> <p>Psicoteraphist</p> <p>Yeny Hercules</p> <p>Comprehensive Mental Health Therapist</p> <p>Zoom</p> <p>Jennifer Flores</p> <p>Psychologist</p>
Rompiendo el Silencio	07/25/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	<p>HOW CAN WE IMPROVE OUR EMPATHY?</p>	<p>Empathy is an emotional bond that connects people, it is a fundamental skill that allows us to understand and share the feelings of others. empathy is putting ourselves in the other person's shoes, experiencing their joys, sorrows and concerns as if they were our own. by cultivating empathy, we can improve our interpersonal relationships, foster mutual understanding and build a more compassionate and caring society.</p> <p>Guests:</p> <p>Laura Aguilar</p>

				<p>Psychologist</p> <p>Veronica Villatoro Writer and Entrepeneur</p> <p>ZOOM Aydee Martinez Life Coach</p>
Rompiendo el Silencio	07/26/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	<p>ALL OR NOTHIG DAY: HOW TO PERSUE YOUR DREAMS WITH PASION AND DETERMINATION</p>	<p>On all-or-nothing day, we celebrate the fearlessness and determination that drives people to pursue their dreams and goals with passion and absolute dedication. is a day dedicated to exploring the psychology behind this mindset, understanding how to overcome obstacles, maintain motivation and face the fear of failure.</p> <p>Guests:</p> <p>Paloma Zuñiga Life Coach</p> <p>Adriana Loera Entrepreneur</p> <p>Andrea Olivares Entrepreneur</p> <p>ZOOM</p> <p>Jessica Medina Pyscho-Corporal Therapist</p>
	07/27/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	<p>RED AND GREEN FLAGS IN REALTIONSHIPS</p>	<p>In all types of relationships there are signs that can determine weather is a good idea to continue with it or if is time to say goodbye. More often than not we ignore the red flags and enhance the green ones. How to identify these red and green flags to have healthy relationships?</p> <p>Guests:</p> <p>Elisa Guzman Family Therapist</p>

				<p>Angeles Sanchez Life Coach</p> <p>ZOOM Mariana Bermudez</p> <p>REMOTE Hilda Del Toro Maria Solis Entrepeneur Bonicos and Cafe</p>
Rompiendo el Silencio	07/28/2023	<p>Stars: 4:00pm Ends: 4:58pm Duration:58min</p>	MENOPAUSE	<p>It happens to every woman in the world. For some it can be easy and go unnoticed but for others it could become a horrible time with all kinds of symptoms that can make your life very difficult.</p> <p>Guests: Nataly Cifuentes OBGYN</p> <p>Danni Solorio Herbalist Expert</p> <p>Zoom Maria Teresa Aragon Nutritionist</p>
Rompiedo el Silencio	07/31/2023	<p>Stars: 4:00pm Ends: 4:58pm Duration:58min</p>	IS NEVER TOO LATE TO GO AFTER YOUR DREAMS	<p>in life, we all have dreams and aspirations that we long to achieve. often, time and circumstances can make us wonder whether it is possible to pursue those dreams in adulthood or in old age. however,</p>

				<p>the reality is that it is never too late to fulfill our deepest yearnings.</p> <p>Guests:</p> <p>-Angelica Arias Gerontologist</p> <p>Gladys Menendez Life Coach</p> <p>Zoom Daniela Naranjo Therapist</p>
Rompiendo el Silencio	08/01/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	<p>HOW TO APPLY EMOTIONAL INTELLIGENCE IN DAILY LIFE?</p>	<p>emotional intelligence is a key skill to navigate life effectively. applying it implies recognizing and understanding our own emotions, as well as those of others. by developing this capacity, we can improve our interpersonal relationships, manage stress and make more informed and balanced decisions in challenging situations.</p> <p>Sergia Quiroz</p> <p>Amy Muratalla Family Counselor</p> <p>ZOOM Sanaa Vanessa Saab Live Coach and woman's self steem</p>

<p>Rompiendo el Silencio</p>	<p>08/02/2023</p>	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>TDHD</p>	<p>Attention deficit hyperactivity disorder, known as adhd, is a neurobiological condition that affects a person's ability to sustain attention, control impulses, and regulate physical activity.</p> <p>Guests:</p> <p>-Julia Aguilar Pedagogue</p> <p>-Dr. Patricia Arcache Family Therapist</p> <p>ZOOM</p> <p>Emily Chávez Family Therapist</p>
<p>Rompiendo el Silencio</p>	<p>08/03/2023</p>	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>SINGLE WOMEN AFTER 40</p>	<p>Today, the landscape of relationships and love life has evolved considerably. single women after 40 are redefining what it means to be at this stage of life. with a blend of independence, past experiences, and new purposes, these women face unique challenges and discover exciting opportunities as they explore love, self-discovery, and personal fulfillment.</p> <p>Guests:</p> <p>-Yamila Zevallos Personal Trainer Coach in high performance</p> <p>Blanca Ochoa Motivational Therapist</p> <p>ZOOM</p> <p>Patty Gomez Coach and Therapist</p>

				<p>Cris Rodriguez</p> <p>Single and Happy</p>
Rompiendo el Silencio	08/04/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	<p>HOW DOES THE CHANGE OF MENTALITY OPEN DOORS IN THE FULFILLMENT OF OBJECTIVES?</p>	<p>In the world of personal finance, mindset shift is emerging as a powerful catalyst for more informed and responsible financial decisions. breaking with old beliefs and habits, this mental transformation opens the doors to effective financial planning, savings, investment and entrepreneurship.</p> <p>Guests:</p> <p>-Bessy Ateaga</p> <p>President of MACH (active women in Hispanic commerce)</p> <p>- Nancy Rodriguez</p> <p>Entrepreneur</p> <p>Leidy Garcia</p> <p>Entrepreneur</p> <p>ZOOM</p> <p>Silvia Ramirez</p> <p>Psichologist</p>
Rompiendo el Silencio	08/07/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p>	<p>IMPORTANCE OF PHYSICAL AND EMOTIONAL CARE OF WOMEN</p>	<p>The physical and emotional care of women is essential for her integral well-being. by addressing both physical and mental health, women can cultivate a better quality of life, increase their self-esteem, and strengthen their ability to face daily</p>

		<i>Duration:58min</i>		<p>challenges. the balance between regular exercise, an adequate diet and attention to emotional needs contributes to a fuller and more active life.</p> <p>Guest</p> <p>-Joha Rivera</p> <p>Remodeling mentality and creating conscious habits</p> <p>-Paloma Zúñiga</p> <p>Live Coach</p> <p>Andrea Olivares</p> <p>Facial Yoga Expert</p>
Rompiendo el Silencio	08/09/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	<p>DISPOSABLE RELATIONSHIPS</p>	<p>Disposable relationships are a phenomenon that reflects a decrease in long-term commitment in loving relationships. this change may be influenced by factors such as current culture and technology, which may lead to a higher turnover of partners and less tolerance towards challenges in a relationship.</p> <p>Guests</p> <p>Marcela Arrieta</p> <p>Specialist in emotional healing</p> <p>-Izabel Medher</p> <p>Clinical Phycologist</p> <p>Martha Díaz</p> <p>Tanat ologist – Therapist</p>
				<p>Back to school is an exciting yet challenging period for kids and parents alike. after the holidays, it is essential to help children make a successful transition to the school environment. in our tv show</p>

<p>Rompiendo el Silencio</p>	<p>08/10/2023</p>	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>READY TO GO BACK TO SCHOOL</p>	<p>we will explore effective strategies to prepare children emotionally, mentally and practically, ensure they are ready to face the classroom with confidence and enthusiasm.</p> <p>Guests:</p> <ul style="list-style-type: none"> -Valentina Ortiz Psychologist -Teresa Verdugo Teacher -Sandra González Writer -Cecilia Caballero Writer
<p>Rompiendo el Silencio</p>	<p>08/11/2023</p>	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>REBUILDING FAMILY TIES</p>	<p>Latino families that have been separated for a long time and have not been able to reunite are able to see each other after years, thanks to an especial program.</p> <p>Guests:</p> <p>Mónica Chávez Secretary of Club Cuquío San Felipe</p> <ul style="list-style-type: none"> -Family Unified Leticia Pérez Mercado Érica Yadira Guadalupe (Lupita) Guadalupe Mercado (Mom)
		<p><i>Stars: 4:00pm</i></p>	<p>DISCIPLINE AS A HABIT TO ACHIEVE SUCCESS</p>	<p>Being a disciplined woman has a series of fundamental benefits in personal and professional life. discipline provides the necessary structure to</p>

Rompiendo el Silencio	08/14/2023	Ends: 4:58pm Duration:58min		<p>achieve concrete goals and maintain a balance in all areas.</p> <p>Guests:</p> <p>-Rosy Rios Personal Care Expert</p> <p>-Silvia Santiago Public Image Advisor</p> <p>-Mimy Castillo Personal Trainer</p>
Rompiendo el Silencio	08/15/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	<p>HOW TO TAKE CARE OF OUR SKIN ACCORDING TO AGE?</p>	<p>Skin care is an essential practice at every stage of life. As we age, our skin needs change dramatically.</p> <p>Guests:</p> <p>Dr. Luciana Yacomotti - MD GC Skin Medspa Medical director</p> <p>Mayra Muñoz Entrepreneur and Influencer</p> <p>Erika Aceves Skin Specialist</p>
Rompiendo el Silencio	08/16/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	<p>VEGAN OR VEGETARIAN</p>	<p>In an ever-evolving world, food choices have taken on new meaning. Veganism and vegetarianism, more than just dietary choices, have become manifestations of environmental awareness, health, and ethics.</p> <p>Guests:</p> <p>Lorena Ruán Integrative Nutrition Consultant</p> <p>Laura González</p>

				<p>nutritionist</p> <p>ZOOM</p> <p>Fernanda Meizoso</p> <p>Clinical nutritionist</p>
Rompiendo el Silencio	08/17/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	<p>HOW TO DEAL WITH BULLYING OR DISCRIMINATION?</p>	<p>While discrimination presents differential treatment which is intended to impair the enjoyment or exercise of a person's rights, bullying is a type of violence that is characterized by intentional behaviors of harassment, lack of respect, and verbal or physical mistreatment that receives a person repeatedly by one or several persons, with the purpose of intimidating or exclude him, attempting his dignity.</p> <p>Guests:</p> <p>Dra. Patricia Arcache</p> <p>Family Therapist</p> <p>Julia Aguilar</p> <p>Pedagogue</p> <p>Rebeca Cruz</p>
Rompiendo el Silencio	08/18/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	<p>PHOTOGRAPHY</p>	<p>One of the best ways to make yourself happy in the present is to remember happy moments from the past. photos are an excellent memory boost, and because we tend to take photos of happy occasions, they weight our memories for the good.</p> <p>Guests:</p> <p>Dr. Patricia Arcache</p> <p>Family therapist</p> <p>Julia Aguilar</p> <p>Pedagogue</p>

Rompiendo el Silencio	08/21/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	DOES THE WAY WE DRESS REFLECT OUR PERSONALITY?	<p>The relationship between our way of dressing and our personality has been a fascinating subject. clothing not only protects us from the environment, but it can also serve as a means of expression and communication. From colors and styles to accessories and specific garments, every choice seems to tell a unique story.</p> <p>Guests:</p> <p>Silvia Santiago Public image advisor</p> <p>Karon Sanders Image consultant</p>
Rompiendo el Silencio	08/22/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	WHAT KIND OF CHILDREN ARE WE RAISING?	<p>We do not have to go far to find out what is coming upon us if the production of spoiler young people in the world continues to grow.</p> <ul style="list-style-type: none"> -The disfachateness when speaking. - The lack of respect with the adults <p>we ask ourselves: is there a lack of discipline?</p> <p>Guests:</p> <p>Laura Aguilar Psychologist</p> <p>ZOOM</p> <p>Emily chavez neuropsychopedagogue</p> <p>Siria Guerrero Psychotherapist Specialist in children and adolescents</p>

Rompiendo el Silencio	08/23/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	I DID, I SAID AND I REGRET	<p>Most actions for which people feel some types of regret are those for which they feel responsible, and the more they think about them, the more they generate feelings of rage, guilt and shame.</p> <p>Guests:</p> <p>Jackeline Cacho Journalist – Producer – Writer Specialist in positive psychology and emotional intelligence</p> <p>ZOOM</p> <p>Solimar Vargas Psychologist</p> <p>Jessica Medina Psychobody Therapist</p>
Rompiendo el Silencio	08/24/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	HOW TO LEARN TO OVERCOME TRAUMAS?	<p>A trauma is a psychic injury as a consequence of a negative event or set of events, which affect dramatically causing pain and emotional anguish.</p> <p>Guests:</p> <p>Gladys Menendez Life Coach</p> <p>paloma Zuñiga Life coach</p> <p>ZOOM</p> <p>Mariana Morales Psychiatrist</p>

<p>Rompiendo el Silencio</p>	<p>08/25/2023</p>	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>HOW TO GET OLD AND FEEL USEFUL?</p>	<p>Aging is a natural part of life, and dealing with it in a healthy way has become a fundamental issue today. as we advance in age, maintaining an optimal quality of life becomes essential.</p> <p>Guests:</p> <p>Pilar Looney Fundación Círculo Tercera Juventud</p> <p>Alma Bautista Therapist and facilitator in functional nutrition</p> <p>Angelica Arias Gerontologist – health and wellbeing coach</p> <p>ZOOM Dra. Gloria Monsalve Family medicine</p>
<p>Rompiendo el Silencio</p>	<p>08/28/2023</p>	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>SCARED OF SPEAKING IN PUBLIC?</p>	<p>On all-or-nothing day, we celebrate the fearlessness and determination that drives people to pursue their dreams and goals with passion and absolute dedication. is a day dedicated to exploring the psychology behind this mindset, understanding how to overcome obstacles, maintain motivation and face the fear of failure.</p> <p>Guests:</p> <p>Rachel Medina Business woman Founder and CEO of RM 101 Media Group</p> <p>Laura M. Gonzalez Rainbow Artistic Workshop</p> <p>Dra. Patricia Arcache Family Therapist</p>

				<p>ZOOM</p> <p>Paola Vivas</p> <p>Communication mentor</p>
Rompiendo el Silencio	08/29/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	<p>THE POWER TO RELEASE AND FORGIVE</p>	<p>What is that change you need to make to find that peace and harmony that many times seem far away?</p> <p>Most people tend to cling to situations, people or material things that prevent them from living in constant growth and well-being</p> <p>Guests:</p> <p>Elizabeth Meder</p> <p>Clinical psychologist</p> <p>Martha Diaz</p> <p>Tanatologist - therapist</p> <p>ZOOM</p> <p>Carolina Uribe</p> <p>Psychologist</p>
Rompiendo el Silencio	08/30/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	<p>WE ARE HAPPY AND WE DON'T KNOW IT?</p>	<p>Many times, we do not feel happy because we do not know how to value the blessings we have, if we learn to value the good of each day, the positive part of the people who surround you, the blessing of having people who love you, a job... then ... you will see how happy you are!</p> <p>Guests:</p> <p>Yeny Hercules</p> <p>Integral Mental health therapist</p> <p>Valentine Ortiz</p>

				<p>Psychologist</p> <p>ZOOM</p> <p>Sirian Guerrero</p> <p>Psychotherapist</p>
Rompiedo el Silencio	08/31/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	FINANCIAL INFIDELITY	<p>It is not a surprise to anyone that cheating within a couple can mean the definitive breakup of any couple. but there is less talk about another type of disloyalty, which can also end up ruining a link: not being sincere about money. we will tell you what financial infidelities are, their causes and some tips to avoid them.</p> <p>Guests:</p> <p>Natalie Torres-Haddad</p> <p>Finance expert</p> <p>Jessica Amerilla</p> <p>Investor</p> <p>ZOOM</p> <p>Vira Egli</p> <p>Finance Expert</p>
Rompiedo el Silencio	09/01/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	GOOD ATTITUDE IN THE FACE OF ADVERSITIES	<p>EVERY HUMAN BEING HAS HAD EXPERIENCES OR LIVED SITUATIONS THAT HAVE BROUGHT THE BEST OR THE WORST IN THEM, THEY HAVE BEEN PUT TO THE TEST AND EACH ONE HAS EXPERIENCED IT IN DIFFERENT WAYS, SOME HAVE COPEDED WITH IT WITH A GOOD ATTITUDE AND OTHERS WITH A MORE ATTITUDE. NEGATIVE.</p> <p>Guests:</p> <p>Marcela Arrieta</p> <p>Specialist in emotional healing</p> <p>Rachel Miranda</p>

				<p>Cancer survivor</p> <p>Glenda Ramirez zumba instructor</p> <p>ZOOM</p> <p>Silvia Ramirez Psychologist</p>
Rompiendo el Silencio	09/04/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	CRUMBS OF LOVE	<p>This term, also known as "breadcrumbing", refers to the strategies that a person employs in order to feed an illusion of love to obtain specific things.</p> <p>Guests:</p> <p>Mayra Alvarez Human development specialist</p> <p>Melissa Carcano Human development specialist</p> <p>ZOOM</p> <p>Yali Blanco Psychologist</p> <p>Marisol Cazarez Neuro-linguistic programming coach</p>
Rompiendo el Silencio	09/05/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	EVALUATE BEFORE LOSING	<p>IN OUR DAILY LIFE, WE MANY TIMES FOCUS ON WHAT WE DON'T HAVE AND WE FORGET TO VALUE WHAT WE DO HAVE. THIS CAN LEAD US TO LOSE VALUABLE THINGS WITHOUT EVEN REALIZING IT. LEARNING TO VALUE WHAT WE HAVE NOT ONLY ALLOWS US TO ENJOY LIFE MORE, BUT ALSO ATTRACT MORE POSITIVE THINGS INTO OUR LIFE..</p>

				<p>Guests:</p> <p>ELISA GUZMAN FAMILY THERAPIST</p> <p>GLADYS MENENDEZ LIFE COACH</p> <p>MARGARITA CALDERON MOTIVATOR / WRITER</p>
Rompiendo el Silencio	09/06/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	EMPTY NEST SYNDROME	<p>THE DUTY OF EVERY PARENT IS TO RAISE THEIR CHILDREN UNTIL THE MOMENT THEY ARE ABLE TO FIND FOR THEMSELVES AND BE INDEPENDENT. IT IS A LAW OF LIFE AND, ALTHOUGH IT IS A VERY POSITIVE TIME FOR PARENTS AND CHILDREN, AND EVOLUTIONARILY NECESSARY, IT IS NOT ALWAYS EASY TO DEAL WITH IT. THUS, ON OCCASIONS IT CAN TRIGGER EMPTY NEST SYNDROME.</p> <p>Guests:</p> <p>EDITH TEJEDA EMOTIONAL HEALING COACH</p> <p>SARA BOLIVAR REPORTER</p> <p>ZOOM</p> <p>FRANLLY ANCHICOQUE CLINICAL PSYCHOLOGIST</p> <p>EMILY CHAVEZ PEDAGOG – FAMILY GUIDE</p>
				<p>THERE ARE SO MANY THINGS WE WANT TO DO, WE WANT OUR LIFE TO MAKE A DIFFERENCE, TO BE</p>

Rompiendo el Silencio	09/07/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	FREE YOURSELF FROM YOUR LIMITATIONS	<p>PRODUCTIVE, HAPPY, FULL AND SATISFACTORY. BUT VERY OFTEN, AT THE SAME TIME WE HAVE ALL THESE DREAMS, WE GET FILLED WITH NEGATIVE THOUGHTS THAT PREVENT US FROM PROGRESSING, ESTABLISHING AND FULFILLING OUR GOALS.</p> <p>Guest</p> <p>ELIZABETH VARGAS FAMILY AND MARRIAGE ADVISOR</p> <p>ELISSA MASSIEL MENTOR IN EMOTIONAL HEALTH</p> <p>MAFE OSORIO PERSONAL FINANCE MENTOR</p>
Rompiendo el Silencio	09/08/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	POSTPARTUM CARE	<p>AFTER CHILDBIRTH, THE MOTHER CAN EXPECT SOME PHYSICAL CHANGES AND SYMPTOMS, BUT THEY ARE USUALLY MILD AND TEMPORARY. SERIOUS HEALTH PROBLEMS ARE RARE. HOWEVER, A FOLLOW-UP PROGRAM IN OFFICE OR HOME VISITS IS USUALLY ARRANGED BY THE DOCTOR, HOSPITAL STAFF MEMBERS, OR A HEALTH CARE GROUP.</p> <p>Guests</p> <p>DR. NATY CIFUENTES GYNECOLOGIST</p> <p>LORENA NIETO ARTIST</p> <p>ZOOM</p> <p>DR. OLYNES NÚÑEZ PEDIATRICIAN</p>

				<p>GRACIELA HESS BREASTFEEDING EXPERT</p>
Rompiendo el Silencio	09/11/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>HOW TO START AND SCALE YOUR OWN BUSINESS?</p>	<p>A BUSINESS MINDSET IS ONE IN WHICH THE PERSON TAKES ACTIONS, HAS BEHAVIORS AND ADOPT POSITIONS BASED ON THEIR PERSONAL OR PROFESSIONAL PURPOSE, INVOLVING ALL THOSE TOOLS THAT THEY HAVE BEEN GENERATION WITH THEIR LIFE EXPERIENCES. THESE TOOLS ARE THOSE THAT WILL ALLOW US TO THE SUCCESS OF THE PROJECTS THAT WE ARE FACING.</p> <p>Guests:</p> <p>RACHEL MEDINA FOUNDER AND EXECUTIVE DIRECTOR OF RM101 MEDIA GROUP</p> <p>MARIA REYES GENERAL MANAGER SHE.E.O LATINA</p> <p>JACKIE HERNANDEZ VICE PRESIDENT SHE.E.O LATINA</p>
Rompiendo el Silencio	09/12/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>INFIDELITY AND BETRAYAL</p>	<p>BETRAYAL IS ONE OF THE MOST PAINFUL EXPERIENCES WE CAN LIVE. IT DOESN'T MATTER IF IT'S A COUPLE, FRIENDS OR A FAMILY MEMBER. WHENEVER OUR TRUST IS BROKEN, A WOUND OPENS THAT TAKES A LONG TIME TO HEAL AND WHICH EVEN SOMETIMES NEVER HEALS. OF COURSE, THIS WOUND IS GREATER WHEN THE ONE BETRAYING IS SOMEONE WE TRUST.</p> <p>Guests:</p> <p>ACKELINE CACHO JOURNALIST – PRODUCER – WRITER SPECIALIST IN POSITIVE PSYCHOLOGY AND EMOTIONAL INTELLIGENCE</p> <p>ITZEL MOLINA FAMILY PSYCHOTHERAPIST</p>

				<p>ZOOM</p> <p>DIANA PARDO</p> <p>PSYCHOLOGIST</p>
Rompiendo el Silencio	09/14/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	<p>FOOD MYTHS AND REALITIES</p>	<p>BEFORE READING A NUTRITION TABLE, TO TAKE INTO ACCOUNT THAT THE NUTRITIONAL REQUIREMENTS WILL ALWAYS DEPEND ON EACH PERSON: ON THE PHYSICAL ACTIVITY THEY PERFORM, ON THEIR AGE, ON THEIR SEX, ON THEIR NEEDS, ON THEIR PHYSIOLOGICAL STATE (PREGNANCY, BREASTFEEDING), AMONG OTHER FACTORS THAT ONLY A NUTRITION PROFESSIONAL CAN IDENTIFY.</p> <p>Guests:</p> <p>DR. GISELLE HERNANDEZ</p> <p>NUTRITIONIST</p> <p>MIMI CASTILLO</p> <p>PERSONAL TRAINER</p>
Rompiendo el Silencio	09/14/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	<p>IS ADOLESCENCE A DIFFICULT STAGE?</p>	<p>ADOLESCENCE IS THE MOMENT OF TRANSITION BETWEEN CHILDHOOD AND ADULTHOOD. «A STAGE WHERE THE TEENAGER SEEKS HIS OWN IDENTITY AND OBTAINS HIS AUTONOMY.</p> <p>Guests:</p> <p>IZABEL MEDHER</p> <p>CLINICAL PSYCHOLOGIST</p> <p>PALOMA ZÚÑIGA</p> <p>LIFE COACH</p> <p>ZOOM</p> <p>GINA IBARRA</p> <p>COMMUNOCOLOGIST</p>
Rompiendo el Silencio	09/15/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p>	<p>MEXICO INDEPENDENCY</p>	<p>SEPTEMBER 15, MILLIONS OF MEXICANS WILL CELEBRATE THE CRY OF INDEPENDENCE.</p>

		<i>Duration:58min</i>		<p>Guests:</p> <p>NANCY BARAJAS CLOTHING DESIGNER - FRIDARS INSTITUTE</p> <p>LION QUEEN NAIL TEACHER - FRIDARS INSTITUTE</p> <p>GISSEL MONTERROSAS DEPUTY DIRECTOR</p>
Rompiendo el Silencio	09/18/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	BENEFITS OF SPORTS FOR WOMEN	<p>THE BENEFITS OF PHYSICAL ACTIVITY ARE INCREASING AS RESEARCH DEVELOPES. SPORTS STIMULATES AND MOTIVATES US, BUT EXERCISE, INDIVIDUALIZED AND CONTROLLED, IMPROVES HEALTH.</p> <p>Guests:</p> <p>KAREN CALLED PROFESSIONAL FOOTBALL REFEREE</p> <p>HELENA ORTS BASKETBALLIST</p> <p>LUCIANA DI LUNA TENNIS PLAYER</p>
Rompiendo el Silencio	09/19/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	FAMILY AND DISABILITY: WHAT IS THE ROLE OF THE FAMILY?	<p>PARENTS' EXPECTATIONS HAVE AN IMPORTANT INFLUENCE ON THEIR REACTIONS TO THE NEWS OF THEIR CHILD'S DISABILITY.</p> <p>Guests:</p> <p>ELIZABETH GOMEZ DIRECTOR INTEGRATED COMMUNITY COLLABORATIVE</p> <p>MARLENI PINEDA</p>

				<p>INTEGRATED COMMUNITY COLLABORATIVE FACILITATOR</p> <p>JOSEFINA ROMO</p> <p>INTEGRATED COMMUNITY COLLABORATIVE FACILITATOR</p> <p>DIANA GUTIERREZ</p> <p>CEO DG THERAPY GROUP</p>
Rompiendo el Silencio	09/20/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	DID I MARRY THE RIGHT PERSON?	<p>IT IS VERY DIFFICULT, NOT TO SAY IMPOSSIBLE, TO FIND THE 'IDEAL COUPLE'. WE ARE SICK OF REPEATING TO OURSELVES THAT 'NO ONE IS PERFECT' AND BEING AWARE THAT, IN THE END, WE ALL HAVE TO SUPPORT EACH OTHER - WHICH IS NOT EASY.</p> <p>Guests:</p> <p>LAURA AGUILAR</p> <p>PSYCHOTHERAPIST</p> <p>LUPITA PADILLA</p> <p>COACH AND FACILITATOR OF HUMAN DEVELOPMENT PROCESSES</p> <p>PRISCILA LAFARGA</p> <p>ACTRESS</p> <p>ZOOM</p> <p>JENNIFER FLOREZ</p> <p>PSYCHOLOGIST</p>
Rompiendo el Silencio			PREVENTION OF ALZHEIMER	<p>ALZHEIMER'S DISEASE IS A BRAIN DISORDER THAT WORSE OVER TIME. IT IS CHARACTERIZED BY CHANGES IN THE BRAIN THAT LEAD TO DEPOSITS OF CERTAIN PROTEINS. ALZHEIMER'S DISEASE CAUSES</p>

	09/21/2023	<i>Starts: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>		<p>THE BRAIN TO SHRINK AND THE BRAIN NEURONS ULTIMATELY DIE.</p> <p>Guests:</p> <p>DR. PATRICIA ARCACHE</p> <p>FAMILY THERAPIST</p> <p>MEMBER OF ALZHEIMER'S RESEARCH & PREVENTION FOUNDATION</p> <p>BAPTIST SOUL</p> <p>THERAPIST - FACILITATOR IN FUNCTIONAL NUTRITION AND INTEGRAL LIVING</p> <p>ZOOM:</p> <p>DR. CECILIA FERNÁNDEZ</p> <p>NEUROLOGIST SPECIALIST IN MEMORY DISORDERS</p>
Rompiendo el Silencio	09/22/2023	<i>Starts: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	<p>HOW TO STRENGTHEN OUR IMMUNE SYSTEM?</p>	<p>The immune system is the body's defense against infections and other harmful invaders. Without it, we would constantly get sick from bacteria or viruses. The immune system is made up of special cells, tissues, and organs that work together to protect you.</p> <p>Guests:</p> <p>LAURA GONZÁLEZ</p> <p>NUTRIOLOGY</p> <p>SILVIA RAMÍREZ</p> <p>PSYCHOLOGIST</p> <p>MIROSLAVA LOPEZ</p> <p>ZUMBA INSTRUCTOR</p> <p>KICKBOXING INSTRUCTOR, BOOT CAMP AND PERSONAL TRAINER</p> <p>ZOOM</p>

				<p>ANDREINA WHITE</p> <p>MAGISTER IN METABOLISM AND IMMUNOLOGY</p> <p>CO FOUNDER AND DIRECTOR OF NUTRIWHITE</p>
Rompiendo el Silencio	09/25/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	<p>HOW TO FIND MOTIVATION? CHANGE YOUR MIND CHANGE YOUR LIFE</p>	<p>WHAT IS THE IMPORTANCE OF PERSONAL MOTIVATION? MOTIVATION IN PSYCHOLOGY IS ONE OF THE FUNDAMENTAL SKILLS TO ENJOY A LIFE FULL OF HAPPINESS.</p> <p>Guests:</p> <p>ELISSA MASSIEL</p> <p>MENTOR IN EMOTIONAL HEALTH</p> <p>ELIZABETH PAMANES</p> <p>FAMILY ADVISOR</p> <p>ZOOM</p> <p>PAOLA VIVAS</p> <p>COMMUNICATION MENTOR</p>
Rompiendo el Silencio	09/26/2023	<p><i>Stars: 4:00pm</i></p> <p><i>Ends: 4:58pm</i></p> <p><i>Duration:58min</i></p>	<p>CODEPENDENCY</p>	<p>THE FACT THAT A PERSON HAS EMOTIONAL DEPENDENCIES IS A VERY HARMFUL FACTOR FOR THEMSELVES, SINCE THEIR WELL-BEING, TRANQUILITY AND HAPPINESS NO LONGER DEPEND ON THEM, BECOME DEPENDING ON ANOTHER PERSON, PLACING AN OBSTACLE WHEN EXPRESSING THEIR THINGS. FEELINGS OR DESIRES.</p> <p>Guests:</p> <p>BLANCA OCHOA</p> <p>MOTIVATIONAL THERAPIST</p> <p>MAYRA ALVAREZ</p> <p>HUMAN DEVELOPMENT SPECIALIST</p> <p>ZOOM</p> <p>ANAYANSI SERRA</p> <p>THERAPIST AND COACH</p>

<p>Rompiendo el Silencio</p>	<p>09/27/2023</p>	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>BAD POSTURES_ BACK PAIN</p>	<p>GOOD POSTURE IS MORE THAN STANDING STRAIGHT TO LOOK BETTER. IT IS AN IMPORTANT PART OF YOUR LONG-TERM HEALTH. KEEPING YOUR BODY IN THE RIGHT POSITION, WHETHER YOU'RE MOVING OR STILL, CAN HELP YOU AVOID PAIN, INJURIES AND OTHER HEALTH PROBLEMS.</p> <p>Guests: DRA. GABRIELA CARLOS CHIROPRACTIC</p>
<p>Rompiendo el Silencio</p>	<p>09/28/2023</p>	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>SUICIDE PREVENTION</p>	<p>SINCE 2003, THE INTERNATIONAL ASSOCIATION FOR SUICIDE PREVENTION, IN COLLABORATION WITH THE WORLD HEALTH ORGANIZATION (WHO), HAS PROMOTED WORLD SUICIDE PREVENTION DAY ON SEPTEMBER 10. THE GOAL OF THIS DAY IS TO RAISE AWARENESS WORLDWIDE THAT SUICIDE CAN BE PREVENTED BY UP TO 90%.</p> <p>Guests:</p>
<p>Rompiendo el Silencio</p>	<p>09/29/2023</p>	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>WORLD HEART DAY</p>	<p>Since 2000, World Heart Day has been celebrated on the last Sunday of September with the aim of raising awareness among the population about the importance of cardiovascular diseases (CVD), as well as to promote its control.</p> <p>Guests:</p>