WPVN-CD CHANNEL 26 – CHICAGO, IL Q3 2023 ISSUES AND PROGRAMS LIST

LOCAL ISSUES ADDRESSED DURING THE QUARTER

The following are local issues of concern to the community <u>"PROBLEMAS Y SOLUCIONES"</u> 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 Chicago | 07/03/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 06:00am Ends: 06:58am Duration:58min Stars: 05:00pm Ends: 05:58pm Duration:58min Stars: 10:00pm Ends: 10:58pm Duration:58min | 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 Depression -TST Suicide -TST Holy Spirit Host: Bishop Flavio |
| Problemas y Soluciones Chicago | 07/04/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm Ends: 10:58pm Duration:58min | 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 Depression -TST Suicide -TST Holy Spirit Host: Bishop Flavio |

| Problemas y Soluciones Chicago | 07/05/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm Ends: 10:58pm Duration:58min | 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 Flavio |
|--------------------------------------|------------|---|-----------------------|---|
| Problemas y Soluciones Chicago | 07/06/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm Ends: 10:58pm Duration:58min | 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 7 prayers Host: Bishop Flavio |
| Problemas y Soluciones Chicago | 07/07/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm Ends: 10:58pm Duration:58min | 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 7 prayers Host: Bishop Flavio |
| Problemas y Soluciones Chicago | 07/10/2023 | Stars: 09:00am Ends: 09:58am Duration:58min | 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: |

| | | Repeat: | | -TST Witchcraft |
|-------------|------------|----------------|-----------------------|--|
| | | Stars: 06:00am | | -TST Depression |
| | | Ends: 06:58am | | -TST Suicide |
| | | Duration:58min | | -TST Holy Spirit |
| | | | | Host: Bishop Flavio |
| | | ci 05.00 | | |
| | | Stars: 05:00pm | | |
| | | Ends: 05:58pm | | |
| | | Duration:58min | | |
| | | | | |
| | | Stars: 10:00pm | | |
| | | Ends: 10:58pm | | |
| | | Duration:58min | | |
| | | | | This program main purpose is to guide spiritually the |
| | | Stars: 09:00am | | viewers at home. The show contains testimonies about |
| | 07/11/2023 | Ends: 09:58am | | people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using |
| | | Duration:58min | | their faith. |
| Problemas y | | | Spiritual Guidance | On today show: |
| Soluciones | | Repeat: | | -TST Witchcraft |
| Chicago | | Stars: 10:00pm | | -TST Depression |
| | | Ends: 10:58pm | | -TST Suicide |
| | | Duration:58min | | -TST Holy Spirit |
| | | | | Host: Bishop Flavio |
| | | Stars: 09:00am | | This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about |
| | | Ends: 09:58am | | people that have defeated witchcraft, won the battle |
| | | | | against depression and search for the Holy Spirit using their faith. |
| | | Duration:58min | | On today show: |
| Problemas y | 07/12/2023 | | Spiritual | -TST Witchcraft |
| Soluciones | | Repeat: | Guidance | |
| Chicago | | Stars: 10:00pm | | -TST Depression |
| | | Ends: 10:58pm | | -TST Suicide |
| | | Duration:58min | | -TST 7 prayers |
| | | | | Host: Bishop Flavio |
| | | Stars: 09:00am | | This program main purpose is to guide spiritually the |
| Problemas y | 07/13/2023 | Ends: 09:58am | Spiritual | viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle |
| Soluciones | , -, | Duration:58min | Guidance | against depression and search for the Holy Spirit using their faith. |
| | | | | |

| Chicago | | | | On today show: |
|--------------------------------------|------------|---|-----------------------|--|
| | | Repeat: | | -TST Witchcraft |
| | | Stars: 10:00pm | | -TST Depression |
| | | Ends: 10:58pm | | -TST Suicide |
| | | Duration:58min | | -TST 7 prayers Host: Bishop Flavio |
| Problemas y Soluciones Chicago | 07/14/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm Ends: 10:58pm Duration:58min | 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 7 prayers Host: Bishop Flavio |
| Problemas y Soluciones Chicago | 07/17/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 06:00am Ends: 06:58am Duration:58min Stars: 05:00pm Ends: 05:58pm Duration:58min Stars: 10:00pm Ends: 10:58pm Duration:58min | 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 Depression -TST Suicide -TST Holy Spirit Host: Bishop Flavio |
| | 07/18/2023 | Stars: 09:00am Ends: 09:58am | 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 |

| Problemas y Soluciones | | Duration:58min | | against depression and search for the Holy Spirit using their faith. |
|---------------------------|------------|---------------------------------|-----------------------|--|
| Chicago | | Repeat: | | On today show: |
| | | Stars: 10:00pm | | -TST Witchcraft |
| | | Ends: 10:58pm | | -TST Depression |
| | | Duration:58min | | -TST Suicide |
| | | Durution.somm | | -TST Holy Spirit |
| | | | | Host: Bishop Flavio |
| | | Stars: 09:00am Ends: 09:58am | | 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. |
| | | Duration:58min | | |
| Problemas y | 07/19/2023 | | Spiritual | On today show: |
| Soluciones | | Repeat: | Guidance | -TST Witchcraft |
| Chicago | | Stars: 10:00pm | | -TST Depression -TST Suicide |
| | | Ends: 10:58pm | | |
| | | Duration:58min | | -TST 7 prayers Host: Bishop Flavio |
| | | | | · |
| | | Stars: 09:00am | | This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about |
| | | Ends: 09:58am Duration:58min | | people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. |
| | | Durution.Somm | | On today show: |
| Problemas y Soluciones | 07/20/2023 | Repeat: | Spiritual Guidance | -TST Witchcraft |
| Chicago | 07/20/2023 | Stars: 10:00pm | | -TST Depression |
| 0 | | Ends: 10:58pm | | -TST Suicide |
| | | Duration:58min | | -TST 7 prayers |
| | | Durution.somm | | Host: Bishop Flavio |
| | | Stars: 09:00am | | This program main purpose is to guide spiritually the |
| | | Ends: 09:58am | | viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle |
| | | Duration:58min | | against depression and search for the Holy Spirit using |
| Problemas y | | | Spiritual | their faith. |
| Soluciones | 07/21/2023 | Repeat: | Guidance | On today show: |
| Chicago | | Stars: 10:00pm | | -TST Witchcraft |
| | | Ends: 10:58pm | | -TST Depression |
| | | | | -TST Suicide |

| | | Duration:58min | | -TST 7 prayers |
|--------------------------------------|-------------|---|-----------------------|--|
| | | | | Host: Bishop Flavio |
| | | | | |
| | | Stars: 09:00am | | |
| | | Ends: 09:58am | | |
| | | Duration:58min | | |
| Problemas y Soluciones Chicago | 07/24/2023 | Repeat: Stars: 06:00am Ends: 06:58am Duration:58min Stars: 05:00pm Ends: 05:58pm Duration:58min | 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 Depression -TST Suicide -TST Holy Spirit Host: Bishop Flavio |
| | | Ends: 10:58pm Duration:58min | | |
| | | Stars: 09:00am Ends: 09:58am Duration:58min | | 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. |
| Problemas y | 07/25/2023 | | Spiritual | On today show: |
| Soluciones | | Repeat: | Guidance | -TST Witchcraft |
| Chicago | | Stars: 10:00pm | | -TST Depression |
| | | Ends: 10:58pm | | -TST Suicide |
| | | Duration:58min | | -TST Holy Spirit Host: Bishop Flavio |
| Problemas y Soluciones | 07//26/2023 | Stars: 09:00am Ends: 09:58am Duration:58min | 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. |
| Chicago | 07772072023 | Repeat: | | On today show: |
| | | Stars: 10:00pm | | -TST Witchcraft |

| | | Ends: 10:58pm | | -TST Depression |
|--------------------------------------|------------|---|-----------------------|--|
| | | Duration:58min | | -TST Suicide |
| | | | | -TST 7 prayers |
| | | | | Host: Bishop Flavio |
| | | Stars: 09:00am Ends: 09:58am Duration:58min | | 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. |
| Problemas y | | | Spiritual | On today show: |
| Soluciones | 07/27/2023 | Repeat: | Guidance | -TST Witchcraft |
| Chicago | | Stars: 10:00pm | | -TST Depression |
| | | Ends: 10:58pm | | -TST Suicide |
| | | Duration:58min | | -TST 7 prayers |
| | | | | Host: Bishop Flavio |
| Problemas y Soluciones Chicago | 07/28/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm Ends: 10:58pm Duration:58min | 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 7 prayers Host: Bishop Flavio |
| Problemas y Soluciones Chicago | 07/31/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 06:00am Ends: 06:58am Duration:58min | 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 Depression -TST Suicide -TST 7 prayers Host: Bishop Flavio |

| | | Stars: 05:00pm | | |
|---------------------------|------------|-----------------|-----------------------|---|
| | | Ends: 05:58pm | | |
| | | Duration:58min | | |
| | | Durution.somm | | |
| | | Stars: 10:00pm | | |
| | | Ends: 10:58pm | | |
| | | Duration:58min | | |
| | | Bulationioonini | | This program main purpose is to guide spiritually the |
| | | Stars: 09:00am | | viewers at home. The show contains testimonies about |
| | | Ends: 09:58am | | people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using |
| | | Duration:58min | | their faith. |
| Problemas y | | | Spiritual | On today show: |
| Soluciones | 08/01/2023 | Repeat: | Guidance | -TST Witchcraft |
| Chicago | | Stars: 10:00pm | | -TST Depression |
| | | Ends: 10:58pm | | -TST Suicide |
| | | Duration:58min | | -TST Holy Spirit |
| | | | | Host: Pastor Cristiano |
| | | | | This program main purpose is to guide spiritually the |
| | | Stars: 09:00am | | viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle |
| | | Ends: 09:58am | | against depression and search for the Holy Spirit using their faith. |
| | | Duration:58min | | On today show: |
| Problemas y | | | Spiritual | -TST Witchcraft |
| Soluciones | 08/02/2023 | Repeat: | Guidance | -TST Depression |
| Chicago | | Stars: 10:00pm | | |
| | | Ends: 10:58pm | | -TST Suicide |
| | | Duration:58min | | -TST Holy Spirit |
| | | | | Host: Pastor Cristiano |
| | | Stars: 09:00am | | This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about |
| | | Ends: 09:58am | | people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using |
| Droblemeet | | Duration:58min | | their faith. |
| Problemas y Soluciones | 08/03/2023 | | Spiritual Guidance | On today show: |
| Chicago | 00/03/2023 | Repeat: | | -TST Witchcraft |
| | | Stars: 10:00pm | | -TST Depression |
| | | Ends: 10:58pm | | -TST Suicide |
| | | | | |

| | | Duration:58min | | -TST 7 prayers |
|--------------------------------------|------------|---|-----------------------|---|
| | | | | Host: Pastor Cristiano |
| Problemas y Soluciones Chicago | 08/04/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm Ends: 10:58pm Duration:58min | 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 7 prayers Host: Pastor Cristiano |
| Problemas y Soluciones Chicago | 08/07/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 06:00am Ends: 06:58am Duration:58min Stars: 05:00pm Ends: 05:58pm Duration:58min Stars: 10:00pm Ends: 10:58pm Duration:58min | 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 Depression -TST Suicide -TST Holy Spirit Host: Pastor Cristiano |
| Problemas y Soluciones Chicago | 08/08/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm | 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 |

| | | Ends: 10:58pm | | -TST Depression |
|--------------------------------------|------------|---|-----------------------|--|
| | | Duration:58min | | -TST Suicide |
| | | | | -TST Holy Spirit |
| | | | | Host: Pastor Cristiano |
| | | Stars: 09:00am Ends: 09:58am Duration:58min | | 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: |
| Problemas y Soluciones | 08/09/2023 | Banasti | Spiritual Guidance | -TST Witchcraft |
| Chicago | | Repeat: Stars: 10:00pm | | -TST Depression |
| U | | Ends: 10:58pm | | -TST Suicide |
| | | Duration:58min | | -TST Holy Spirit |
| | | | | Host: Pastor Cristiano |
| Problemas y Soluciones Chicago | 08/10/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm Ends: 10:58pm Duration:58min | 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 7 prayers Host: Pastor Cristiano |
| Problemas y Soluciones Chicago | 08/11/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm Ends: 10:58pm Duration:58min | 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 7 prayers Host: Pastor Cristiano |

| | | Stars: 09:00am | | |
|--------------------------------------|------------|--|-----------------------|---|
| | | Ends: 09:58am | | |
| | | Duration:58min | | |
| Problemas y Soluciones Chicago | 08/14/2023 | Repeat: Stars: 06:00am Ends: 06:58am Duration:58min Stars: 05:00pm Ends: 05:58pm Duration:58min Stars: 10:00pm Ends: 10:58pm | 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 Depression -TST Suicide -TST Holy Spirit Host: Pastor Cristiano |
| | | Duration:58min | | |
| Problemas y Soluciones Chicago | 08/15/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm Ends: 10:58pm Duration:58min | 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 Depression -TST Suicide -TST Holy Spirit Host: Pastor Cristiano |
| Problemas y Soluciones Chicago | 08/16/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm Ends: 10:58pm Duration:58min | 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: Pastor Cristiano |
| Problemas y Soluciones Chicago | 08/17/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm Ends: 10:58pm Duration:58min | 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 Depression -TST Suicide -TST Holy Spirit Host: Pastor Cristiano |
| Problemas y Soluciones Chicago | 08/18/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm Ends: 10:58pm Duration:58min | 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 7 prayers Host: Pastor Cristiano |
| Problemas y Soluciones Chicago | 08/21/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 06:00am Ends: 06:58am Duration:58min Stars: 05:00pm Ends: 05:58pm Duration:58min | 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: Pastor Cristiano |

| | | Stars: 10:00pm | | |
|--------------------------------------|------------|---|-----------------------|---|
| | | Ends: 10:58pm | | |
| | | Duration:58min | | |
| | | Stars: 09:00am Ends: 09:58am Duration:58min | | 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. |
| Problemas y | | | Spiritual | On today show: |
| Soluciones | 08/22/2023 | Repeat: | Spiritual Guidance | -TST Witchcraft |
| Chicago | | Stars: 10:00pm | | -TST Depression |
| | | Ends: 10:58pm | | -TST Suicide |
| | | Duration:58min | | -TST Holy Spirit |
| | | | | Host: Pastor Cristiano |
| Problemas y Soluciones Chicago | 08/23/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm Ends: 10:58pm Duration:58min | 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: Pastor Cristiano |
| Problemas y Soluciones Chicago | 08/24/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm Ends: 10:58pm Duration:58min | 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 Depression -TST Suicide -TST Holy Spirit Host: Pastor Cristiano |

| Problemas y Soluciones Chicago | 08/25/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm Ends: 10:58pm Duration:58min | 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: Pastor Cristiano |
|--------------------------------------|------------|---|-----------------------|---|
| Problemas y Soluciones Chicago | 08/28/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 06:00am Ends: 06:58am Duration:58min Stars: 05:00pm Ends: 05:58pm Duration:58min Stars: 10:00pm Ends: 10:58pm Duration:58min | 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 Depression -TST Suicide -TST Holy Spirit Host: Pastor Cristiano |
| Problemas y Soluciones Chicago | 08/29/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm Ends: 10:58pm Duration:58min | 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: Pastor Cristiano |
| | | Stars: 09:00am Ends: 09:58am Duration:58min | | 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: |
| Problemas y Soluciones | 08/30/2023 | _ | Spiritual Guidance | -TST Witchcraft |
| | | Repeat: | Guidance | -TST Depression |
| Chicago | | Stars: 10:00pm | | -TST Suicide |
| | | Ends: 10:58pm | | -TST Holy Spirit |
| | | Duration:58min | | Host: Pastor Cristiano |
| Problemas y Soluciones Chicago | 08/31/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 10:00pm Ends: 10:58pm Duration:58min | 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 Depression -TST Suicide -TST Holy Spirit Host: Pastor Cristiano |
| Problemas y Soluciones Chicago | 09/01/2023 | Stars: 09:00am Ends: 09:58am Duration:58min Repeat: Stars: 05:00pm Ends: 05:58pm Duration:58min Stars: 10:00pm Ends: 10:58pm Duration:58min | 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: Pastor Cristiano |

| | | Stars: 09:00am | | |
|-----------------------|------------|---------------------------------|-----------|--|
| | | Ends: 09:58am Duration:58min | | 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. |
| | | Repeat: | | On today show: |
| Problemas y | | Stars: 05:00pm | Spiritual | -TST Witchcraft |
| Soluciones | 09/04/2023 | Ends: 05:58pm | Guidance | |
| Chicago | | Duration:58min | | -TST Depression |
| | | | | -TST Suicide |
| | | Stars: 10:00pm | | -TST of Cure |
| | | Ends: 10:58pm | | Host: Pastor Cristiano |
| | | Duration:58min | | |
| | | Stars: 09:00am | | |
| | 09/05/2023 | Ends: 09:58am | | This program main purpose is to guide spiritually the |
| | | Duration:58min | | 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 |
| | | Repeat: | | their faith. |
| Problemas y | | Stars: 05:00pm | Spiritual | On today show: |
| Soluciones | | Ends: 05:58pm | Guidance | -TST Witchcraft |
| Chicago | | Duration:58min | | -TST Depression |
| | | | | -TST Suicide |
| | | Stars: 10:00pm | | -TST Holy Spirit |
| | | Ends: 10:58pm | | Host: Pastor Cristiano |
| | | , Duration:58min | | |
| | | | | This program main purpose is to guide spiritually the |
| | | Stars: 09:00am | | viewers at home. The show contains testimonies about |
| | | Ends: 09:58am | | people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using |
| | | Duration:58min | | their faith. |
| Problemas y | | | Spiritual | On today show: |
| Soluciones Chicago | 09/06/2023 | Repeat: | Guidance | -TST Witchcraft |
| | | Stars: 05:00pm | | -TST Depression |
| - | | Ends: 05:58pm | | -TST Suicide |
| | | Duration:58min | | -TST Holy Spirit |
| | | | | Host: Pastor Cristiano |
| | | | | |

| Problems y Soluciones Ends: 10:58pm Duration:58min Fils program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchreaft, won the battle against depression and search for the Holy Spirit using their faith. Problems y Soluciones 09/07/2023 Stars: 05:00pm Ends: 05:58pm Spiritual Guidance This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchreaft, won the battle against depression on today show: -TST Witchcraft Chicago 09/07/2023 Stars: 05:00pm Ends: 05:58pm Spiritual Guidance On today show: -TST Holy Spirit Ends: 10:58pm Duration:58min -TST Holy Spirit -TST Suicide Problems y Soluciones Stars: 09:00am -TST Holy Spirit -TST Holy Spirit Repeat: Ends: 09:58min -TST 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 function:58min Problems y Soluciones Stars: 09:00pm Spiritual Guidance -TST bickneraft Ends: 05:58pm Spiritual Guidance -TST Mitchcraft -TST Spiritual Guidance Ends: 05:58pm Spiritual Guidance -TST of Cure -TST of Cure | | | Stars: 10:00pm | | |
|--|------------|------------|----------------|----------|---|
| Problems y Soluciones Stars: 09:00an This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchraft, won the battle against depression and search for the Holy Spirit using their faith. Problems y Soluciones 09/07/2023 Stars: 05:00pn Ends: 05:58pn Spiritual Guidance This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchraft, won the battle against depression and search for the Holy Spirit table. Chicago 09/07/2023 Stars: 05:00pn Ends: 05:58pn Spiritual Guidance On today show: -TST Witchcraft Ends: 10:58pn Stars: 10:00pn -TST Holy Spirit -TST Holy Spirit Ends: 10:58pn Ends: 09:58pn This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchraft, won the battle against depression and search for the Holy Spirit using their faith. Problems y Soluciones Stars: 09:00pn Spiritual Guidance This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchraft, won the battle against depression and search for the Holy Spirit using against depression and search for the Holy Spirit using against depression and search for the Holy Spirit using against depression and search for the Holy Spirit using their faith. Problems y Soluciones Stars: 09:00pn <td< td=""><td></td><td></td><td></td><td></td><td></td></td<> | | | | | |
| Problemas y SolucionesEnds: 09:58am Duration:58minThis program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated withcraft, won the battle against depression and search for the Holy Spirit using their faith.Problemas y SolucionesStars: 05:00pm Ends: 05:58pmSpiritual GuidanceOn today show: -TST WithcraftChicagoStars: 10:00pm Duration:58min Duration:58min-TST Holy Spirit Host: Pastor CristianoProblemas y SolucionesStars: 10:00pm Duration:58min-TST Holy Spirit Host: Pastor CristianoProblemas y SolucionesStars: 09:00am Duration:58min-TST Holy Spirit Host: Pastor CristianoProblemas y SolucionesStars: 10:00pm Duration:58min-TST Holy Spirit Host: Pastor CristianoChicagoStars: 10:00pm Duration:58min-TST of Cure Host: Pastor CristianoProblemas y SolucionesStars: 10:00pm Duration:58min-TST of Cure Host: Pastor CristianoDuration:58min Duration:58min-TST of Cure Host: Pastor CristianoThis program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated withcraft, won the battle against depression curves is to guide spiritually | | | | | |
| Problemas y Soluciones 09/07/2023 Repeat: Stars: 05:00pm Ends: 05:58pm Spiritual Guidance 0n today show: Guidance Chicago Stars: 05:00pm Ends: 05:58pm Spiritual Guidance On today show: Guidance Stars: 05:00pm Stars: 10:00pm Stars: 05:00pm For the First Nutchcraft 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 Host: Pastor Cristiano Problemas y Soluciones Stars: 05:00pm Ends: 10:58pm Stars: 05:00pm For the Holy Spirit Host: Pastor Cristiano Problemas y Soluciones Stars: 09:00am Ends: 10:58pm 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. Problemas y Soluciones Stars: 09:00am Ends: 09:58pm This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft the Holy Spirit using against depression and search for the Holy Spirit using their faith. Problemas y Soluciones Stars: 10:00pm Ends: 10:58pm Spiritual Guidance On today show: -TST Depression -TST Depression -TST Depression Chicago Stars: 10:00pm Ends: 10 | | | Stars: 09:00am | | |
| Problemas y Soluciones Ouration:58min 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. 09/07/2023 Stars: 05:00 pm Spiritual Chicago 09/07/2023 Spiritual Ends: 05:58 pm Spiritual On today show: Ends: 05:58 pm Guidance -TST Witchcraft Stars: 10:00 pm -TST Holy Spirit -TST Suicide Buration:S8min -TST Holy Spirit Host: Pastor Cristiano Problemas y Stars: 00:00 pm -TST Holy Spirit Buration:S8min Fads: 09:58 pm 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. Soluciones Stars: 09:00 pm - Soluciones Stars: 09:00 pm - Soluciones Stars: 09:00 pm - Stars: 09:00 pm Spiritual - Guidance Spiritual - 09/08/2023 Stars: 09:00 pm - Stars: 10:00 pm - | | | Ends: 09:58am | | This program main nurness is to guide spiritually the |
| Problemas y Soluciones 09/07/2023 Repeat: against depression and search for the Holy Spirit using their faith. Chicago 09/07/2023 Stars: 05:00pm (Duration:58min) Spiritual Guidance On today show: Chicago Duration:58min | | | Duration:58min | | viewers at home. The show contains testimonies about |
| Problemas y Soluciones 09/07/2023 Stars: 05:00pm Ends: 05:58pm Spiritual Guidance On today show: Chicago Duration:58min -TST Witchcraft Chicago Duration:58min -TST Holy Spirit Froblemas y Soluciones Stars: 10:00pm -TST Holy Spirit Ends: 10:58pm -TST Holy Spirit Buration:58min -TST Holy Spirit Buration:58min -TST Holy Spirit Buration:58min 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. Problemas y Soluciones 09/08/2023 Stars: 05:00pm Ends: 05:58pm Spiritual Guidance Chicago 09/08/2023 Stars: 05:00pm Ends: 05:58pm Spiritual Guidance -TST Mitchcraft Chicago Stars: 10:00pm Spiritual Guidance -TST of Cure Host: Pastor Cristiano -TST of Stars: 05:00pm -TST of Cure Indiv Stars: 10:00pm -TST of program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle Mitchcraft Chicago <td></td> <td></td> <td></td> <td></td> <td>against depression and search for the Holy Spirit using</td> | | | | | against depression and search for the Holy Spirit using |
| Problemas y Soluciones 09/07/2023 3t0rs: 05.00,ml Ends: 05:58pm Spiritual Guidance -TST Witchcraft Chicago Duration:58min -TST Holy Spirit Buration:58min -TST Holy Spirit Ends: 10:58pm -TST Holy Spirit Buration:58min -TST Holy Spirit using against depression and search for the Hol | | | | | |
| Chicago Chicag Chi | - | 09/07/2023 | | | |
| Chicogo Duration:Samin TST Moly Spirit Image: Stars: 10:00pm -TST Holy Spirit Ends: 10:58pm Hot: Pastor Cristiano Duration:58min Duration:58min Stars: 09:00am 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. Problemas y Soluciones Stars: 05:00pm Spiritual Repeat: Stars: 05:00pm Spiritual Guidance -TST Witchcraft On today show: Op/08/2023 Stars: 05:00pm Spiritual Guidance -TST of Cure -TST Suicide Host: Pastor Cristiano -TST Suicide -TST of Cure Ends: 10:58pm Host: Pastor Cristiano -TST Suicide Duration:58min -TST of Cure Host: Pastor Cristiano Duration:58min -TST of Cure Host: Pastor Cristiano Duration:58min 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 at set monies about people that have defeated witchcraft won the battle against depression at set monies about people that have defeated witchcraft won the battle against depression at se | | | Ends: 05:58pm | Guidance | |
| Problemas y Stars: 10:00pm -TST Holy Spirit Barbon Duration:58min Host: Pastor Cristiano Barbon Duration:58min 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. Problemas y Stars: 05:00pm Spiritual Repeat: Stars: 05:00pm Spiritual Repeat: Stars: 05:00pm Spiritual Guidance -TST Witchcraft Duration:58min Guidance -TST Vittchcraft Duration:58min Spiritual Guidance -TST OP Soluciones Stars: 10:00pm Spiritual Guidance -TST OF Cure Ends: 10:58pm Unration:58min -TST of Cure -TST of Cure Ends: 10:58pm Duration:58min -TST of Cure Host: Pastor Cristiano Duration:58min Duration:58min -TST of Cure Host: Pastor Cristiano Bars: 09:00am 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 | Chicago | | Duration:58min | | |
| Problemas y Soluciones Stars: 10:00pm Host: Pastor Cristiano Problemas y Soluciones Stars: 09:00am 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. Problemas y Soluciones Stars: 05:00pm This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft their faith. Chicago Stars: 05:00pm Spiritual Guidance Chicago Stars: 05:00pm Spiritual Guidance Ends: 05:58pm Guidance -TST Witchcraft Duration:58min -TST of Cure -TST of Cure Ends: 10:58pm Host: Pastor Cristiano -TST of Cure Ends: 10:58pm Host: Pastor Cristiano -TST of Cure Ends: 10:58pm 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 | | | | | |
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| Image: construct of the state st | | | Ends: 10:58pm | | Host: Pastor Cristiano |
| Problemas y SolucionesEnds: 09:58am Duration:58minThis 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.Problemas y Soluciones09/08/2023Repeat:On today show: spiritual GuidanceChicago5tars: 05:00pm Duration:58minSpiritual GuidanceOn today show: -TST WitchcraftDuration:58minDuration:58min-TST Of CureEnds: 10:00pm Ends: 10:58pm-TST of CureDuration:58minHost: Pastor CristianoDuration:58min-TST of CureEnds: 10:58pmHost: Pastor CristianoDuration:58minThis 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 depressionKars: 09:00amThis program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle | | | Duration:58min | | |
| Problemas y Soluciones 09/08/2023 Repeat: Stars: 05:00pm Chicago Chicago Duration:58min Stars: 10:00pm Stars: 10:00pm Stars: 10:00pm Chicago Stars: 10:00pm Duration:58min Stars: 10:00pm Ends: 10:58pm Stars: 10:00pm Stars: 10:00pm Stars: 10:00pm Stars: 10:00pm Chicago Stars: 10:00pm This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft 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 the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spiritual for the Holy | | | Stars: 09:00am | | |
| Problemas y Soluciones09/08/2023Repeat:people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.Problemas y Soluciones09/08/2023Stars: 05:00pmSpiritual GuidanceOn today show:ChicagoDuration:58min000000000000000000000000000000000 | | 09/08/2023 | Ends: 09:58am | | |
| Problemas y SolucionesRepeat:Repeat:thir faith.09/08/2023Stars: 05:00pmSpiritual GuidanceOn today show:ChicagoEnds: 05:58pmGuidance-TST WitchcraftDuration:58minDuration:58min-TST of CureStars: 10:00pmFinds: 10:58pm-TST of CureDuration:58minDuration:58min-TST of CureStars: 10:00pmFinds: 10:58pmThis program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle | | | Duration:58min | | people that have defeated witchcraft, won the battle |
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| Stars: 10:00pm Host: Pastor Cristiano Ends: 10:58pm Host: Pastor Cristiano Duration:58min 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 | | | | | -TST Suicide |
| Ends: 10:58pm Host: Pastor Cristiano Duration:58min 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 | | | Stars: 10:00pm | | -TST of Cure |
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| | | | | | viewers at home. The show contains testimonies about |
| Duration | | | | | against depression and search for the Holy Spirit using |
| Problemas y Duration:58min Spiritual Soluciones 09/11/2023 Guidance | - | 09/11/2023 | Durution:58min | | their faith. |
| On today show: | | | Donorti | | On today show: |
| -TST Witchcraft | Cillagu | | | | -TST Witchcraft |
| Stars: 05:00pm -TST Depression | | | stars: 05:00pm | | -TST Depression |

| | | Ends: 05:58pm | | -TST Suicide |
|---------------------------|------------|----------------|-----------------------|---|
| | | Duration:58min | | -TST of Cure |
| | | | | Host: Pastor Cristiano |
| | | Stars: 10:00pm | | |
| | | Ends: 10:58pm | | |
| | | Duration:58min | | |
| | | Stars: 09:00am | | |
| | | Ends: 09:58am | | This program main purpose is to guide spiritually the |
| | | Duration:58min | | 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. |
| | | Repeat: | | |
| Problemas y | 09/12/2023 | Stars: 05:00pm | Spiritual | On today show: -TST Witchcraft |
| Soluciones | | Ends: 05:58pm | Guidance | |
| Chicago | | Duration:58min | | -TST Depression |
| | | | | -TST Suicide |
| | | Stars: 10:00pm | | -TST Holy Spirit |
| | | Ends: 10:58pm | | Host: Pastor Cristiano |
| | | Duration:58min | | |
| | | Stars: 09:00am | | |
| | | Ends: 09:58am | | This program main purpose is to guide spiritually the |
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| Dreblemeeu | | Stars: 05:00pm | | On today show: |
| Problemas y Soluciones | 09/13/2023 | Ends: 05:58pm | Spiritual Guidance | -TST Witchcraft |
| Chicago | | Duration:58min | | -TST Depression |
| | | | | -TST Suicide |
| | | Stars: 10:00pm | | -TST Holy Spirit |
| | | Ends: 10:58pm | | Host: Pastor Cristiano |
| | | Duration:58min | | |
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| Problemas y | | Stars: 09:00am | Spiritual | This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about |
| Soluciones | 09/14/2023 | Ends: 09:58am | Guidance | people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using |
| Chicago | | Duration:58min | | their faith. |
| Chicago | | | | |

| | | | | On today show: |
|--------------------------------------|------------|----------------|-----------------------|---|
| | | Repeat: | | -TST Witchcraft |
| | | Stars: 05:00pm | | -TST Depression |
| | | Ends: 05:58pm | | -TST Suicide |
| | | Duration:58min | | -TST Holy Spirit |
| | | | | Host: Pastor Cristiano |
| | | Stars: 10:00pm | | |
| | | Ends: 10:58pm | | |
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| | | Stars: 09:00am | | |
| | | Ends: 09:58am | | This program main purpose is to guide spiritually the |
| | | Duration:58min | | 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 |
| | | Repeat: | | their faith. |
| Problemas y | | Stars: 05:00pm | Spiritual Guidance | On today show: |
| Soluciones | 09/15/2023 | Ends: 05:58pm | | -TST Witchcraft |
| Chicago | | Duration:58min | | -TST Depression |
| | | | | -TST Suicide |
| | | Stars: 10:00pm | | -TST of Cure |
| | | Ends: 10:58pm | | Host: Pastor Cristiano |
| | | Duration:58min | | |
| | | Stars: 09:00am | | |
| | | Ends: 09:58am | | This program main purpose is to guide spiritually the |
| | | Duration:58min | | 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 |
| | | Repeat: | | their faith. |
| Problemas y Soluciones Chicago | 09/18/2023 | Stars: 05:00pm | Spiritual | On today show: |
| | 00,10,2020 | Ends: 05:58pm | Guidance | -TST Witchcraft |
| | | Duration:58min | | -TST Depression |
| | | | | -TST Suicide |
| | | Stars: 10:00pm | | -TST of Cure |
| | | Ends: 10:58pm | | Host: Pastor Cristiano |
| | | Duration:58min | | |

| | | Stars: 09:00am | | |
|-------------|------------|---------------------------------|-----------------------|---|
| | | Ends: 09:58am Duration:58min | | 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 |
| | | Repeat: | | their faith. |
| Problemas y | | Stars: 05:00pm | Spiritual | On today show: |
| Soluciones | 09/19/2023 | Ends: 05:58pm | Guidance | -TST Witchcraft |
| Chicago | | Duration:58min | | -TST Depression |
| | | | | -TST Suicide |
| | | Stars: 10:00pm | | -TST Holy Spirit |
| | | Ends: 10:58pm | | Host: Pastor Cristiano |
| | | Duration:58min | | |
| | | Stars: 09:00am | | |
| | 09/20/2023 | Ends: 09:58am | | This program main purpose is to guide spiritually the |
| | | Duration:58min | | 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 |
| | | Repeat: | Spiritual Guidance | their faith. |
| Problemas y | | Stars: 05:00pm | | On today show: |
| Soluciones | | Ends: 05:58pm | | -TST Witchcraft |
| Chicago | | Duration:58min | | -TST Depression |
| | | | | -TST Suicide |
| | | Stars: 10:00pm | | -TST Holy Spirit |
| | | Ends: 10:58pm | | Host: Pastor Cristiano |
| | | Duration:58min | | |
| | | | | This program main purpose is to guide spiritually the |
| | | Stars: 09:00am | | viewers at home. The show contains testimonies about |
| | | Ends: 09:58am | | people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using |
| | | Duration:58min | | their faith. |
| Problemas y | | | Spiritual | On today show: |
| Soluciones | 09/21/2023 | Repeat: | Guidance | -TST Witchcraft |
| Chicago | | Stars: 05:00pm | | -TST Depression |
| | | Ends: 05:58pm | | -TST Suicide |
| | | Duration:58min | | -TST Holy Spirit |
| | | | | Host: Pastor Cristiano |
| | | | | |

| | | Stars: 10:00pm | | |
|-------------|------------|----------------|-----------------------|--|
| | | Ends: 10:58pm | | |
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| | | Stars: 09:00am | | |
| | | Ends: 09:58am | | |
| | | Duration:58min | | 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 |
| | | Repeat: | | against depression and search for the Holy Spirit using their faith. |
| Problemas y | 00/22/2022 | Stars: 05:00pm | Spiritual | On today show: |
| Soluciones | 09/22/2023 | Ends: 05:58pm | Guidance | -TST Witchcraft |
| Chicago | | Duration:58min | | -TST Depression |
| | | | | -TST Suicide |
| | | Stars: 10:00pm | | Host: Pastor Cristiano |
| | | Ends: 10:58pm | | |
| | | Duration:58min | | |
| | | Stars: 09:00am | | |
| | 09/25/2023 | Ends: 09:58am | | This program main purpose is to guide spiritually the |
| | | Duration:58min | | viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle |
| | | | Spiritual Guidance | against depression and search for the Holy Spirit using |
| | | Repeat: | | their faith. |
| Problemas y | | Stars: 05:00pm | | On today show: -TST Witchcraft |
| Soluciones | | Ends: 05:58pm | | -TST Depression |
| Chicago | | Duration:58min | | -TST Suicide |
| | | | | -TST Holy Spirit |
| | | Stars: 10:00pm | | Host: Pastor Cristiano |
| | | Ends: 10:58pm | | |
| | | Duration:58min | | |
| | | Stars: 09:00am | | This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about |
| | | Ends: 09:58am | | people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using |
| Problemas y | 09/26/2023 | Duration:58min | Spiritual | their faith. |
| Soluciones | | | Guidance | On today show: |
| Chicago | | Repeat: | | -TST Witchcraft |
| | | Stars: 05:00pm | | -TST Depression |
| <u> </u> | l | l | | |

| | | Ends: 05:58pm | | -TST Suicide |
|-------------|------------|---------------------|-----------------------|---|
| | | Duration:58min | | -TST Holy Spirit |
| | | | | Host: Pastor Cristiano |
| | | Stars: 10:00pm | | |
| | | Ends: 10:58pm | | |
| | | Duration:58min | | |
| | | Stars: 09:00am | | |
| | | Ends: 09:58am | | This program main purpose is to guide spiritually the |
| | | Duration:58min | | 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 |
| | | Repeat: | | their faith. |
| Problemas y | | Stars: 05:00pm | Spiritual | On today show: |
| Soluciones | 09/27/2023 | Ends: 05:58pm | Guidance | -TST Witchcraft |
| Chicago | | Duration:58min | | -TST Depression |
| | | | | -TST Suicide |
| | | Stars: 10:00pm | | -TST Holy Spirit |
| | | Ends: 10:58pm | | Host: Pastor Cristiano |
| | | Duration:58min | | |
| | | Stars: 09:00am | | |
| | | Ends: 09:58am | | This program main purpose is to guide spiritually the |
| | | Duration:58min | | 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 |
| | | Repeat: | | their faith. |
| Problemas y | | Stars: 05:00pm | Spiritual | On today show: |
| Soluciones | 09/28/2023 | Ends: 05:58pm | Guidance | -TST Witchcraft |
| Chicago | | , Duration:58min | | -TST Depression |
| | | | | -TST Suicide |
| | | Stars: 10:00pm | | -TST Holy Spirit |
| | | Ends: 10:58pm | | Host: Pastor Cristiano |
| | | Duration:58min | | |
| | | | | This succession in the state of the state |
| Problemas y | | Stars: 09:00am | Coiritual | This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about |
| Soluciones | 09/29/2023 | Ends: 09:58am | Spiritual Guidance | people that have defeated witchcraft, won the battle |
| Chicago | | Duration:58min | | against depression and search for the Holy Spirit using their faith. |

| | On today show: |
|----------------|------------------------|
| Repeat: | -TST Witchcraft |
| Stars: 05:00pm | -TST Depression |
| Ends: 05:58pm | -TST Suicide |
| Duration:58min | -TST of Cure |
| | Host: Pastor Cristiano |
| Stars: 10:00pm | |
| Ends: 10:58pm | |
| Duration:58min | |

The following are local issues of concern to the community <u>"ROMPIENDO EL SILENCIO</u>" 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 | Starts: 6:00pm Ends: 6:58pm Duration:58min | HOW TO FIND YOUR LIFE INSPIRATION | <text><text><text><text><text></text></text></text></text></text> |
| Rompiendo el Silencio | 07/04/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | INDEPENDENT WOMEN | 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 Guests: Mayra Alvarez Human Developing Specialist Jackeline Cacho Producer/Journalist/ Writer Jackeline Vrba President and Founder of FRIDARS |
|--------------------------|------------|--|--|---|
| | | | | 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 |
| Rompiendo el Silencio | 07/05/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | OVERWEIGHT, THE BURDEN THAT AFECTS YOUR HEALTH | Guests: -Lonera Ruan Integral Nutrition Advisor -Viviana Rodriguez Trainer Zoom Francis de Freitas Nutritionist |

| Rompiendo el Silencio | 07/06/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | THE INVISIBLE LINK; THE IMPORTANCE OF COMMUNICATION | 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. Guests: -Joha Rivera Remodeling Mentalities and creating conscious habits. - Paola Rezo Expert in effective communication ZOOM -Elvia Allred Self Confidence and Couples Relations Coach |
|--------------------------|------------|--|---|--|
| Rompiendo el Silencio | 07/07/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | FROM ZERO TO ENTREPENOUR | 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 Guest -Paulina Thomas Director of Marketing Relator -Rachel Medina Executive Director of RM101 Media Group |
| Rompiendo el Silencio | 07/10/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | THE COURAGE OF RISKS: DOING THINGS IN SPITE OF FEAR | Overcoming fears and the willingness to act despite fear are fundamental aspects on the path towards personal growth and the achievement of our goals. Guests Dr. Patricia Arcache Family Therapist |

| | | | | Elisa Guzman Family Therapist |
|--------------------------|------------|--|---|---|
| Rompiendo el Silencio | 07/11/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | DO YOU LIKE YOURSELF OR DO YOU HAVE COMPLEXES ? | 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? Guests: -Itzel Molina Family Psychotherapist -Laura Aguilar Psychologist Zoom Sanaa Vanessa Saab Life Coach |
| Rompiendo el Silencio | 07/12/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | HOARDERS | 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. Guests: Isabel Medher Clinical Psychologist -Gladys Menendez Live Coach |

| | | | | ZOOM |
|--------------------------|------------|--|--------------------------------|--|
| | | | | Jeannette Escudero |
| | | | | Space Organization Consultant |
| | | | | 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. |
| Rompiendo el Silencio | 07/13/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | GENTLE PARENTING | Guests: -Julia Aguilar Pedagogue -Marcela Arrieta Emotional Healing Specialist Zoom Anabel Hernandez Child Psychologist |
| Rompiendo | | | | 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. |
| el Silencio | | | | Guests |
| | | Starts: 6:00pm | | -Nataly Cifuentes |
| | 07/14/2023 | Ends: 6:58pm | | OBGYN |
| Rompiendo | | Duration:58min | PMS | -Giselle Hernandez |
| el Silencio | | | | Nutritionist |
| | | | | |
| | | Starts: 6:00pm | WHAT TO DO WITH KIDS DURING | 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. |
| Rompiendo | | Ends: 6:58pm | SUMMER | guests: |
| el Silencio | 07/17/2023 | Duration:58min | | Nancy Tabares |
| | | | | health and Nutrition coach |
| | | | | Azalia correa |
| | | | | Summer camp lata Academy |
| | | | | |

| | | | | zoom |
|--------------------------|-------------|--------------------------------|----------------|---|
| | | | | |
| | | | | Yurina Melaria |
| | | | | press secretary |
| | | | | |
| | | | | 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. |
| | | | | guests: |
| | | Starts: 6:00pm | | |
| Rompiendo | | Ends: 6:58pm | | -Blanca Ochoa |
| el Silencio | 07/18/2023 | Duration:58min | NARCISIST | Motivation Ttherapist |
| | ., _0, _0_0 | | | -jacquline cacho |
| | | | | journalist/producer/writer |
| | | | | journalist/producer/writer |
| | | | | |
| | | Starts: 6:00pm Ends: 6:58pm | | 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). |
| Rompiendo el Silencio | 07/10/2022 | Duration:58min | NERVOUS TICS & | Guests: |
| | 07/19/2023 | Duration.Jonnin | MANIAS | - Joha Rivera |
| | | | | Reshaping Mentalities & Creating Conscious Habits |
| | | | | -Emily Chavez |
| | | | | Neuropsychopedagogue/Master in Neurolinguistic Programming |
| | | | | -Dr. Gisela Acevedo |

| | | | | Neurologist |
|--------------------------|------------|--|---|--|
| | | | | |
| | | | | 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. |
| Rompiendo el Silencio | 07/20/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | THE POWER OF FEMALE HEADS OF HOUSEHOLDS | -Rosa Milano Immigration Consultant -Angelica Arias Gerontoligist- Health and Wellness Coach |
| | | | | ZOOM |
| | | | | -Dr. Maria Mendez |
| | | | | Clinical Psychologist |
| | | | | |
| Rompiendo el Silencio | 07/21/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | HOW CAN CHILD ABUSE BE PREVENTED? | 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. |
| | | | | Guests: |
| | | | | Dr. Patricia Arcache |
| | | | | Family Therapist |

| | | | | |
|-------------|------------|--|---------------------------------------|--|
| | | | | Zoom Franally Archicoque Clinical Psychologist |
| | | | | Dr.Ariana Huerta |
| | | | | Pediatrician |
| | | | | |
| | | | | 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. |
| | | | | Guests: |
| | | | | -Aileen Nealie |
| Rompiendo | | Starts: 6:00pm Ends: 6:58pm | | Psicoteraphist |
| el Silencio | | Duration:58min | HOW DO YOU "CURE" | Yeny Hercules |
| | 07/24/2023 | | JEALOUSY? | Comprehensive Mental Health Therapist |
| | | | | Zoom |
| | | | | Jennifer Flores |
| | | | | Psychologist |
| | | | | |
| | 07/25/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | HOW CAN WE IMPROVE OUR EMPATHY? | 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 |

| Rompiendo el Silencio | | | | interpersonal relationships, foster mutual understanding and build a more compassionate and caring society. Guests: Laura Aguilar Psychologist Veronica Villatoro Writer and Entrepenour ZOOM Aydee Martinez Life Coach |
|--------------------------|------------|--|--|---|
| Rompiendo el Silencio | 07/26/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | ALL OR NOTHIG DAY: HOW TO PERSUE YOUR DREAMS WITH PASION AND DETERMINATION | 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. Guests: Paloma Zuñiga Life Coach Adriana Loera Entrepreneur Andrea Olivares Entrepreneur ZOOM Jessica Medina Pysho-Corporal Therapist |
| | 07/27/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | RED AND GREEN FLAGS IN REALTIONSHIPS | 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? |

| | | | | Guests: |
|--------------------------|------------|----------------|-----------|---|
| | | | | Elisa Guzman |
| | | | | Family Therapist |
| | | | | |
| | | | | Angeles Sanchez |
| | | | | Life Coach |
| | | | | |
| | | | | ZOOM |
| | | | | Mariana Bermudez |
| | | | | |
| | | | | REMOTE |
| | | | | Hilda Del Toro |
| | | | | Maria Solis |
| | | | | Entrepenour |
| | | | | Bonicos and Cafe |
| | | | | |
| | | | | 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. |
| | | | | Guests: |
| | | | | Nataly Cifuentes |
| | | Starts: 6:00pm | | OBGYN |
| Rompiendo el Silencio | | Ends: 6:58pm | | |
| el silencio | 07/28/2023 | Duration:58min | MENOPAUSE | Danni Solorio |
| | | | | Herbalist Expert |
| | | | | |
| | | | | Zoom |
| | | | | Maria Teresa Aragon |
| | | | | Nutritionist |
| | | | | |
| | | | | |

| | | | | 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, the reality is that it is never too late to fulfill our deepest yearnings. |
|--------------------------|------------|--|---|---|
| | | | | Guests: |
| | | Starts: 6:00pm | | -Angelica Arias |
| Rompiedo | 07/31/2023 | Ends: 6:58pm | IS NEVER TOO LATE TO GO AFTER YOUR | Gerontologist |
| el Silencio | 0770172020 | Duration:58min | DREAMS | |
| | | | | Gladys Menendez |
| | | | | Life Coach |
| | | | | |
| | | | | Zoom |
| | | | | Daniela Naranjo |
| | | | | Therapist |
| Rompiendo el Silencio | 08/01/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | HOW TO APPLY EMOTIONAL INTELLIGENCE IN DAILY LIFE? | 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. Sergia Quiroz Amy Muratalla Family Counselor |
| | | | | ZOOM |
| | | | | Sanaa Vanessa Saab |
| | | | | Live Coach and woman's self steem |

| Rompiendo el Silencio | 08/02/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | TDHD | 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. Guests: -Julia Aguilar Pedagogue -Dr. Patricia Arcache Family Therapist ZOOM Emily Chávez Family Therapist |
|--------------------------|------------|--|--------------------------|--|
| Rompiendo el Silencio | 08/03/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | SINGLE WOMEN AFTER 40 | 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. Guests: -Yamila Zevallos Personal Trainer Coach in high performance Blanca Ochoa Motivational Therapist |

| | | | | ZOOM |
|-------------|------------|--------------------------------|---|--|
| | | | | Patty Gomez |
| | | | | Coach and Therapist |
| | | | | Cris Rodrigruez |
| | | | | Single and Happy |
| | | | | |
| | | | | 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. |
| | | | | Guests: |
| | | | | -Bessy Ateaga |
| Rompiendo | 08/04/2023 | Starts: 6:00pm Ends: 6:58pm | HOW DOES THE CHANGE OF MENTALITY OPEN | President of MACH (active women in Hispanic commerce) |
| el Silencio | | Duration:58min | DOORS IN THE FULFILLMENT OF | - Nancy Rodriguez |
| | | | OBJECTIVES? | Entrepreneur |
| | | | | Leidy Garcia |
| | | | | Entrepreneur |
| | | | | ZOOM |
| | | | | Silvia Ramirez |
| | | | | Psichologist |
| | | | | |

| Rompiendo el Silencio | 08/07/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | IMPORTANCE OF PHYSICAL AND EMOTIONAL CARE OF WOMEN | 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 challenges. the balance between regular exercise, an adequate diet and attention to emotional needs contributes to a fuller and more active life. Guest -Joha Rivera Remodeling mentality and creating conscious habits -Paloma Zúñiga Live Coach Andrea Olivares Facial Yoga Expert |
|--------------------------|------------|--|---|--|
| Rompiendo el Silencio | 08/09/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | DISPOSABLE RELATIONSHIPS | 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. Guests Marcela Arrieta Specialist in emotional healing -Izabel Medher Clinical Phycologist Martha Díaz |

| | | | | Tanat ologist – Therapist |
|--------------------------|------------|--|-------------------------------|--|
| Rompiendo el Silencio | 08/10/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | READY TO GO BACK TO SCHOOL | 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 we will explore effective strategies to prepare children emotionally, mentally and practically, ensure they are ready to face the classroom with confidence and enthusiasm. Guests: -Valentina Ortiz Psychologist -Teresa Verdugo Teacher -Sandra González Writer -Cecilia Caballero Writer |
| Rompiendo el Silencio | 08/11/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | REBUIDING FAMILY TIES | 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. Guests: Mónica Chávez Secretary of Club Cuquio San Felipe -Family Unified Leticia Pérez Mercado Érica Yadira Guadalupe (Lupita) Guadalupe Mercado (Mom) |

| | | | | Being a disciplined woman has a series of fundamental benefits in personal and professional life. discipline provides the necessary structure to achieve concrete goals and maintain a balance in all areas. |
|--------------------------|------------|--|--|--|
| Rompiendo | | Starts: 6:00pm Ends: 6:58pm | DISCIPLINE AS A HABIT | Guests: -Rosy Rios Personal Care Expert |
| el Silencio | 08/14/2023 | Duration:58min | TO ACHIEVE SUCCESS | -Silvia Santiago Public Image Advisor |
| | | | | -Mimy Castillo Personal Trainer |
| | | | | Skin care is an essential practice at every stage of life. As we age, our skin needs change dramatically. |
| Rompiendo el Silencio | - | HOW TO TAKE CARE OF OUR SKIN | Guests: Dr. Luciana Yacomotti - MD GC Skin Medspa Medical director | |
| | | Duration:58min | ACCORDING TO AGE? | Mayra Muñoz Entrepreneur and Influencer |
| | | | | Erika Aceves Skin Specialist |
| Rompiendo el Silencio | 08/16/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | VEGAN OR VEGETARIAN | 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. |
| | | | | |

| Rompiendo el Silencio 08/17/2023 Starts: 6:00pm HOW TO DEAL WITH Ends: 6:58pm White discrimination presents differential treatment which is integrative Autritionist Rompiendo el Silencio 08/18/2023 Starts: 6:00pm MOW TO DEAL WITH DISCRIMINATION? One of the best ways to make yourself happy in the particia Arcache Rompiendo el Silencio 08/18/2023 Starts: 6:00pm PHOTOGRAPHY One of the best ways to make yourself happy in the particia Arcache Rompiendo el Silencio 08/18/2023 Starts: 6:00pm PHOTOGRAPHY One of the best ways to make yourself happy in the particia Arcache Rompiendo el Silencio 08/18/2023 Starts: 6:00pm PHOTOGRAPHY One of the best ways to make yourself happy in the particia Arcache Rompiendo el Silencio 08/18/2023 Starts: 6:00pm PHOTOGRAPHY One of the best ways to make yourself happy in the particia Arcache Rompiendo el Silencio 08/18/2023 Juano: Starts: 6:00pm PHOTOGRAPHY One of the best ways to make yourself happy in the particia Arcache | [T | | | | Curata |
|---|----|--------------|----------------|-------------|--|
| Rompiendo el Silencio Starts: 6:00pm Ends: 6:58pm Duration:58min HOW TO DEAL WITH BULLYING OR DISCRIMINATION? Mile discrimination presents differential treatment which is intended to impair the enjoyment or exercise of a persons' 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. Rompiendo el Silencio Starts: 6:00pm Ends: 6:58pm Duration:58min HOW TO DEAL WITH BULLYING OR DISCRIMINATION? Guests: Discrimination presents differential treatment which is intended to impair the perpose of intimidating or exclude him, attempting his dignity. Rompiendo el Silencio Starts: 6:00pm Starts: 6:58pm Guests: Discrimination present 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. Rompiendo el Silencio Starts: 6:00pm Duration:58min Guests: PHOTOGRAPHY Guests: One of the best ways to make yourself happy in the past. photos are an excellent theremony boost, and past. photos are an excellent theremony boost, | | | | | |
| Rompiendo el Silencio el Sile | | | | | Lorena Ruán |
| Rompiendo el Silencio Starts: 6:00pm HOW TO DEAL WITH BULLYING OR DISCRIMINATION? Guests: Rompiendo el Silencio Starts: 6:00pm DURATION? Family Therapist Rompiendo el Silencio Starts: 6:00pm DURATION? Guests: Rompiendo el Silencio Starts: 6:00pm DURATION? Family Therapist Rompiendo el Silencio Starts: 6:00pm DURATION? Guests: Rompiendo el Silencio Starts: 6:00pm DURATION? Rebeca Cruz Rompiendo el Silencio Starts: 6:00pm PHOTOGRAPHY 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 occasion, they weight our memories for the good. | | | | | Integrative Nutrition Consultant |
| Rompiendo el Silencio Starts: 6:00pm HOW TO DEAL WITH BULLYING OR DISCRIMINATION? Guests: Rompiendo el Silencio Starts: 6:00pm DURATION? Family Therapist Rompiendo el Silencio Starts: 6:00pm DURATION? Guests: Rompiendo el Silencio Starts: 6:00pm DURATION? Family Therapist Rompiendo el Silencio Starts: 6:00pm DURATION? Guests: Rompiendo el Silencio Starts: 6:00pm DURATION? Rebeca Cruz Rompiendo el Silencio Starts: 6:00pm PHOTOGRAPHY 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 occasion, they weight our memories for the good. | | | | | |
| Rompiendo el Silencio Starts: 6:00pn Ends: 6:58pm HOW TO DEAL WITH BULLYING OR DURATION:58min 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 violence that is characterized by intentional behaviors of harassment, lack of respect, and verbal or physical mistreatment that receives a person violence that is characterized by intentional behaviors of harassment, lack of respect, and verbal or physical mistreatment that receives a person violence that is characterized by intentional behaviors of harassment, lack of respect, and verbal or physical mistreatment that receives a person repeated by one or several persons, with the purpose of intimidating or exclude him, attempting bis dignity. Starts: 6:00pm ends Starts: 6:00pm Ends: 6:58pm HOW TO DEAL WITH BULLYING OR DISCRIMINATION? Guests: Julia Aguilar Rompiendo el Silencio Starts: 6:00pm Ends: 6:58pm Pretorgan PHOTOGRAPHY 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. | | | | | Laura González |
| Rompiendo el SilencioStarts: 6:00pm Ends: 6:58pm Duration:58minHow TO DEAL WITH BULLYING OR DISCRIMINATION?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 werbal or physical mistreatment that receives a person repeatedly by one or several persons, with the purpose of intimidation presents differential treatment that receives a person repeatedly by one or several persons, with the purpose of intimidation presents differential treatment that receives a person repeatedly by one or several persons, with the purpose of intimidation presents differential treatment that receives a person repeatedly by one or several persons, with the purpose of intimidation presents differential treatment that receives a person repeatedly by one or several persons, with the purpose of intimidation presents differential treatment that receives a person repeatedly by one or several persons, with the purpose of intimidation presents differential treatment that receives a person repeatedly by one or several persons, with the purpose of intimidation presents differential treatment purpose of intervices a person (present is differential treatment present) (present is commential treatment present) (present is to remember papty 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. (Guests: | | | | | nutritionist |
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| Image: Norm in the start is | | | | | Fernanda Meizoso |
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| Rompiendo el SilencioStarts: 6:00pm Ends: 6:58pmOne 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.Rompiendo el Silencio08/18/2023Duration:58minPHOTOGRAPHYGuests: | | | | | Julia Aguilar |
| Rompiendo el SilencioStarts: 6:00pm Ends: 6:58pmPHOTOGRAPHYOne 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.Rompiendo el Silencio08/18/2023Duration:58minPHOTOGRAPHY | | | | | |
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| Rompiendo el SilencioEnds: 6:58pmPHOTOGRAPHYpresent 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.08/18/2023Duration:58minPHOTOGRAPHYGuests: | | | | | Rebeca Cruz |
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| 08/18/2023 Duration.somin | | | Ends: 6:58pm | PHOTOGRAPHY | 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. |
| Dr. Patricia Arcache | | 08/18/2023 | Duration:58min | | Guests: |
| | | 00, 10, 2020 | | | |
| Family therapist | | 00/10/2020 | | | |

| | | | | Julia Aguilar Pedagogue |
|--------------------------|------------|--|--|---|
| Rompiendo el Silencio | 08/21/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | DOES THE WAY WE DRESS REFLECT OUR PERSONALITY? | 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. Guests: Silvia Santiago Public image advisor Karon Sanders Image consultant |
| Rompiendo el Silencio | 08/22/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | WHAT KIND OF CHILDREN ARE WE RAISING? | 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. -The disfachateness when speaking. - The lack of respect with the adults we ask ourselves: is there a lack of discipline? Guests: Laura Aguilar Psychologist ZOOM Emily chavez |

| | | | | neuropsychopedagogue |
|-------------|------------|--------------------------------|---|--|
| | | | | |
| | | | | Siria Guerrero |
| | | | | Psychotherapist |
| | | | | Specialist in children and adolescents |
| | | | | |
| | | | | |
| | | | | 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. Guests: |
| | | | | Jackeline Cacho |
| | | | | Journalist – Producer – Writer |
| Rompiendo | | Starts: 6:00pm | | Specialist in positive psychology and emotional |
| el Silencio | 08/23/2023 | Ends: 6:58pm | I DID, I SAID AND I REGRET | intelligence |
| | | Duration:58min | REGRET | |
| | | | | ZOOM |
| | | | | Solimar Vargas |
| | | | | Psychologist |
| | | | | |
| | | | | Jessica Medina |
| | | | | Psychobody Therapist |
| | | | | 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. |
| | | | | Guests: |
| Rompiendo | | Starts: 6:00pm | | Gladys Menendez |
| el Silencio | 08/24/2023 | Ends: 6:58pm Duration:58min | HOW TO LEARN TO OVERCOME TRAUMAS? | Life Coach |
| | | | | paloma Zuñiga |
| | | | | Life coach |
| | | | | |
| | | | | ZOOM |
| | | | | |

| | | | | Mariana Morales |
|--------------------------|------------|--|------------------------------------|---|
| | | | | Psychiatrist |
| | | | | |
| | | | | 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. |
| | | | | Guests: |
| | | | | Pilar Looney |
| | | | | Fundación Círculo Tercera Juventud |
| Rompiendo el Silencio | 08/25/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | HOW TO GET OLD AND FEEL USEFUL? | Alma Bautista Therapist and facilitator in functional nutrition Angelica Arias Gerontologist – health and wellbeing coach ZOOM Dra. Gloria Monsalve Family medicine |
| Rompiendo el Silencio | 08/28/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | SCARED OF SPEAKING IN PUBLIC? | 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. Guests: Rachel Medina Business woman Founder and CEO of RM 101 Media Group Laura M. Gonzalez |

| | | | | Rainbow Artistic Workshop |
|--------------------------|------------|--|---------------------------------------|--|
| | | | | Dra. Patricia Arcache Family Therapist |
| | | | | ZOOM Paola Vivas Communication mentor |
| | | | | What is that change you need to make to find that peace and harmony that many times seem far away? |
| | | | | Most people tend to cling to situations, people or material things that prevent them from living in constant growth and well-being |
| Rompiendo el Silencio | | Starts: 6:00pm Ends: 6:58pm | THE POWER TO | Guests: Elizabeth Meder |
| | 08/29/2023 | Duration:58min | RELEASE AND FORGIVE | Clinical psychologist |
| | | | | Martha Diaz |
| | | | | Tanatologist - therapist |
| | | | | ZOOM |
| | | | | Carolina Uribe |
| | | | | Psychologist |
| Rompiendo el Silencio | 08/30/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | WE ARE HAPPY AND WE DON'T KNOW IT? | 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! |
| | | | | Guests: |

| | | | | Yeny Hercules |
|--------------------------|------------|--|--|---|
| | | | | Integral Mental health therapist |
| | | | | |
| | | | | Valentine Ortiz |
| | | | | Psychologist |
| | | | | |
| | | | | ZOOM |
| | | | | Sirian Guerrero |
| | | | | Psychotherapist |
| | | | | |
| | | | | |
| | | | | 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. |
| | | | | Guests: |
| Rompiedo | | Starts: 6:00pm | | Natalie Torres-Haddad |
| el Silencio | 08/31/2023 | Ends: 6:58pm | FINANCIAL INFIDELITY | Finance expert |
| | | Duration:58min | | |
| | | | | Jessica Amerilla |
| | | | | Investor |
| | | | | |
| | | | | ZOOM |
| | | | | Vira Egli |
| | | | | Finance Expert |
| Rompiendo el Silencio | 09/01/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | GOOD ATTITUDE IN THE FACE OF ADVERSITIES | 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 COPED WITH IT WITH A GOOD ATTITUDE AND OTHERS WITH A MORE ATTITUDE. NEGATIVE. |
| | | | | Guests: |

| | | | | Marcela Arrieta |
|--------------------------|------------|----------------|-----------------|---|
| | | | | Specialist in emotional healing |
| | | | | |
| | | | | Rachel Miranda |
| | | | | Cancer survivor |
| | | | | |
| | | | | Glenda Ramirez |
| | | | | zumba instructor |
| | | | | |
| | | | | ZOOM |
| | | | | Silvia Ramirez |
| | | | | Psychologist |
| | | | | |
| | | | | |
| | | | | 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. |
| | | | | |
| | | | | Guests: |
| | | | | Mayra Alvarez |
| | | Starts: 6:00pm | | Human development specialist |
| Demoisrade | | Ends: 6:58pm | | Melissa Carcano |
| Rompiendo el Silencio | 09/04/2023 | Duration:58min | CRUMBS OF LOVE | Human development specialist |
| | | | | |
| | | | | ZOOM |
| | | | | Yali Blanco |
| | | | | Psychologist |
| | | | | |
| | | | | Marisol Cazarez |
| | | | | Neuro-linguistic programming coach |
| | | Starts: 6:00pm | | |
| | | Ends: 6:58pm | | IN OUR DAILY LIFE, WE MANY TIMES FOCUS ON |
| | 09/05/2023 | Duration:58min | EVALUATE BEFORE | WHAT WE DON'T HAVE AND WE FORGET TO VALUE WHAT WE DO HAVE. THIS CAN LEAD US TO LOSE |
| | ,, | | LOSING | VALUABLE THINGS WITHOUT EVEN REALIZING IT. |

| Rompiendo | | | | LEARNING TO VALUE WHAT WE HAVE NOT ONLY |
|--------------------------|------------|----------------|------------------------|---|
| el Silencio | | | | ALLOWS US TO ENJOY LIFE MORE, BUT ALSO |
| | | | | ATTRACT MORE POSITIVE THINGS INTO OUR LIFE |
| | | | | |
| | | | | Cueste |
| | | | | Guests: |
| | | | | ELISA GUZMAN |
| | | | | FAMILY THERAPIST |
| | | | | |
| | | | | GLADYS MENENDEZ |
| | | | | |
| | | | | LIFE COACH |
| | | | | |
| | | | | MARGARITA CALDERON |
| | | | | |
| | | | | MOTIVATOR / WRITER |
| | | | | |
| | | | | 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 |
| | | | | EVOLUTIONARYLY NECESSARY, IT IS NOT ALWAYS |
| | | | | EASY TO DEAL WITH IT. THUS, ON OCCASIONS IT CAN TRIGGER EMPTY NEST SYNDROME. |
| | | | | CAN TRIGGER EMPTT NEST STNDROME. |
| | | | | |
| | | | | Guests: |
| | | | | EDITH TEJEDA |
| | | | | EMOTIONAL HEALING COACH |
| | | Starts: 6:00pm | | |
| Rompiendo el Silencio | 09/06/2023 | Ends: 6:58pm | EMPTY NEST SYNDROME | |
| el Silencio | | Duration:58min | STINDROME | SARA BOLIVAR |
| | | | | REPORTER |
| | | | | |
| | | | | |
| | | | | ZOOM |
| | | | | FRANLLY ANCHICOQUE |
| | | | | CLINICAL PSYCHOLOGIST |
| | | | | |
| | | | | |
| | | | | EMILY CHAVEZ |
| | | | | PEDAGOG – FAMILY GUIDE |
| | | | | |
| | | | | |

| Rompiendo el Silencio | 09/07/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | FREE YOURSELF FROM YOUR LIMITATIONS | THERE ARE SO MANY THINGS WE WANT TO DO, WE WANT OUR LIFE TO MAKE A DIFFERENCE, TO BE 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. Guest ELIZABETH VARGAS FAMILY AND MARRIAGE ADVISOR ELISSA MASSIEL MENTOR IN EMOTIONAL HEALTH |
|--------------------------|------------|--|--|---|
| | | | | MAFE OSORIO PERSONAL FINANCE MENTOR |
| Rompiendo | 09/08/2023 | Starts: 6:00pm Ends: 6:58pm | | 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. |
| el Silencio | | Duration:58min | POSTPARTUM CARE | Guests DR. NATY CIFUENTES |
| | | | | GYNECOLOGIST |
| | | | | LORENA NIETO ARTIST |

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|--------------------------|------------|--|---|---|
| | | | | ZOOM DR. OLYNES NÚÑEZ PEDIATRICIAN |
| | | | | GRACIELA HESS BREASTFEEDING EXPERT 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. |
| Rompiendo el Silencio | 09/11/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | HOW TO START AND SCALE YOUR OWN BUSINESS? | Guests: RACHEL MEDINA FOUNDER AND EXECUTIVE DIRECTOR OF RM101 MEDIA GROUP |
| | | | | MARIA REYES GENERAL MANAGER SHE.E.O LATINA |
| | | | | JACKIE HERNANDEZ VICE PRESIDENT SHE.E.O LATINA |
| Rompiendo el Silencio | 09/12/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | INFIDELITY AND BETRAYAL | 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. |
| | | | | Guests: ACKELINE CACHO JOURNALIST – PRODUCER – WRITER |

| | | | | SPECIALIST IN POSITIVE PSYCHOLOGY AND EMOTIONAL INTELLIGENCE |
|--------------------------|------------|--|--------------------------------------|---|
| | | | | ITZEL MOLINA FAMILY PSYCHOTHERAPIST |
| | | | | ZOOM DIANA PARDO PSYCHOLOGIST |
| Rompiendo el Silencio | 09/14/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | FOOD MYTHS AND REALITIES | 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. |
| Rompiendo el Silencio | 09/14/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | IS ADOLESCENCE A DIFFICULT STAGE? | ADOLESCENCE IS THE MOMENT OF TRANSITION BETWEEN CHILDHOOD AND ADULTHOOD. «A STAGE WHERE THE TEENAGER SEEKS HIS OWN IDENTITY AND OBTAINS HIS AUTONOMY. Guests: IZABEL MEDHER CLINICAL PSYCHOLOGIST PALOMA ZÚÑIGA LIFE COACH |

| Rompiendo el SilencioStarts: 6:00pr Ends: 6:58pr Disalino:58minRescience America and a server and | | | | | ZOOM |
|--|---|------------|-----------------|--|---|
| Rompiendo el Silencio 09/15/2023 Starts: 6:00pm Ends: 6:58pm Duration:58min MEXICO MEXICO INDEPENDENCY Guests: NANCY BARAJAS CLOTHING DESIGNER - FRIDARS INSTITUTE Rompiendo el Silencio 09/15/2023 Starts: 6:00pm Ends: 6:58pm Duration:58min MEXICO INDEPENDENCY CLOTHING DESIGNER - FRIDARS INSTITUTE Rompiendo el Silencio Starts: 6:00pm Ends: 6:58pm Duration:58min MEXICO INDEPENDENCY CLOTHING DESIGNER - FRIDARS INSTITUTE Rompiendo el Silencio Starts: 6:00pm Ends: 6:58pm Duration:58min MEXICO INDEPENDENCY THE BENEFITS OF PHYSICAL ACTIVITY ARE INTERESING AS RESEARCH DEVELOPES. SPORTS STIMULATES AND MOTIVATES US, BUT EXERCISE, INDIVIDUALIZED AND CONTROLLED, IMPROVES HEALTH. Rompiendo el Silencio Starts: 6:00pm Ends: 6:58pm Duration:58min BENEFITS OF SPORTS FOR WOMEN Guests: KAREN CALLED PROFESSIONAL FOOTBALL REFEREE Rompiendo el Silencio Starts: 6:00pm Ends: 6:58pm Duration:58min FAMILY AND DISABILITY: WHAT IS INFUENCE ON THEIR REACTIONS HAVE AN IMPORTANT INFUENCE ON THEIR REACTIONS TO THE NEWS OF THEIR CHILD'S DISABILITY. | | | | | GINA IBARRA |
| Rompiendo el SiencioSiaris: 6:00pmMEXICO INDEPENDENCYCELEBRATE THE CRY OF INDEPENDENCE.Rompiendo el Siencio09/15/2023Siaris: 6:00pmMEXICO INDEPENDENCYGuests: LUON QUEEN NAIL TEACHER - FRIDARS INSTITUTEDuration:S8minDuration:S8minIDEPENDENCYGISSEL MONTERROSAS DEPUTY DIRECTORRompiendo el SilencioStaris: 6:00pmTHE BENEFITS OF PHYSICAL ACTIVITY ARE INCREASING AS RESEARCH DEVELOPES. SPORTS STIMULATES AND MOTIVATS US, BUT EXERCISE, INDIVIDUALIZED AND CONTROLLED, IMPROVES HEALTH.Rompiendo el SilencioStaris: 6:00pm Duration:58minBENEFITS OF SPORTS FOR WOMENGuests: KAREN CALLED PROFESSIONAL FOOTBALL REFEREERompiendo el SilencioStaris: 6:00pm Ends: 6:58pm Duration:58minFAMILY AND FOR WOMENGuests: KAREN CALLED PROFESSIONAL FOOTBALL REFEREERompiendo el SilencioStaris: 6:00pm Ends: 6:58pm Duration:58minFAMILY AND FAMILY PIPARENTS' EXPECTATIONS HAVE AN IMPORTANT INFLUENCE ON THEIR REACTIONS TO THE NEWS OF THER CHILD'S DISABILITY. INFLUENCE ON THEIR REACTIONS TO THE NEWS OF THEIR CHILD'S DISABILITY. | | | | | COMMUNOCOLOGIST |
| Rompiendo el SilencioStaris: 6:00 pr Ends: 6:58 pm Duration:58 minMEXICO INDEPENDENCYNANCY BARAJAS CLOTHING DESIGNER - FRIDARS INSTITUTENanci Teacher - FRIDARS INSTITUTELION QUEENLION QUEENNanci Teacher - FRIDARS INSTITUTEResearchGissel MONTERROSASNanci Teacher - FRIDARS INSTITUTEDEPUTY DIRECTORDEPUTY DIRECTORNanci Teacher - FRIDARS INSTITUTEIncreasing As Research Developes, sportsStaris: 6:00 pmStaris: 6:00 pmFAMILY AND09/18/2023Staris: 6:00 pmEPORESSIONAL FOOTBALL REFEREE09/18/2023Staris: 6:00 pmEFAMILY ANDRompiendo el SilencioStaris: 6:00 pmFAMILY ANDNorticol SilencioDaration:S8minFAMILY ANDNanci SilencioDisability: WHAT IS FAMILYPARENTS' EXPECTATIONS HAVE AN IMPORTANT THER CHILD'S DISABILITY. | | | | | |
| Rompiendo el SilencioStarts: 6:00pm Ends: 6:58pmMEXICO INDEPENDENCYCLOTHING DESIGNER - FRIDARS INSTITUTEDuration:58minLION PUration:58minLION QUEENNAIL TEACHER - FRIDARS INSTITUTEStarts: 6:00pmGISSEL MONTERROSASDEPUTY DIRECTORTHE BENEFITS OF PHYSICAL ACTIVITY ARE INCREASING AS RESEARCH DEVELOPES. SPORTS STIMULATES AND MOTIVATES US, BUT EXERCISE, INDIVIDUALIZED AND CONTROLLED, IMPROVESGuests: KAREN CALLEDRompiendo el Silencio09/18/2023Starts: 6:00pm Ends: 6:58pmBENEFITS OF SPORTS FOR WOMENGuests: KAREN CALLEDRompiendo el SilencioDuration:58minBENEFITS OF SPORTS FOR WOMENPROFESSIONAL FOOTBALL REFEREEBENEFITS OF SPORTS FOR WOMENDURATION:58minHELENA ORTS BASKETBALLISTRompiendo el SilencioStarts: 6:00pm Ends: 6:58pmPARENTS' EXPECTATIONS HAVE AN IMPORTANT INFLUENCE ON THEIR REACTIONS TO THE NEWS OF THEIR CHILD'S DISABILITY: WHAT IS THE ROLE OF THE FAMILY AND 09/19/2023PARENTS' EXPECTATIONS HAVE AN IMPORTANT THE ROLE OF THE FAMILY | | | | | Guests: |
| el Silencio 09/15/2023 Ends: 6:58pm INDEPENDENCY el Silencio 09/15/2023 Ends: 6:58pm Duration:58min Duration:58min Duration:58min Duration:58min Ends: 6:58pm 09/18/2023 Starts: 6:00pm 09/18/2023 Starts: 6:00pm 09/18/2023 Starts: 6:00pm 09/18/2023 Starts: 6:00pm Ends: 6:58pm 09/18/2023 Starts: 6:00pm Ends: 6:58pm 09/18/2023 Starts: 6:00pm Ends: 6:58pm Duration:58min Ends: 6:58pm Ends: 6:58pm Duration:58min Ends: 6:58pm Ends: 6:58pm Duration:58min Ends: 6:58pm Ends: 6:58pm Ends: 6:58pm Duration:58min Ends: 6:58pm Ends: 6:58pm Duration:58min Ends: 6:58pm Ends: 6: | | | | | NANCY BARAJAS |
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| Image: constraint of the server of the ser | | | | | NAIL TEACHER - FRIDARS INSTITUTE |
| Rompiendo el Silencio og/18/2023 Starts: 6:00pm FAMILY AND Ends: 6:58pm BENEFITS OF SPORTS STIMULATES AND MOTIVATES US, BUT EXERCISE, INDIVIDUALIZED AND CONTROLLED, IMPROVES HEALTH. Rompiendo el Silencio 09/18/2023 Starts: 6:00pm Guests: Ends: 6:58pm Rompiendo el Silencio Starts: 6:00pm BENEFITS OF SPORTS FOR WOMEN PROFESSIONAL FOOTBALL REFEREE Rompiendo el Silencio 09/18/2023 Starts: 6:00pm PROFESSIONAL FOOTBALL REFEREE Rompiendo el Silencio Duration:58min PROFESSIONAL FOOTBALL REFEREE Rompiendo el Silencio Starts: 6:00pm FAMILY AND DISABILITY: WHAT IS THE ROLE OF THE FAMILY? PARENTS' EXPECTATIONS HAVE AN IMPORTANT INFLUENCE ON THEIR REACTIONS TO THE NEWS OF THEIR CHILD'S DISABILITY. | | | | | GISSEL MONTERROSAS |
| Rompiendo el SilencioStarts: 6:00pm Ends: 6:58pm Duration:58minStarts: 6:00pm FOR WOMENINCREASING AS RESEARCH DEVELOPES. SPORTS STIMULATES AND MOTIVATES US, BUT EXERCISE, INDIVIDUALIZED AND CONTROLLED, IMPROVES HEALTH.Rompiendo el Silencio09/18/2023Starts: 6:00pm Ends: 6:58pm Duration:58minBENEFITS OF SPORTS FOR WOMENGuests: KAREN CALLEDRompiendo el SilencioStarts: 6:00pm Ends: 6:58pm Duration:58minBENEFITS OF SPORTS FOR WOMENPROFESSIONAL FOOTBALL REFEREE BASKETBALLISTRompiendo el SilencioStarts: 6:00pm Ends: 6:58pm DURATION STO THE NEWS OF THE ROLE OF THE FAMILY AND DISABILITY: WHAT IS THE ROLE OF THE FAMILY 2014PARENTS' EXPECTATIONS HAVE AN IMPORTANT INFLUENCE ON THEIR REACTIONS TO THE NEWS OF THEIR CHILD'S DISABILITY. | | | | | DEPUTY DIRECTOR |
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| Rompiendo Ends: 6:58pm BENEFITS OF SPORTS PROFESSIONAL FOOTBALL REFEREE 09/18/2023 Duration:58min HELENA ORTS 09/18/2024 Family BASKETBALLIST 09/18/2024 Family HELENA ORTS 09/18/2024 Family BasketBallist 09/18/2024 Family BasketBallist 09/19/2024 Starts: 6:00pm FAMILY AND DISABILITY: WHAT IS THE ROLE OF THE 109/19/2023 Duration:58min FAMILY? | | | | | Guests: |
| Rompiendo el SilencioEnds: 6:58pmBENEFITS OF SPORTS FOR WOMENPROFESSIONAL FOOTBALL REFEREE09/18/2023Duration:58minHELENA ORTS09/18/2024Luciano:58minHELENA ORTSAmountAmountBasketBalListAmountHelena OrtsBasketBalListAmountHelena OrtsBasketBalListAmountFamily AmountHelena OrtsRompiendo el SilencioStarts: 6:00pmFAMILY AND DISABILITY: WHAT IS THE ROLE OF THE FAMILY?PARENTS' EXPECTATIONS HAVE AN IMPORTANT | | | Starts: 6:00pm | | KAREN CALLED |
| No 10, 10, 2000HELENA ORTSHELENA ORTSBASKETBALLISTBASKETBALLISTBASKETBALLISTLUCIANA DI LUNALUCIANA DI LUNATENNIS PLAYERTENNIS PLAYERRompiendo el SilencioStarts: 6:00pmEnds: 6:58pmFAMILY AND DISABILITY: WHAT IS THE ROLE OF THE FAMILY?PARENTS' EXPECTATIONS HAVE AN IMPORTANT INFLUENCE ON THEIR REACTIONS TO THE NEWS OF THEIR CHILD'S DISABILITY. | | 00/18/2022 | Ends: 6:58pm | | PROFESSIONAL FOOTBALL REFEREE |
| Rompiendo el SilencioStarts: 6:00pm Ends: 6:58pmFAMILY AND DISABILITY: WHAT IS THE ROLE OF THE FAMILY?PARENTS' EXPECTATIONS HAVE AN IMPORTANT INFLUENCE ON THEIR REACTIONS TO THE NEWS OF THEIR CHILD'S DISABILITY. | | 09/10/2023 | Darationiooniin | | HELENA ORTS |
| Rompiendo el SilencioStarts: 6:00pmFAMILY AND DISABILITY: WHAT IS THE ROLE OF THE FAMILY?PARENTS' EXPECTATIONS HAVE AN IMPORTANT INFLUENCE ON THEIR REACTIONS TO THE NEWS OF THEIR CHILD'S DISABILITY. | | | | | BASKETBALLIST |
| Rompiendo el SilencioStarts: 6:00pmFAMILY ANDPARENTS' EXPECTATIONS HAVE AN IMPORTANT INFLUENCE ON THEIR REACTIONS TO THE NEWS OF DISABILITY: WHAT IS THE ROLE OF THE 09/19/2023Duration:58minFAMILY? | | | | | LUCIANA DI LUNA |
| Rompiendo el SilencioStarts: 6:00pmFAMILY ANDINFLUENCE ON THEIR REACTIONS TO THE NEWS OF DISABILITY: WHAT IS THE ROLE OF THE FAMILY?09/19/2023Duration:58minFAMILY? | | | | | TENNIS PLAYER |
| 05/15/2025 | - | 00/10/2022 | Ends: 6:58pm | DISABILITY: WHAT IS THE ROLE OF THE | INFLUENCE ON THEIR REACTIONS TO THE NEWS OF |
| | | 09/19/2023 | | · ···· _ · · | Guests: |

| | | | | ELIZABETH GOMEZ |
|--------------------------|------------|--------------------------------|----------------------------------|---|
| | | | | DIRECTOR INTEGRATED COMMUNITY COLLABORATIVE |
| | | | | MARLENI PINEDA |
| | | | | FACILITATOR |
| | | | | JOSEFINA ROMO |
| | | | | INTEGRATED COMMUNITY COLLABORATIVE FACILITATOR |
| | | | | DIANA GUTIERREZ |
| | | | | CEO DG THERAPY GROUP |
| | | | | |
| | | | | 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. |
| | | | | Guests: |
| | | | | LAURA AGUILAR |
| | | Starts: 6:00pm | | PSYCHOTHERAPIST |
| Rompiendo el Silencio | 09/20/2023 | Ends: 6:58pm Duration:58min | DID I MARRY THE RIGHT PERSON? | LUPITA PADILLA |
| | | | | COACH AND FACILITATOR OF HUMAN DEVELOPMENT PROCESSES |
| | | | | PRISCILA LAFARGA |
| | | | | ACTRESS |
| | | | | ZOOM |
| | | | | JENNIFER FLOREZ |

| | | | | PSYCHOLOGIST |
|--------------------------|------------|--|--|--|
| | | | | 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 THE BRAIN TO SHRINK AND THE BRAIN NEURONS ULTIMATELY DIE. |
| | | | | Guests: |
| | | | | DR. PATRICIA ARCACHE |
| Rompiendo | | Starts: 6:00pm | | FAMILY THERAPIST |
| el Silencio | 09/21/2023 | Ends: 6:58pm Duration:58min | PREVENTION OF ALZHEIMER | MEMBER OF ALZHEIMER'S RESEARCH & PREVENTION FOUNDATION |
| | | | | BAPTIST SOUL |
| | | | | THERAPIST - FACILITATOR IN FUNCTIONAL NUTRITION AND INTEGRAL LIVING |
| | | | | ZOOM: |
| | | | | DR. CECILIA FERNÁNDEZ |
| | | | | NEUROLOGIST SPECIALIST IN MEMORY DISORDERS |
| | | | | 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. |
| Rompiendo el Silencio | 09/22/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | HOW TO STRENGTHEN OUR IMMUNE SYSTEM? | Guests: |
| | | | | LAURA GONZÁLEZ |
| | | | | NUTRIOLOGY |
| | | | | SILVIA RAMÍREZ |
| | | | | PSYCHOLOGIST |
| | | | | |

| | | | | MIROSLAVA LOPEZ |
|--------------------------|------------|--|--------------------------------------|---|
| | | | | ZUMBA INSTRUCTOR |
| | | | | KICKBOXING INSTRUCTOR, BOOT CAMP AND PERSONAL TRAINER |
| | | | | ZOOM |
| | | | | ANDREINA WHITE |
| | | | | MAGISTER IN METABOLISM AND IMMUNOLOGY |
| | | | | CO FOUNDER AND DIRECTOR OF NUTRIWHITE |
| | | | | WHAT IS THE IMPORTANCE OF PERSONAL MOTIVATION? MOTIVATION IN PSYCHOLOGY IS ONE OF THE FUNDAMENTAL SKILLS TO ENJOY A LIFE FULL OF HAPPINESS. |
| | | | | Guests: |
| | | | | ELISSA MASSIEL |
| Rompiendo | | Starts: 6:00pm | | MENTOR IN EMOTIONAL HEALTH |
| el Silencio | 09/25/2023 | Ends: 6:58pm | HOW TO FIND MOTIVATION? | |
| | 09/23/2023 | Duration:58min | CHANGE YOUR MIND CHANGE YOUR LIFE | ELIZABETH PAMANES |
| | | | | FAMILY ADVISOR |
| | | | | |
| | | | | ZOOM |
| | | | | PAOLA VIVAS |
| | | | | COMMUNICATION MENTOR |
| | | | | |
| Rompiendo el Silencio | 09/26/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | CODEPENDENCY | 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. |
| | | | | Guests: |
| | | | | BLANCA OCHOA |
| | | | | MOTIVATIONAL THERAPIST |
| | | | | |

| | | | | HUMAN DEVELOPMENT SPECIALIST |
|--------------------------|------------|--|---------------------------|---|
| | | | | |
| | | | | ZOOM |
| | | | | ANAYANSI SERRA |
| | | | | THERAPIST AND COACH |
| Domniondo | | Starts: 6:00pm Ends: 6:58pm | | 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. |
| Rompiendo el Silencio | | Duration:58min | BAD POSTURES_BACK PAIN | Guests: |
| | 09/27/2023 | | | DRA. GABRIELA CARLOS |
| | | | | CHIROPRACTIC |
| | | | | |
| Rompiendo el Silencio | 09/28/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | SUICIDE PREVENTION | 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%. Guests: |
| Rompiendo el Silencio | 09/29/2023 | Starts: 6:00pm Ends: 6:58pm Duration:58min | WORLD HEART DAY | 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. Guests: |