

QUARTERLY ISSUES / PROGRAMS REPORT

Station (call letters): KJLA Channel 57.1

Location (city, state): Los Angeles, California.

For quarter beginning:

- January - March 2023**
- April - June 2023
- July – September 2023
- October - December 2023

Attached here to are descriptions of issue-responsive programming broadcast by this station during the reporting period.

The listed programs aired on the station during the reporting period on the days and times indicated. Each program regularly provides information or addresses current local issues of concern to viewers in the area where the station is located.

LOCAL ISSUES ADDRESSED DURING THE QUARTER

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

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
Rompiendo el Silencio	01/02/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	MENTAL HEALTH AND NUTRITION	Feeding ourselves is more than just eating. We must eat healthy because it not only influences nutrition, but also our mental health. Many of the diseases can be reversed with a healthy diet.
Rompiendo el Silencio	01/03/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	FINANCE, SAVINGS, BUDGET	Specialists created a budget sheet for us and broke down how to create an easy-to-follow budget to help us achieve our financial goals this new year, they also tell us different ways to multiply our money through different types of investments.
Rompiendo el Silencio	01/04/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	HOW TO STOP DOUBTING AND BELIVE IN MYSELF	Specialist Yeny Hércules who is a mental health therapist, Laura Aguilar, psychotherapist, and via zoom Riczabeth Sobalvarro, life coach and entrepreneur share on how to overcome your doubts and believe in yourself. They equip you tips and tricks to help you thrive in 2023 and life.

Rompiendo el Silencio	01/05/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	SUCCESSFUL WOMEN. STORIES THAT INSPIRE	Specialist Patricia Lara Ladd, advisor and marketing strategist, Marbella Guevarra, financial coach and Flor Guevarra, entrepreneur, share their stories of how they overcame the obstacles of life and became successful in their careers and home life. They inspire and empower women to be victorious in every area of life.
Rompiendo el Silencio	01/06/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	NEW YEAR, NEW LIFE	Specialists Eliza Guzmán, family therapist, Dr. Arodi Martínez, Psychologist and via zoom, Axel Ortiz, Psychologist break down the myths about setting new year goals and breakdown what happens to our minds, when we break them. They also equip us with a new mindset to finish what we set out to do and create a lifestyle of achievement.
Rompiendo el Silencio	01/09/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	DETOX BODY AND MIND	Specialist Dr. Patricia Archache, family therapist, Dr. Rafael Bolio, dr of nutrition, and via zoom Marybel Yañez, nutrition specialist talks about interconnectedness of mind, and body and how to not just cleanse our bodies from the junk we eat, but cleanse our minds from the junk we see, think and process throughout our days, weeks, months and years.
Rompiendo el Silencio	01/10/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	CONTROL ADDICTS	Specialists Mayra Álvarez, human development, Martha Díaz, Therapist and via zoom Dr. Grover Bravo, couples and family psychologist, speak on the underlying causes of needing to be in control. They

				not only highlight indicators of this problem but offer solutions to those whom identify with the need for control.
Rompiendo el Silencio	01/11/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	HELP CHILDREN EXPRESS THEIR EMOTIONS	Specialists Julia Aguilar, Pedagogist, along with Juan Pablo Arredondo, psychologist, and Claudia Tassara, Physical therapist, whom joined us via zoom, shared the importance of making our children feel safe and emphasized on how parents should model what a healthy way of expressing emotions looks like in the home.
Rompiendo el Silencio	01/12/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	BAD POSTURES	Specialists Dr. Alberto Cuevas, chiropractor and via zoom Dr. Michell Ruiz, Sports injury and trauma, speak on the importance of good posture and the effects that bad posture has on the body. Also, through videos from Josefina Kutcher, a kinesiologist, we learned what good postured looked like doing everyday tasks.
Rompiendo el Silencio	01/13/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	WORLD DAY TO FIGHT DEPRESSION	This show was dedicated to helping all of those people who are dealing with depression. We had Dr. Carlos Correa whom is a psychologist with us sharing about the adverse mental and emotional struggles people deal with an along with Dr. Danilo Barco, also know as the Dr. without Stress, brought to lighthearted and scientifically rooted solutions to empower people to overcome. We also shared the many testimonies of people

				who have successfully overcome depression and are thriving in their lives now.
Rompiendo el Silencio	01/16/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	PROGRAM REPEATED	PROGRAM REPEATED
Rompiendo el Silencio	01/17/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	CHILD SEXUALITY. HOW TO TALK ABOUT SEX TO CHILDREN?	Specialists Yeni Héculés, mental health therapist, and Laura Aguilar, psychotherapist in conjunction via zoom with Regina Novelo, psychotherapist whom specializes in sexuality taught our viewers, specifically the parents, the importance of being open about sex with their children. They shared tools on how to have the conversation and the importance of being open removing the fear and taboo of the topic.
Rompiendo el Silencio	01/18/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	LOVE DISAPPOINTMENTS. SHAKIRA	Specialists Gabby Guasso, Auto esteem speaker, Angeles Sánchez, Life coach and via zoom Elva Allred, relationship coach speak about the hardships and breakthroughs of a broken relationship. We discussed Shakira and how she's handled her break up and gave tips on how to handle your emotions and overcome.
Rompiendo el Silencio	01/19/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	CARE OUR SKIN	Specialists Dr. Giselle Hernández, a nutritionist, Alejandra Ortega, a skin specialist, and Jessica Martin, who does caboxy facials, taught us how to nourish our faces through food, products and treatments and

				highlighted the importance of hydration and rest for glowing skin.
Rompiendo el Silencio	01/20/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	THE IMPORTANCE OF THE HUG	Specialists Dr. Arodi Martínez, psychologist and via zoom Dr. Jesús González, psycho-oncologist and Alejandro García, psychologist and addiction counselor speak on the importance of affection from a medical stand point. They talk about the release of good chemicals to our minds and positive growth and success over our life span. We also had Daverly Camacho whom shared her testimony of how she grew up without affection and how being free from that has changed her life for the better.
Rompiendo el Silencio	01/23/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	CELLPHONE ADDICTION NOMOPHOBICS	Specialists Jorge Partida, Psychologist and via zoom Carolina Pérez Stephens, Masters in education and blogger, Carina Castro, neuropsychologist, and Andreina Espino, digital marketing influencer speak on the dangers of cell phone use in children and how to combat this addiction.
Rompiendo el Silencio	01/24/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	CONTROL ANGER	Specialists Elisa Guzman, family therapist, Dr. Kasein, family doctor and via zoom Dr. Grover Bravo, Psychologist, speak on the medical and physical effects of anger and how to control it from the root.
	01/25/2023	<i>Stars: 4:00pm</i>		Specialists Julia Aguilar, Pedagogist, Dr. Juan Gavidia, family therapist and teacher

Rompiendo el Silencio		<i>Ends: 4:58pm Duration:58min</i>	LIMITS IN PARENTING	at UCLA, and via zoom Emily Chávez, neuropsychopedagoga, share on the importance of creating limits with children and give advice on how to parent. Hortensia Chamu shared her testimony of how she raised her son and the successes of implanting boundaries with him.
Rompiendo el Silencio	01/26/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	HOW CARE OUR HAIR	Specialists Monica Carrera, Tricologa, shared her expertise on the science and biology behind hair, its growth and proven ways to eliminate its loss. Andrea Bravo, salon owner and Tijeraz Vargas, hair specialist shared homemade hair care remedies as well as different salon treatments to inject life into lifeless hair.
Rompiendo el Silencio	01/27/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	ANXIETY	Specialists Dra. Patricia Arcache, psychotherapist, joined via zoom with Marisabel Caires, psychiatrist and Dr. Angel Reverol, psychologist share on the details of what anxiety is, how its triggered and how to control and overcome it. Socorro Villalpando also shares on how she overcame anxiety in her own personal life.
Rompiendo el Silencio	01/30/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	CHILD STRESS. HOW TO HELP CHILDREN AND PARENTS	Specialists Yeny Hércules, mental health therapist and Maricruz, mom of 2 boys, one 6 and one 17 were in person discussing the indicators of child stress and what it's like from the mother's perspective. Maricruz' son, 6 yr old, was present to do some exercises to help relieve

				stress. We also had via zoom, Psychologist, Andrea Cardemil and Psychologist Cristina Gonzáles talking about the effects of stress on the children and equipping parents to help their children overcome.
Rompiendo el Silencio	01/31/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	WORKING ON MY SELF ESTEEM	Specialists Paloma Zúniga, Life coach, Ángeles Sánchez, life coach and via zoom Elina Rees, personal coach and Olivia plate, Psychologist give us insight into. our self-esteem and the effects comparison have with loving ourselves well. They teach us how to disconnect from the negative and connect to ourselves and love who we are, as we are and teach us how to control our minds from other thoughts.

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Rompiendo el Silencio	02/01/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	UNDERSTANDING MY EMOTIONS	Understanding my emotions is so important since it helps us to have emotional maturity and with this, we can have interpersonal relationships in a healthy way. Marcela Llena is a Specialist in Emotional Healing and she taught us how to heal wounds from the past that affect us in the present. Martha Maure, Caiser Gonzales, John Paul Alrededor and Paul Meza, professionals in psychology, gave us guidelines on how to understand and listen to our emotions.

Rompiendo el Silencio	02/02/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	EMOTIONS AND MENTAL HEALTH	Emotions go hand in hand with mental health. Many people have suffered panic attacks invaded by their emotions. For this reason, we invited Dr. Pablo Meza, Neurologist, to explain why it is important to know how to manage our emotions.
Rompiendo el Silencio	02/03/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	CARING FOR MY SKIN	This was a wonderful time to teach women about personal care. The skin from our face to our feet needs special care. use of creams, sunscreens, massages and those pampering that are always needed to feel self-worth and beautiful. We were accompanied on this beautiful mission by dermatologists Delicia Preciado, Erika Aceves and Elisa Scianmanna
Rompiendo el Silencio	02/06/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	CONTROLLING AND POSSESSIVE MOTHERS	Many mothers see their children as an extension of themselves and seek for them to be what they have not been able to be. This brings terrible problems in adulthood. For this reason, we wanted to address the issue with the specialists Jorge Partida, Itzel Molina and Mariana Bermúdez, all of them psychologists who helped us identify and know how to free ourselves from those childhood traumas.
Rompiendo el Silencio	02/07/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	WHY WE POSTPONED?	Putting things off, whether important or not, is a terrible habit that caught our attention. For this reason, in our desire to guide, we proposed it to viewers so that they can understand the reason for this situation. With us were Laura Aguilar, Diana Mendez, Claudia Alison and Grover Bravo.

				Specialists in psychology and life coach.
Rompiendo el Silencio	02/08/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	DO WE ACCEPT CRUMBS OF LOVE?	We talked about reciprocity in love. The way in which many times in relationships the crumbs of each other's love are accepted. This definitely affects people's emotional health. For this occasion, we invited Paloma Zúñiga, Gabby Guasso, Luis Andrés Figueroa and María Mendez. These professionals once again gave important guidelines.
Rompiendo el Silencio	02/09/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	DOES FEAR PARALYZE?	Fear is a common emotion. But the reaction to fear can be different depending on the individual, even leading him to be paralyzed by it. To talk about this topic, we invited specialist psychologists and therapists: Patricia Arcache, Julia Aguilar, Sergia Quiroz and Bárbara Malinowski.
Rompiendo el Silencio	02/10/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	HOW TO KNOW IF I AM A VICTIM OF DOMESTIC VIOLENCE?	We talk about domestic violence. A terrible problem that many people in the United States experience. Violence is not only exercised from man to woman or physically. To learn more about it, we had Virginia Isaías, Elisa Guzmán, both family therapists, and Arodi Martínez in our study.
Rompiendo el Silencio	02/13/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	WHAT DOES IT MEAN TO ADOPT A CHILD?	This emotional program was dedicated to supporting those parents who are thinking of adopting or have adopted children and don't know when is the best time to talk to them and tell them the truth. Jessica López, Lucero Pastor and Carmen Barrera joined us in this program.
	02/14/2023	<i>Stars: 4:00pm</i>		It was a show full of good feelings and some surprises as

Rompiendo el Silencio		<i>Ends: 4:58pm Duration:58min</i>	DAY OF LOVE AND FRIENDSHIP	a couple. We were accompanied by couples who gave us some tips to keep the flame burning despite the years of marriage. Mimy and Andrés Castillo, Viridia and Sergio Santibañez were there. The singer-songwriter Daniel Mondragón also accompanied us in the studio.
Rompiendo el Silencio	02/15/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	PREVENTION IS BETTER THAN CURE	Preventing diseases is not an easy task. Emotional health is closely linked to physical health. It doesn't matter what we eat or how much exercise we do. If there is no emotional stability, nothing will give good results. Nino Puell, nutritionist together with Leah Kyriankis trainer, Marcela Sandoval from disease prevention and Juan Pablo Arredondo, psychologist taught us how to deal with stress.
Rompiendo el Silencio	02/16/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	LEARN TOM SAY NO	Saying no is difficult many times, but it is liberating. There are many people who, because they do not have the courage to say NO, have to endure distressing moments. The writer and producer Charo Toledo accompanied us in the studio together with Marcela Arrieta who spoke to us about emotional healing and Elsa Eraña, transformational Coach, joined Carolina Uribe, clinical psychologist, via zoom to talk about the subject.
Rompiendo el Silencio	02/17/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	FASHION ACCORDING TO TIME OF DAY	No matter how much we have a closet full of clothes, we will never know what to wear. To guide us, we have been accompanied by Cindy Ramirez (Stylist), Ruby Vargas (make-up artist) and the clothes from I Too Fashion

Rompiendo el Silencio	02/20/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	HOW TO GET OVER A LOSS?	Getting over the loss of someone we love is painful and very difficult to get over. It can take a long time for the person who has suffered a loss to find meaning in life again. For this reason, we invite specialists Patricia Arcache, Yenny Hércules, Gabby Guasso and Jesús Gonzáles.
Rompiendo el Silencio	02/21/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	HOW DO I PREPARE TO SEEK A JOB?	We wanted to help our community prepare to look for a new job. From how to prepare a summary, how to speak and how to dress. This has been an important contribution for those who are anxious to find a job. We were joined in the studio by Moira Moreno, Recruiter. Itzel Molina Psychotherapist, both on set and via zoom Lisseth Majluf, Image Consultant and Cinthya Romero, Speech Trainer
Rompiendo el Silencio	02/22/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	LEAVE THE EMOTIONAL BURDEN	The different circumstances can leave us with too many frustrations and many times we go through life carrying all of this, making our day to day carry more weight. There are many people who live like this, with their emotional baggage full and it's time to help them get rid of it. For this reason, we invited Jackeline Cacho, Journalist and Mayra Alvarez, Specialist in human development, who were on our stage and on zoom Elva Allred and Carolina Uribe. Personal trust coach and psychologist.
Rompiendo el Silencio	02/23/2023	Stars: 4:00pm Ends: 4:58pm	THE IMPORTANCE OF DOING TAXES	Preparing taxes is an important task and requires a lot of knowledge. There should be no error in the process and that is

		<i>Duration:58min</i>		why we invited Norma Vasquez tax preparer
Rompiendo el Silencio	02/24/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	I CHANGED THE COURSE OF MY LIFE	A program full of positivism and willpower. No matter what circumstance you are in right now. Finding the willpower to change situations is up to you. To talk about this, we have invited specialists Julia Aguilar (pedagogue), Arodi Martinez (psychologist) on our television set and connected via zoom Martha Ugalde (clinical psychologist).
Rompiendo el Silencio	02/27/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	POSITIVE AND RESPECTFUL PARENTING	How to raise our children? It's a great question. Children do not come with a parenting manual and even each child is totally different. Therefore, it is important to learn to accept our children with their characteristics and talents. The specialists gave us many important tips when educating children. We were accompanied by Jorge Partida, psychologist. Martha Diaz, Therapist and by zoom Anabel Hernández, psychologist.
Rompiendo el Silencio	02/28/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	IMPROVE YOUR FINANCES AND MANAGE MONEY AS A COUPLE	Managing money as a couple can initially be very complex. In order to have a healthy financial situation, it is important to see how the resources of the new home are going to be managed.

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Rompiendo el Silencio	03/01/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	BETTER ALONE THAT IN BAD COMPANY	There is a saying in Spanish that suggest that is better to be alone that in bad company but a new study

				<p>suggest the opposite, is better to be in bad company that alone because there is less risk for illnesses.</p> <p>Guests:</p> <ul style="list-style-type: none"> -Paloma Zúñiga Live Coach -Dr. Laura Aguilar Psychotherapist -Dr. Juan Pablo Arredondo Psychologist
Rompiendo el Silencio	03/02/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>IS NOT THE SAME TO HEAR THAN TO LISTEN</p>	<p>Our specialists explain the difference between hear and listen and how important this is to be successful in life.</p> <p>Guests:</p> <ul style="list-style-type: none"> Ángeles Sánchez Life Coach Dr. Carlos Correa Psychologist Zulem Colin Life Coach
Rompiendo el Silencio	03/03/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>STEPFATHER HOW TO INTEGRATE INTO THE FAMILY</p>	<p>We had a testimony of how as stepfather integrated into his new family. Our specialists also helped with important tips and techniques on how to become a step parent and make this a great experience for everyone.</p> <p>Guests:</p> <ul style="list-style-type: none"> -Fran López Stepfather -Emily Chávez -Neuro Educational psychologist -Arnaldo Iaconello psychologist
Rompiendo el Silencio	03/06/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>MENOPAUSE</p>	<p>Our experts tell us how to deal with this time in the life of many women. How to</p>

				<p>identify the symptoms and what to do to overcome them.</p> <p>Guests: -Rashid Guardia psychologist -Naty Cifuentes Gynecologist -Karla Alvarado Nutritionist</p>
Rompiendo el Silencio	03/07/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	EFFECTIVE DISIPLINE FOR OUR CHILDREN	<p>We share important information on how to raise kids through positive discipline so we can have well-adjusted adults in the future.</p> <p>Guests: -Itzel Molina Family Psychotherapist -Gabby Guasso Self-help Coach -Nubia Almeida Child Psychologist Luis García Ontological Coach</p>
Rompiendo el Silencio	03/08/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	WOMAN'S DAY	<p>A special day to celebrate every single woman in the world. We talked about the role of the female in the modern day. Is there equality? How far have we come?</p> <p>Guests: Blanca Araceli Soto Actor/ Producer</p>
				Jaquelin Cacho Writer/ Specialist on emotional Intelligence Ara Iglesias Energy Coach
				We talked about how sometimes we don't give the

Rompiendo el Silencio	03/09/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	HOW TO REKINDLE YOUR RELATIONSHIP	<p>proper priority to our significant other. Our experts give us important information on how to rekindle your relationship.</p> <p>Guests: -Patricia Arcache Family Therapist -Mayra Alvarez Human Developing Specialist -Marcela Arrieta Emotional healing Specialist -Mariana Bermúdez psychologist</p>
Rompiendo el Silencio	03/10/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	COME AND WORK OUT WITH US?	<p>We had several kinds of workouts. The idea is to motivate everyone to get moving. Find your favorite work out and do it with us!</p> <p>Guests: Zumba Instructors -Fer López -Patty -Abraham -Oscar Spinning Instructor -Rebeca Bone Coach Kangoo Jumps -Ruth Avila</p>
Rompiendo el Silencio	03/11/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	BETTER ALONE THAT IN BAD COMPANY	<p>There is a saying in Spanish that suggest that is better to be alone that in bad company but a new study suggest the opposite, is better to be in bad company that alone because there is less risk for illnesses.</p> <p>Guests: -Paloma Zúñiga Live Coach -Dr. Laura Aguilar Psychotherapist -Dr. Juan Pablo Arredondo</p>

Rompiendo el Silencio	03/12/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	IMPROVE YOUR FINANCES AND MANAGE MONEY AS A COUPLE	Managing money as a couple can initially be very complex. In order to have a healthy financial situation, it is important to see how the resources of the new home are going to be managed. Specialists: -Mirian Toro Financies Coach -José Contreras Realtor -Tatiana Castro Digital Invesment Coach
Rompiendo el Silencio	03/13/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	EATING DISORDERS	Preventing diseases is not an easy task. Emotional health is closely linked to physical health. How to identify if you have an eating disorder. Guests: -Dr. Carlos Correa Psychologist -Dr. Rafael Bolio Nutricionist
Rompiendo el Silencio	03/14/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	WHAT ARE YOUR COMPLEXES	We all have them and sometimes is very hard to deal and overcome them. Our experts tell us how to identify them and how to overcome them Guests: -Laura Aguilar Psychotherapist -Yeni Hercules Integrative Mental Health Therapist -Dr. Jorge Partida Chief of Psychology/Los Angeles County Department of Mental Health

Rompiendo el Silencio	03/15/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	IMMIGRATION	<p>Everything you need to know about the latest changes regarding immigration laws.</p> <p>Guests:</p> <ul style="list-style-type: none"> -Meredith Brown Immigration Lawyer -Luis Rondón Immigration Lawyer -Rosa Milano Immigration consultant/Paralegal/Public Notary
Rompiendo el Silencio	03/16/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	CAR ACCIDENTS AND POST TRAUMATIC STRESS	<p>Our experts give us advice on how to deal if you are involved in a car accident and how to overcome post-traumatic stress.</p> <p>Guests:</p> <ul style="list-style-type: none"> -Irma Renee García Insurance Agent -Albeto Consejo Accident Lawyer -Raschid Guardia Neuropsychologist
Rompiendo el Silencio	03/17/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	WHAT DESTROYS MARRIAGES	<p>Every couple at one point or another had to face problems in their relationships. Our experts give us tips and advice on how to avoid this situation.</p> <p>Guests:</p> <ul style="list-style-type: none"> Elisa Gúzman Family Therapist -Dr. Arodi Martínez Psychologist -Alex Ortiz Psychologist

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Rompiendo el Silencio	03//20/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	VICTIMHOOD	<p>Learn how to identify if you play the victim or if someone plays the victim around you to manipulate you. Learn how to deal with people like this and or if you have this behavior without knowing it.</p> <p>Guests: -Jessica Medina Psychotherapist Gaby Guasso Self-help Coach -Dra. Patricia Arcache Family Therapist</p>

Rompiendo el Silencio	03/21/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	INSOMNIA	The importance of getting a good night sleep and what to do when you suffer from insomnia. Our experts teach us how to avoid sleepless nights. Guests: Itzel Molina Family Psychotherapist Dr. Pablo Meza Neurologist
Rompiendo el Silencio	03/22/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	HOW TO REACT TO UNFORSEEN DIFFICULTIES	Sometime we freeze or don't know how to face hard times in our lives. Our experts give us the tools we need to face these situations. Guests: Paloma Zuñiga Life Coach Juan Pablo Arrredondo Psychologist
Rompiendo el Silencio	03.23.23	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	SENIOR LIVING	There are problems at every age but today will talk about how to stay relevant and how to deal as we get older and enter senior living. Guests: Pilar Looney Spokesperson Fundacion Cirulo Tercera Edad Solimar Vargas Psychologist Mario Cacho Senior Entrepreneur

Rompiendo el Silencio	03.24.23	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	DEPRESSION IN TEENAGERS	<p>Our experts will tell us how to identify if your teenager child is facing depression and how as parents we can be of help.</p> <p>Guest: Julia Aguilar Pedagogue Dr. Grover Bravo Family Therapist Luis Garcia Ontological Coach and Speaker</p>
Rompiendo el Silencio	03.25.23	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	HOW TO REKINDLE YOUR RELATIONSHIP	<p>We talked about how sometimes we don't give the proper priority to our significant other. Our experts give us important information on how to rekindle your relationship.</p> <p>Guests: -Patricia Arcache Family Therapist -Mayra Alvarez Human Developing Specialist -Marcela Arrieta Emotional healing Specialist -Mariana Bermúdez Psychologist</p>
Rompiendo el Silencio	03.26.23	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	WHAT ARE YOUR COMPLEXES	<p>We all have them and sometimes is very hard to deal and overcome them. Our experts tell us how to identify them and how to overcome them</p> <p>Guests:</p> <p>-Laura Aguilar Psychotherapist -Yeni Hercules Integrative Mental Health Therapist -Dr. Jorge Partida</p>

				Chief of Psychology/Los Angeles County Department of Mental Health
Rompiendo el Silencio	03.27.23	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	WHY ARE WE LOSING OUR VALUES	Are we losing our values or are times changing and they are changing with it? Our experts tell us how to install values on future generations in order to archive a more empathic world. Guests: Martha Díaz Analogist Therapist Verónica Villatoro Writer/ Business Woman Elva Allred Self Confidence Coach Diana Rodríguez Psychotherapist
Ropiendo el Silencio	03.28.23	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	GÉNESIS PROMOTION FIRST HALF OF SHOW STRESS IN CHILDREN SECOND HALF OF SHOW	We had actor Juliana Boller for a sit-down interview to promote our new series GENESIS. Our experts show us how to identify if our children are stress out, why and how to help them. Guests: Juliana Boller Actor Amy Muratalla Family Counselor Dr. Carlos Correa Psychologist Javier Martínez Psychologist Specialist in Teenagers
Rompiendo el Silencio	03.29.23	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	DO YOU SHOW YOUR REAL SELF ALL THE TIME?	How we show ourselves to others and in society and how our personalities chance through the years. Guests: Jorge Partida Chief of Psychology/ Los Angeles County Department of Mental Health

Rompiendo el Silencio	03.30.23	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	GENESIS	Special show dedicated to promote Genesis our knew series Guest: Melissa Martínez
Rompiendo el Silencio	03.31.23	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	GENESIS	Special show dedicated to promote Genesis our knew series Guest: Melissa Martínez