



Oct. 22, 2021

## **'HELP ME TAMRON!' WEEK PREMIERES**

### **HIGHLIGHTS FOR 'TAMRON HALL' WEEK OF OCT. 25-29**

#### **'Tamron Hall' Tackles Today's Meaningful and Important Topics - So Let's Talk About It**

"Help Me Tamron!" All this week, Tamron teams up with some of her Tam Fam favorites to lend a helping hand, whether it's gaining confidence, finding love, learning to use your voice, dealing with a toddler, or harnessing the power of laughter.

Following are highlights for "Tamron Hall" for the week of **Oct. 25, 2021**. Please note: lineup is subject to change.

**Monday, Oct. 25:** "Help Me Tamron!" week kicks off with expert advice on finding love and making it last. Tamron enlists relationship expert Rachel DeAlto for heartfelt tips to help a 26-year-old widow looking to move forward, a single dad trying to break the cycle he believes has kept him from finding love; and one woman still hopes to find "the one" after being cheated on by two men.

**Tuesday, Oct. 26:** "Help Me Tamron!" week continues with learning how to harness the power to speak up and find your voice. Always outspoken, Stephen A. Smith stops by. Plus, one woman who experienced a life-altering event that weakened her smile but empowered her to speak up shares her story. And an award-winning author on learning to become a naturally confident speaker.

**Wednesday, Oct. 27:** Today's "Help Me Tamron!" focuses on finding your inner confidence and getting your game back. Plus, actress Justina Machado, star of Lifetime's "Switched Before Birth." And all-new Tam Fam Deals.

**Thursday, Oct. 28:** "Help Me Tamron!" week continues with learning how to add more laughter into your life. The hour features comedians Roy Wood Jr. and Ali Wentworth. Plus, actors Logan Browning and Marque Richardson from the critically acclaimed series "Dear White People" also stop by. And all-new Tam Fam Deals.

**Friday, Oct. 29:** "Help Me Tamron!" Halloween edition with expert advice for moms and dads dealing with terrifying toddler tantrums and public meltdown horrors. Jack Osbourne discusses being a ghost hunter in his new discovery+ special "Night of Terror," being a dad of three, and growing up in a famous family. And Dara Reneé, host of "Disney's Magic Bake-Off," shows us how to prepare some fun Halloween treats. Plus, you won't want to miss Tamron's costume surprises!

“Tamron Hall” is produced by ABC News and is distributed in national syndication by Disney Media & Entertainment Distribution. The show is executive produced by Hall and Candi Carter, and Carter serves as showrunner. The show broadcasts from New York City and features a dynamic mix of live and taped shows.

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