



**OWN: OPRAH WINFREY NETWORK  
MARCH 2020 HIGHLIGHTS**

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**NEW SERIES & SEASONS**

**(P)** Denotes: Premieres

**LOVE GOALS**

**Series Premiere Saturday, March 7 (9 p.m. – 10 p.m. ET/PT)**

Five celebrity couples in various stages of conflict participate in a two-week intensive therapy retreat led by relationship expert and licensed therapist Spirit with the goal of healing their broken relationships. DJ Spinderella and Quenton “Q” Coleman are engaged, but Spin’s reluctance to open up emotionally may cause a rift in their future marriage. Sundry Carter and Breyon Williams want to take their casual relationship to the next level, but Breyon may not be ready to turn in his player card. Dwayne and Theresa Bowe thought life would slow down when he retired from pro football, but his new career as a rapper has their home filled with Dwayne’s boys, and Theresa is fed up. Coolio and Mimi have been on and off for many years, and Coolio isn’t sure if he’s ever been cut out for a relationship. Benzino and Althea Heart have a turbulent, toxic relationship, but they’ve got to figure out a way to get along and co-parent their 4-year-old son. Spirit’s clients may be famous, but at their core, they’re just people with the same types of problems as the rest of us. She believes that it’s impossible to be in a healthy relationship if you are not healthy yourself, because half of that relationship is you. Through deep, emotional group therapy sessions, as well as intimate one-on-ones, Spirit cuts to the core of her clients’ fears, trauma and pain. Her goal is to heal each individual client so they can show up as one half of a whole, healthy, loving relationship.

***(P) Saturday, March 7 (9 p.m. – 10 p.m. ET/PT) Episode: Welcome to Therapy***

Althea Heart and Benzino, Sundry Carter and Breyon Williams, Theresa and Dwayne Bowe, and DJ Spinderella and fiancé Q Coleman join relationship expert and licensed therapist Spirit in a house for two weeks to work through their relationship drama in order to achieve their love goals.

***(P) Saturday, March 14 (9 p.m. – 10 p.m. ET/PT) Episode: The Problems Are The Problem***

Tension boils over for Benzino and Althea in the first group therapy session led by relationship expert Spirit. Theresa grows increasingly frustrated with Dwayne’s insistence on having his crew around all the time, and finally starts speaking up. Benzino comes to a painful realization.

***(P) Saturday, March 21 (9 p.m. – 10 p.m. ET/PT) Episode: All Buttoned Up***

Spirit tries to help Breyon and Sundry through some of the difficulty facing their relationship. Breyon struggles to come to grips with the idea of ending things with his other girlfriends, but Sundry’s hardened exterior makes it hard for him to fully commit.

***(P) Saturday, March 28 (9 p.m. – 10 p.m. ET/PT) Episode: Attached At The Hip***

Coolio and fiancé Mimi arrive at the house at a crossroads as Spirit breaks down what’s at stake for this couple, then takes the group out of the house for some serious trust building. Will everyone rise to the occasion or will some couples fall short?

**IF LOVING YOU IS WRONG**

**Season Premiere Tuesday, March 31 (10 p.m. – 11 p.m. ET/PT)**

The fifth and final season of Tyler Perry's riveting series is the most explosive season yet. The serialized drama set in a middle-class neighborhood of Maxine opens with one of the most puzzling storylines, finally revealing some long-awaited answers to burning questions. The ladies who have been behaving badly for some time will all experience life-changing catastrophes. Death and destruction is all around and will leave everyone reeling forever as the season finale literally explodes off the screen. The series stars April Parker-Jones (Natalie Henning), Amanda Clayton (Alex Montgomery), Edwina Findley Dickerson (Kelly Issacs), Zulay Henao (Esperanza Willis), Heather Hemmens (Marcie Holmes), Charles Malik Whitfield (Lushion Morgan), Eltony Williams (Randal Holmes), Joel Rush (Eddie Willis) and Aiden Turner (Brad Montgomery).

***(P) Tuesday, March 31 (10 p.m. – 11 p.m. ET/PT) Episode: An Old Skeleton***

Secrets abound and skeletons come out to play in the small community of Maxine, Ohio.

## **CONTINUING SERIES**

**(P) Denotes: Premieres**

**(F) Denotes: Finales**

### **CHERISH THE DAY**

**Tuesdays (10 p.m. – 11 p.m. ET/PT)**

From award-winning creator Ava DuVernay, chapter one of “Cherish the Day” chronicles the stirring relationship of one couple, with each episode spanning a single day. The narrative will unfold to reveal significant moments in a relationship that compel us to hold true to the ones we love, from the extraordinary to the everyday.

***(P) Tuesday, March 3 (10 p.m. – 11 p.m. ET/PT) Episode: Analysis***

Evan (Alano Miller) takes a day away from his new tech company to help Gently (Xosha Roquemore) make as many wedding decisions as possible, but they soon realize they have wildly different expectations for their big day.

***(P) Tuesday, March 10 (10 p.m. – 11 p.m. ET/PT) Episode: Nemesis***

Evan's (Alano Miller) intense work schedule pushes Gently (Xosha Roquemore) to the edge as he becomes more and more demanding. Things come to a head when Evan asks Gently to put her work on the back burner in order to host an impromptu work dinner for him.

***(P) Tuesday, March 17 (10 p.m. – 11 p.m. ET/PT) Episode: Synopsis***

At Evan's (Alano Miller) urging, he and Gently (Xosha Roquemore) spend the day “shopping” for a counselor to help them address their issues, but it soon becomes apparent that their problems are deeper than either of them imagined.

***(F) Tuesday, March 24 (10 p.m. – 11 p.m. ET/PT) Episode: Catharsis***

Gently (Xosha Roquemore) hosts a big birthday party for Miss Luma (Cicely Tyson) with special guests including her beloved friend, Quincy Jones (guest starring as himself), but the party really gets started when an unexpected guest shows up.

### **THE HAVES AND THE HAVE NOTS**

**Tuesdays (9 p.m. – 10 p.m. ET/PT)**

Season seven of Tyler Perry's hit drama “The Haves and the Have Nots” brings in even more havoc than ever with revenge, heartbreak, betrayal, death and destruction touching the lives of every character. The series stars John Schneider (Jim Cryer), Tika Sumpter (Candace Young), Angela Robinson (Veronica Harrington), Renee Lawless (Katheryn Cryer), Crystal Fox (Hannah Young), Peter Parros (David Harrington), Tyler Lepley (Benny Young), Gavin Houston (Jeffrey Harrington) and Aaron O'Connell (Wyatt Cryer).

**(P) Tuesday, March 3 (9 p.m. – 10 p.m. ET/PT) Episode: Boom Boom Bang**

Wyatt (Aaron O'Connell) has a nervous breakdown after the pressure continues to mount.

**(F) Tuesday, March 10 (9 p.m. – 10 p.m. ET/PT) Episode: Bananas Foster**

Jim (John Schneider) plots for revenge.

**HOME MADE SIMPLE WITH LAILA ALI**

**Saturdays (9 a.m. – 10 a.m. ET/PT)**

Creating homes that deserving families love to live in is at the core of "Home Made Simple." The Saturday morning DIY show pairs inspiring families, a team of professional designers, carpenters, and special guest artists, who work together with the families to create simple solutions to everyday home challenges and design dilemmas. Host Laila Ali will be working alongside families as they transform their living, work and play spaces, revealing the compelling and inspiring stories of the families behind the makeovers. Laila, who describes herself as a "home cook," will also teach the families delicious, easy recipes from her cookbook "Food For Life."

**(P) Saturday, March 21 (9 a.m. - 10 a.m. ET/PT) Episode: Super Cool Superhero Surprise**

Bianca and Rocky have let their boys sleep with them in their bed almost every night since their birth. Laila and the "Home Made Simple" team create a superhero-themed bedroom the boys will never want to leave.

**(P) Saturday, March 28 (9 a.m. - 10 a.m. ET/PT) Episode: A Navy Veteran Comes Home For Good**

Alonzo Neal has just finished his four years with the Navy, and while he was gone his mom, Katrina bought a new home. Now, she wants to welcome him home for good by upgrading the boring guest room into a modern bedroom that reflects the man he is today.

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