



Feb. 20, 2025

HIGHLIGHTS FOR 'TAMRON HALL' SEASON SIX, FEB. 24-28

'Tamron Hall' Tackles Today's Meaningful and Important Topics — So Let's Talk About It

Below are highlights for "Tamron Hall" for the week of Feb. 24, 2025. Please note: The lineup is subject to change.

Monday, Feb. 24 Ripped From the Headlines: With the release of Tamron's new Freeform true crime docuseries, "How I Escaped My Cult," we welcome actress **JESSICA JOAN** for an **EXCLUSIVE** conversation on how she helped the FBI take down NXIVM's infamous cult leader. Then, we sit down with a 22-year-old content creator who went viral after her followers noticed a concerning lump on her neck. Later, a state trooper saves a Dallas man trapped in a burning car after a snowstorm. Plus, "**Wild Kingdom**"'s **DR. RAE-WYNN GRANT** explains what really happened in the extraordinary video of a kayaker being swallowed by a whale.

Tuesday, Feb. 25 When To Keep Them/When To Cut Them: Bestselling author and life coach **CHEYENNE BRYANT, Ph.D.**, joins the Tam Fam to give us tips on keeping a relationship vs. breaking it off. Later, **JEFFERSON FISHER**, author of "The Next Conversation: Argue Less, Talk More," teaches us how to initiate difficult conversations with loved ones. Plus, an all-new Shop Tam Fam.

Wednesday, Feb. 26 Living Apart Together: Emmy®-winning actress **SHERYL LEE RALPH** ("Abbott Elementary") and her husband, **PENNSYLVANIA STATE SEN. VINCENT HUGHES**, sit down for an **EXCLUSIVE** conversation about their choice to live in separate cities, which set off the internet! Then, we hear from other couples who say living apart has helped save their relationships. Later, **KELLY COYNE** breaks down the stigma of couples living apart.

Thursday, Feb. 27 **TWO BIG DAYTIME EXCLUSIVES!** First, two-time Olympic gold medalist and boxing world champion **CLARESSA SHIELDS** joins the Tam Fam to talk about her shocking suspension from the sport just days after becoming the first boxer to hold every major title in every division. Then, in another **DAYTIME EXCLUSIVE**, "Real Housewives of the Potomac"'s **ASHLEY DARBY** discusses her divorce, the aftermath and her dating future for the first time since the split was finalized. And, licensed family and marriage therapist **JOHN KIM** talks us through the eight different types of breakups and his controversial take on cheating.

Friday, Feb. 28 #LOVEMYFAMILY: Political analyst and attorney **BAKARI SELLERS** and his wife, entrepreneur and blogger **ELLEN RUCKER SELLERS**, join the Tam Fam with their twins, **STOKLEY AND SADIE**, and the unimaginable story of Sadie undergoing a liver transplant at just 8 months old. Then, we hear from the grandmother who went viral after going back to school at 61 years old. Later, we chat with the adorable 3-year-old girl who racked up views on TikTok after she nailed the “Guess the Voice Challenge.” Plus, Tamron and the staff take their shot at the viral challenge!

“Tamron Hall” is distributed in national syndication by Disney Entertainment. Broadcast from New York City, the show is executive produced by Hall and Quiana Burns. The show broadcasts from New York City and features a dynamic mix of live and taped shows.

For times and channels, go to www.TamronHallShow.com and follow the show on social media @TamronHallShow.

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