

Tyrone Howard

Dr. Lori Desautels

Dr. Rebecca Rolland

Dr. Ty Tashiro

Dr. Emily Klein

Dr. Laurence Steinberg

Dr. Robyn Silverman

Dr. Derrick Wells

Dr. Lourdes Ferrer-Allen

Events are **free** and open to the public.
 We welcome all public, private, parochial and home-school parents, caregivers and families, along with students, school staff and community members throughout Chicagoland and across the country.

2023-2024

Navigating Healthy Families

FUSE: Families United in Support of Excellence for all

Especially students who identify as African-American or Black

THURSDAY, SEPT. 14, 6 P.M.
In person, Glenbard West library
 Dr. Derrick B. Wells
Valuing and Celebrating our Students' Success

THURSDAY, DEC. 7, 7 P.M.
 Susanna Melón, Assistant Director for Student Services, English Learners and District Equity with Timothy Fields. In partnership with the Equity Student Achievement Committee
First a Dream: Find Your Future at College Night

TUESDAY, DEC. 12, NOON & 7 P.M.
 Christine Crawford, MD
It's Okay to Not Be Okay: Solutions to Help You Heal / You're Not Alone

THURSDAY, FEB. 1, 7 P.M.
Black History Month Event
 Dr. Tyrone Howard
All Children Must Thrive: Nurturing Connection and Belonging

THURSDAY, FEB. 22, 7 P.M.
Live Life Well Week Event
Hybrid Event: Zoom & at Glenbard West
 Aric Jackson
Motivating the Next Generation to Lead Boldly and Achieve Their Dreams

B-PAC / GPS Programs in Spanish

Bilingual Parent Advisory Council

THURSDAY, SEPT. 21, 7 P.M.
 Lissete Ochoa and Lizette Ramirez
Planning for Success in High School and Beyond: The College Application Process

THURSDAY, OCT. 19, 7 P.M.
 Ana Belaval, Journalist and TV Personality with Dr. Monica Oganés
How to Support Your Child's Health and Wellbeing

THURSDAY, NOV. 16, 6 P.M.
In person, Glenbard East library
 Dr. Ferney Ramírez
Communication Tips for Talking to Teens

THURSDAY, DEC. 7, 7 P.M.
 Susanna Melón, Assistant Director for Student Services, English Learners and District Equity in partnership with the Equity Student Achievement Committee
First a Dream: Find Your Future at College Night

THURSDAY, DEC. 14, 6 P.M.
In person, Glenbard North Library
 Dr. Ferney Ramírez
Motivation and the Power of Achievement

THURSDAY, FEB. 8, 7 P.M.
 Dr. Lourdes Ferrer-Allen
A Blueprint for High School, College and Career Success

B-PAC / GPS Program in Gujarati

THURSDAY, SEPT. 28, 7 P.M.
 Krina Gandhi
Mental Health Essentials for Successful Parenting

B-PAC / GPS Program in Urdu & Hindi

TUESDAY, JAN. 30, 7 P.M.
 Mehak Hafeez
Keys to Successful Parenting

GPS Program in Spanish

THURSDAY, APR. 11, 7 P.M.
Early Childhood Event
 Mariana Gutierrez *
Making Connection Through Play

Thanks go to our additional partners for their support

Northwestern Medicine Marquardt School District 15 Queen Bee School District 16 Glen Ellyn School District 41 Lombard School District 44 Community Consolidated School District 89 Community Consolidated School District 93 Community Consolidated School District 181 Elmhurst CUSD 205 Community HS District 99 Lake Park High School District 108 Barrington Comm Unit 220 High School District 214 Naperville Community Unit SD 203 Community HS District 94 DuPage High School District 88 Lisle Unit School District 202 School District 45 Libertyville High School Valley View CUSD 365U Bensenville School District 2 Indian Prairie SD 204 Cass School District 63	Positive Youth Development (Oak Park/River Forest) Benjamin School District 25 Lyons Township HS District 204 Downers Grove SD 58 West Aurora School District 129 Butler School District 53 Fenton Community High School Bloomingdale SD 13 WW Community Unit District 200 West Chicago Elementary D33 WW Early Childhood Collab. Community Speaker Series Addison Public Library Bloomingdale Public Library Carol Stream Public Library Elmhurst Public Library Glen Ellyn Public Library Glenside Public Library Helen Plum Public Library Hinsdale Public Library Wheaton Public Library Woodridge Public Library Friends of the Glenside Library Community - The Anti-Drug Technology Center of DuPage	Illinois PTA Illinois CASA Glenbard Education Association ICNA Relief NAMI DuPage Glenbard Booster Clubs YPRC at Prevention First On Balance Parenting Interfaith Mental Health Coalition West Nation Navigating Adolescence Family Action Network One Community Stand Strong Coalition Glendale Heights Youth Commission Elmhurst Youth Commission Municipalities of Carol Stream, Glendale Heights, Glen Ellyn Lombard and Wheaton Glen Ellyn Chamber COSEM League of Women Voters, GE Teen Parent Connection	Deerfield Parent Network We Go Together for Kids Love Like Lija Serenity House Elyssa's Mission Erika's Lighthouse Rosecrance Health Ascension Alexian Brothers Behavioral Health Compass Health Center Marvelous Minds Link Together Coalition Growing Resiliency in Teens 2 B. R. Ryall YMCA Tri-Town YMCA YWCA Met Chicago Glen Ellyn Youth and Family Counseling Service 360 Youth Services NEDFYS NAACP Youth Council Candor Health Anderson's Bookshop The Bookstore Glen Ellyn Yorke Print Shoppe
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Please visit **GlenbardGPS.org**
 for program details, schedule updates and parent resources.
 All GPS programs will be conducted virtually, Central Time (CT), via Zoom, unless otherwise noted.

CHECK OUT OUR VIDEO LIBRARY!

Full length programs, previews and Q&A sessions with experts.

Glenbard Township High School District 87

Glenbard East: 1014 South Main St, Lombard
 Glenbard North: 990 Kuhn Rd, Carol Stream
 Glenbard South: 23W200 Butterfield Rd, Glen Ellyn
 Glenbard West: 670 Crescent Blvd, Glen Ellyn

For questions, contact Gilda Ross, Glenbard Student and Community Projects Coordinator, at (630) 942-7668 or gilda_ross@glenbard.org

CR-23-24 (7/23)

DuPage Medical Group is now:

GPS presents distinguished, practical, evidence-based speakers to connect and inspire with strategies to help children of every age thrive. Programs are free, virtual and open to the public. Links and details at GlenbardGPS.org

[glenbardparentseries](https://www.facebook.com/glenbardparentseries)
 D87_GPS
 Glenbard Parent Series
 [glenbardparentseries](https://www.instagram.com/glenbardparentseries)



CALENDAR OF EVENTS

Join families with children of all ages, professionals and the community to help youth belong, engage and succeed.

Dr. David Larson, Superintendent
Gilda Ross, Student and Community Projects Coordinator

AUGUST 2023

TUESDAY, AUG. 15, 6 P.M.

Kirsten Jones, recorded short program
Raising Empowered Athletes for Peak Performance and Lifelong Grit

Held virtually at Glenbard North and East

Held in person at Glenbard South at 6 p.m. and Glenbard West at 6:30 p.m.

TUESDAY, AUG. 22, NOON & 7 P.M.

Dr. Rebecca Rolland *
The Art of Talking With Children

THURSDAY, AUG. 24, NOON & 7 P.M.

Dr. Peg Dawson and Dr. Richard Guare
Smart but Scattered: The Executive Functioning Approach to Help Kids Reach Their Potential

TUESDAY, AUG. 29, NOON & 7 P.M.

Jennifer B. Wallace in conversation with Lori Gottlieb / Julie Lythcott-Haims
Never Enough: Inspiring Balanced Achievement, Self-Confidence and the Power of "Mattering"

SEPTEMBER 2023

WEDNESDAY, SEPT. 6, NOON & 7 P.M.

Suicide Awareness Month Event
Dr. Matthew Nock
Let's Talk About It! Suicide and Other Destructive Behaviors

A conversation will follow with D87 Assistant Superintendent of Student Services, Janet Cook.

THURSDAY, SEPT. 7, 7 P.M.

Frank Palmasani
Financial Aid Workshop: Discovering the Best College Fit at the Best Price

WEDNESDAY, SEPT. 13, NOON & 7 P.M.

Dr. Lisa Damour
Inside the Emotional Lives of Teenagers: How to Navigate the Bumpy Ride of Adolescence

TUESDAY, SEPT. 19, NOON & 7 P.M.

Shelly Tygielski
The Path to Loving Ourselves: Self-Compassion and Self Care for Turbulent Times

WEDNESDAY, SEPT. 27, 7 P.M.

Community Read
Adam Braun
The Promise of a Pencil: The Story of How an Ordinary Person Can Create Extraordinary Change

OCTOBER 2023

TUESDAY, OCT. 3, NOON & 7 P.M.

Rick Clark
The Truth Behind College Admissions: A Guide to Getting In and Staying In
SAT Test update to follow program

THURSDAY, OCT. 5, NOON & 7 P.M.

Dr. Yael Schonbrun
Work, Parent, Thrive: How to Ditch Guilt, Manage Overwhelm and Grow Connection (When Everything Feels Like Too Much)

WEDNESDAY, OCT. 11, NOON & 7 P.M.

Bruce Perry, MD PhD
What Happened to You: Conversations on Trauma, Resilience and Healing
A shift from "What is *wrong* with you?"

WEDNESDAY, OCT. 18, NOON & 7 P.M.

Dr. Sameer Hinduja
Confronting Cyber Bullying and Unwise Social Media Use in Tech Savvy Kids

NOVEMBER 2023

WEDNESDAY, NOV. 1, NOON & 7 P.M.

Sasha Long
Can't Do or Won't Do? Executive Function Skill-Building to Solve Behavior Challenges

Post-event workshop on neurodiverse students at 1:00 p.m. and 8:00 p.m.

THURSDAY, NOV. 2, NOON & 7 P.M.

Dr. Shauna Shapiro *
The Power of Mindfulness to Increase Calm and Joy in Young Children

THURSDAY, NOV. 9, NOON & 7 P.M.

Ken Ginsburg, MD *Special 2-Hour Event*
Congratulations: You're Having a Teen! The Guidebook You've Always Wanted

TUESDAY, NOV. 14, NOON & 7 P.M.

Dr. Mitch Prinstein and Dr. Eva Telzer
Update on Social Media and Teen Mental Health

WEDNESDAY, NOV. 29, NOON

Hybrid Event: Zoom & at College of DuPage
Timothy Fong, MD
Under the Influence: Addressing Vaping, Alcohol and Cannabis
Pre-event film screening - in person only - at College of DuPage (COD) at 11:00 a.m.
"Screenagers -- Under the influence: Addressing Vaping, Drugs and Alcohol in the Digital Age"

WEDNESDAY, NOV. 29, 7 P.M.

Hybrid Event: On Zoom & at Glenbard South
Timothy Fong, MD
Under the Influence: Addressing Vaping, Alcohol and Cannabis
Pre-event film screening - in person only - at Glenbard South at 6:00 p.m.
"Screenagers -- Under the influence: Addressing Vaping, Drugs and Alcohol in the Digital Age"

DECEMBER 2023

TUESDAY, DEC. 5, NOON & 7 P.M.

Michelle Icard
8 Failures/Setbacks That Can Make a Child a Success

TUESDAY, DEC. 12, NOON & 7 P.M.

Christine Crawford, MD
It's Okay to Not Be Okay: Solutions to Help You Heal / You Are Not Alone

TUESDAY, DEC. 19, NOON & 7 P.M.

Dr. Carla Naumburg
You Are Not a "Bad" Parent: How to Go Easy on Yourself and Give Yourself a Break

JANUARY 2024

THURSDAY, JAN. 11, NOON & 7 P.M.

Dr. J. Stuart Ablon *Special 90 min. Event*
Changeable: The Collaborative Problem-Solving Method to Reduce Anxiety or Challenging Behavior

THURSDAY, JAN. 18, NOON & 7 P.M.

Community Read
Susan Cain
In conversation with Dan Pink
Bittersweet: How Sorrow and Longing Make Us Whole
Teaching Our Kids the Full Spectrum of Human Emotions

TUESDAY, JAN. 23, NOON & 7 P.M.

Dr. Shefali Tsabary
In conversation with Cathy Adams
The Parenting Map: Step-by-Step Solutions to Consciously Create the Ultimate Parent-Child Relationship

WEDNESDAY, JAN. 31, NOON & 7 P.M.

David Sheff
In conversation with Jessica Lahey
Beautiful Boy: Everything a Father Learned Through His Son's Addiction

FEBRUARY 2024

THURSDAY, FEB. 1, 7 P.M.

Black History Month Event
Dr. Tyrone Howard
All Children Must Thrive: Nurturing Connection and Belonging

TUESDAY, FEB. 6, NOON & 7 P.M.

Mark Perna
Parents Don't Know Everything: What Experts are Saying About College and Careers

THURSDAY, FEB. 15, NOON & 7 P.M.

Dr. Sonja Lyubomirsky
The How of Happiness in All Areas: Enhancing Your Potential for Joy

THURSDAY, FEB. 22, 7 P.M.

Live Life Well Week Event
Hybrid Event: Zoom & at Glenbard West
A'ric Jackson
Motivating the Next Generation to Lead Boldly and Achieve Their Dreams

TUESDAY, FEB. 27, NOON & 7 P.M.

Dr. Ann-Louise Lockhart *
Parenting Your Young Child Through Meltdowns, Misbehavior and Tantrums

THURSDAY, FEB. 29, 7 P.M.

Dr. Lori Desautels
The Eyes are Never Quiet: Listening Behind the Behaviors of Challenged Kids

MARCH 2024

WEDNESDAY, MARCH 6, NOON & 7 P.M.

Donna Jackson Nakazawa
Girls and Boys on the Brink: Helping Our Teens Thrive in an Era of Increased Anxiety, Depression and Social Media

WEDNESDAY, MARCH 13, NOON & 7 P.M.

Dr. Ty Tashiro
The Science of Why We're Socially Awkward & Why That's Awesome: Social Skill Building

TUESDAY, MARCH 19, NOON & 7 P.M.

Dr. Emily Kline
The School of Hard Talks: Motivational Interviewing for Better Conversations and Stronger Relationships

APRIL 2024

THURSDAY, APRIL 4, NOON & 7 P.M.

Lynn Lyons
Understanding Social Anxiety and the Complexity of Teen Relationships

WEDNESDAY, APRIL 10, NOON & 7 P.M.

Dr. Laurence Steinberg
You and Your Almost Adult Child: How to Grow Together in Challenging Times

TUESDAY, APRIL 16, NOON & 7 P.M.

Dr. Tina Payne Bryson
Raising Kids Who Feel Safe, Seen & Secure: The Power of Showing Up

TUESDAY, APRIL 23, NOON & 7 P.M.

Dr. Robyn Silverman
How to Talk to Kids About Anything and Make Tough Talks Easier: Relationships, Teen Health and More

MAY 2024

WEDNESDAY, MAY 1, NOON & 7 P.M.

Judith Warner
And Then They Stopped Talking to Me: Surviving Middle School

Connect

- glenbardparentseries
- D87_GPS
- Glenbard Parent Series
- Glenbardparents.blogspot.com
- glenbardparentseries



* For parents of children ages 3 to 10