

Glenbard Parent Series (GPS): Navigating Healthy Families 2023-2024 Program Line-up

AUGUST

TUESDAY, AUGUST 15 at 6pm*†

*Held virtually at Glenbard North and East.

†Held in person at Glenbard South at 6pm and Glenbard West at 6:30 pm.

Glenbard Back to School Parent and Athlete Night with Kirsten Jones

Raising Empowered Athletes for Peak Performance and Lifelong Grit

TUESDAY, AUGUST 22 at noon

GPS webinar: Early Childhood event with Rebecca Rolland

The Art, Power and ABC's of Talking with Young Children to Build Skills and Connection

Click [here](#) for more information and the webinar link.

TUESDAY, AUGUST 22 at 7pm

GPS webinar: Early Childhood event with Rebecca Rolland

The Art, Power and ABC's of Talking with Young Children to Build Skills and Connection

Click [here](#) for more information and the webinar link.

THURSDAY, AUGUST 24 at noon

GPS webinar with Dr. Peg Dawson and Dr. Richard Guare

Smart But Scattered: The Executive Functioning Approach to Help Kids Reach Their Potential. Start The Year Off Strong!

Click [here](#) for more information and the webinar link.

THURSDAY, AUGUST 24 at 7pm

GPS webinar with Dr. Peg Dawson and Dr. Richard Guare

Smart But Scattered: The Executive Functioning Approach to Help Kids Reach Their Potential. Start The Year Off Strong!

Click [here](#) for more information and the webinar link.

TUESDAY, AUGUST 29 at noon

GPS webinar with Jennifer B. Wallace in conversation with Lori Gottlieb at noon, author of "Maybe You Should Talk to Someone: A Therapist, HER Therapist, and Our Lives Revealed," and Julie Lythcott-Haims at 7pm, author of "How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success"

Never Enough: Inspiring Balanced Achievement, Self-Confidence and the Power of Mattering

Click [here](#) for more information and the webinar link.

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Never Enough: Inspiring Balanced Achievement, Self -Confidence and the Power of Mattering

Click [here](#) for more information and the webinar link.

SEPTEMBER

WEDNESDAY, SEPTEMBER 6 at noon

GPS webinar: Suicide Prevention Month event with Dr. Matthew Nock

Let's Talk About It! Suicide and Other Destructive Behaviors

Click [here](#) for more information and the webinar link.

WEDNESDAY, SEPTEMBER 6 at 7pm

GPS webinar: Suicide Prevention Month event with Dr. Matthew Nock

Let's Talk About It! Suicide and Other Destructive Behaviors

Click [here](#) for more information and the webinar link.

THURSDAY SEPTEMBER 7 at 7pm

GPS webinar with Frank Palmasani

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

Click [here](#) for more information and the webinar link.

WEDNESDAY, SEPTEMBER 13 at noon

GPS webinar with Dr. Lisa Damour

Inside the Emotional Lives of Teenagers: How to Navigate the Bumpy Ride of Adolescence

Click [here](#) for more information and the webinar link.

WEDNESDAY, SEPTEMBER 13 at 7pm

GPS webinar with Dr. Lisa Damour

Inside the Emotional Lives of Teenagers: How to Navigate the Bumpy Ride of Adolescence

Click [here](#) for more information and the webinar link.

Glenbard Parent Series (GPS): Navigating Healthy Families 2023-2024 Program Line-up

TUESDAY, SEPTEMBER 19 at noon

GPS webinar with Shelly Tygielskii

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

Click [here](#) for more information and the webinar link.

TUESDAY, SEPTEMBER 19 at 7pm

GPS webinar with Shelly Tygielskii

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

Click [here](#) for more information and the webinar link.

WEDNESDAY, SEPTEMBER 27 at 7pm

GPS webinar: Summer Community Read event with Adam Braun

The Promise of a Pencil: The Story of How an Ordinary Person Can Create Extraordinary Change

Click [here](#) for more information and the webinar link.

OCTOBER

TUESDAY, OCTOBER 3 at noon

GPS webinar with Rick Clark

The Truth Behind College Admissions: A Guide to Getting In and Staying In

Click [here](#) for more information and the webinar link.

TUESDAY, OCTOBER 3 at 7pm

GPS webinar with Rick Clark

The Truth Behind College Admissions: A Guide to Getting In and Staying In

Click [here](#) for more information and the webinar link.

THURSDAY OCTOBER 5 at noon

GPS webinar with Dr. Yael Schonbrun

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

Click [here](#) for more information and the webinar link.

THURSDAY OCTOBER 5 at 7pm

GPS webinar with Dr. Yael Schonbrun

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

Click [here](#) for more information and the webinar link.

Glenbard Parent Series (GPS): Navigating Healthy Families 2023-2024 Program Line-up

WEDNESDAY, OCTOBER 11 at noon

GPS webinar with Bruce Perry, M.D., PhD

What Happened to You: Conversations on Trauma, Resilience, and Healing
A shift from 'What is Wrong with You'

Click [here](#) for more information and the webinar link.

WEDNESDAY, OCTOBER 11 at 7pm

GPS webinar with Bruce Perry, M.D., PhD

What Happened to You: Conversations on Trauma, Resilience, and Healing
A shift from 'What is Wrong with You'

Click [here](#) for more information and the webinar link.

WEDNESDAY, OCTOBER 18 at noon

GPS webinar with Dr. Sameer Hinduja

Confronting Cyberbullying and Unwise Social Media Use in Tech Savvy Kids

Click [here](#) for more information and the webinar link.

WEDNESDAY, OCTOBER 18 at 7pm

GPS webinar with Dr. Sameer Hinduja

Confronting Cyberbullying and Unwise Social Media Use in Tech Savvy Kids

Click [here](#) for more information and the webinar link.

NOVEMBER

WEDNESDAY, NOVEMBER 1 at noon

***Extended post-event workshop for caregivers of neurodiverse students at 1:00 and 8:00 pm**

GPS webinar with Sasha Long

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

Click [here](#) for more information and the webinar link.

WEDNESDAY, NOVEMBER 1 at 7pm

***Extended post-event workshop for caregivers of neurodiverse students at 1:00 and 8:00 pm**

GPS webinar with Sasha Long

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

Click [here](#) for more information and the webinar link.

THURSDAY, NOVEMBER 2 at noon

GPS webinar: Early Childhood event with Dr. Shauna Shapiro

The Power of Mindfulness to Increase Calm and Joy in Young Children

Click [here](#) for more information and the webinar link.

Glenbard Parent Series (GPS): Navigating Healthy Families 2023-2024 Program Line-up

THURSDAY, NOVEMBER 2 at 7pm

GPS webinar: Early Childhood event with Dr. Shauna Shapiro

The Power of Mindfulness to Increase Calm and Joy in Young Children

Click [here](#) for more information and the webinar link.

THURSDAY, NOVEMBER 9 at noon-2:00pm

***Note: Presentations will run 2 hours.**

GPS webinar with Ken Ginsburg, MD

Congratulations, You're Having a Teen! The Guidebook You've Always Wanted

Click [here](#) for more information and the webinar link.

THURSDAY, NOVEMBER 9 at 7:00-9:00pm

***Note: Presentations will run 2 hours.**

GPS webinar with Ken Ginsburg, MD

Congratulations, You're Having a Teen! The Guidebook You've Always Wanted

Click [here](#) for more information and the webinar link.

TUESDAY, NOVEMBER 14 at noon

GPS webinar with Dr. Mitch Prinstein and Dr. Eva Telzer

Update on Social Media and Mental Health

Click [here](#) for more information and the webinar link.

TUESDAY, NOVEMBER 14 at 7pm

GPS webinar with Dr. Mitch Prinstein and Dr. Eva Telzer

Update on Social Media and Mental Health

Click [here](#) for more information and the webinar link.

WEDNESDAY, NOVEMBER 29 at noon

HYBRID Program: virtual, and in person at College of DuPage (COD).

GPS webinar with Timothy Fong, MD

Under The Influence: Addressing Vaping, Drugs, Alcohol and Cannabis

Pre-event film screening (in person only) at COD at 11:00 a.m.

"Screenagers – Under the Influence: Addressing Vaping, Drugs and Alcohol in the Digital Age"

Click [here](#) for more information and the webinar link.

WEDNESDAY, NOVEMBER 29 at 7pm

HYBRID Program: virtual, and in person at Glenbard South.

GPS webinar with Timothy Fong, M.D.

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"

Click [here](#) for more information and the webinar link.

Glenbard Parent Series (GPS): Navigating Healthy Families 2023-2024 Program Line-up

DECEMBER

TUESDAY, DECEMBER 5 at noon

GPS webinar with Michelle Icard

8 Failures/Setbacks That Can Make a Child a Success

Click [here](#) for more information and the webinar link.

TUESDAY, DECEMBER 5 at 7pm

GPS webinar with Michelle Icard

8 Failures/Setbacks That Can Make a Child a Success

Click [here](#) for more information and the webinar link.

TUESDAY, DECEMBER 12 at noon

GPS webinar with Christine Crawford, M.D.

It's Okay to Not Be Okay: Solutions to Help You Heal

Click [here](#) for more information and the webinar link.

TUESDAY, DECEMBER 12 at 7pm

GPS webinar with Christine Crawford, M.D.

It's Okay to Not Be Okay: Solutions to Help You Heal

Click [here](#) for more information and the webinar link.

TUESDAY, DECEMBER 19 at noon & 7pm

GPS webinar with Dr. Carla Naumburg

You Are Not a Sh*tty Parent: How to Go Easy on Yourself and Give Yourself a Break

Click [here](#) for more information and the webinar link.

TUESDAY, DECEMBER 19 at noon & 7pm

GPS webinar with Dr. Carla Naumburg

You Are Not a Sh*tty Parent: How to Go Easy on Yourself and Give Yourself a Break

Click [here](#) for more information and the webinar link.

JANUARY

THURSDAY, JANUARY 11 at noon

GPS webinar with Dr. J. Stuart Ablon

Changeable: The Collaborative Problem-Solving Method to Reduce Anxiety or Challenging Behavior

Click [here](#) for more information and the webinar link.

Glenbard Parent Series (GPS): Navigating Healthy Families 2023-2024 Program Line-up

THURSDAY, JANUARY 11 at 7pm

GPS webinar with Dr. J. Stuart Ablon

Changeable: The Collaborative Problem-Solving Method to Reduce Anxiety or Challenging Behavior

Click [here](#) for more information and the webinar link.

THURSDAY, JANUARY 18 at noon

GPS webinar: Community Read event with Susan Cain, author of “The Quiet Power of Introverts” in conversation with Dan Pink, author of “A Whole New Mind”

Bittersweet: How Sorrow and Longing Make Us Whole – Teaching Our Kids the Full Spectrum of Human Emotions

Click [here](#) for more information and the webinar link.

THURSDAY, JANUARY 18 at 7pm

GPS webinar: Community Read event with Susan Cain, author of “The Quiet Power of Introverts” in conversation with Dan Pink, author of “A Whole New Mind”

Bittersweet: How Sorrow and Longing Make Us Whole – Teaching Our Kids the Full Spectrum of Human Emotions

Click [here](#) for more information and the webinar link.

TUESDAY, JANUARY 23 at noon

GPS webinar with Dr. Shefali Tsabary in conversation with Cathy Adams author of “Zen Parenting: Caring for Ourselves and Our Children in An Unpredictable World”

The Parenting Map: Step-by-Step Solutions to Consciously Create the Ultimate Parent-Child Relationships

Click [here](#) for more information and the webinar link.

TUESDAY, JANUARY 23 at 7pm

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The Parenting Map: Step-by-Step Solutions to Consciously Create the Ultimate Parent-Child Relationships

Click [here](#) for more information and the webinar link.

WEDNESDAY, JANUARY 31 at noon

GPS webinar with David Sheff in conversation with Jessica Lahey author of “The Gift of Failure,” and “Addiction Inoculation”

Beautiful Boy: Everything a Father Learned Through His Son's Addiction

Click [here](#) for more information and the webinar link.

Glenbard Parent Series (GPS): Navigating Healthy Families 2023-2024 Program Line-up

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GPS webinar with David Sheff in conversation with Jessica Lahey author of “The Gift of Failure,” and “Addiction Inoculation”

Beautiful Boy: Everything a Father Learned Through His Son's Addiction

Click [here](#) for more information and the webinar link.

FEBRUARY

THURSDAY, FEBRUARY 1 at 7pm

GPS webinar: Black History Month event with Dr. Tyrone Howard

All Children Must Thrive: Nurturing Connection and Emotional Wellness

Click [here](#) for more information and the webinar link.

TUESDAY, FEBRUARY 6 at noon

GPS webinar with Mark Perna

Parents Don't Know Everything: What Experts Are Saying About College and Careers

Click [here](#) for more information and the webinar link.

TUESDAY, FEBRUARY 6 at 7pm

GPS webinar with Mark Perna

Parents Don't Know Everything: Preparing Youth for the Future of Work

Click [here](#) for more information and the webinar link.

THURSDAY, FEBRUARY 15 at noon

GPS webinar with Dr. Sonja Lyubomirsky

The How of Happiness in All Areas: Enhancing Your Potential for Joy

Click [here](#) for more information and the webinar link.

THURSDAY, FEBRUARY 15 at 7pm

GPS webinar with Dr. Sonja Lyubomirsky

The How of Happiness in All Areas: Enhancing Your Potential for Joy

Click [here](#) for more information and the webinar link.

THURSDAY, FEBRUARY 22 7pm

HYBRID Program: virtual, and in person at Glenbard West.

GPS webinar: Live Life Well Week event with Aric Jackson

Motivating the Next Generation to Lead Boldly and Achieve Their Dreams

Click [here](#) for more information and the webinar link.

TUESDAY, FEBRUARY 27 at noon

GPS webinar: Early Childhood event with Dr. Ann-Louise Lockhart

Parenting Your Young Child through Emotional Dysregulation, Misbehavior and Tantrums

Click [here](#) for more information and the webinar link.



Glenbard Parent Series (GPS): Navigating Healthy Families 2023-2024 Program Line-up

TUESDAY, FEBRUARY 27 at 7pm

GPS webinar: Early Childhood event with Dr. Ann-Louise Lockhart

Parenting Your Young Child through Emotional Dysregulation, Misbehavior and Tantrums

Click [here](#) for more information and the webinar link.

THURSDAY, FEBRUARY 29 at 7pm

GPS webinar with Dr. Lori Desautels

The Eyes Are Never Quiet: Listening Behind the Behaviors of Troubled Kids

Click [here](#) for more information and the webinar link.

MARCH

WEDNESDAY, MARCH 6 at noon

GPS webinar with Donna Jackson Nakasawa

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

Click [here](#) for more information and the webinar link.

WEDNESDAY, MARCH 6 at 7pm

GPS webinar with Donna Jackson Nakasawa

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

Click [here](#) for more information and the webinar link.

WEDNESDAY, MARCH 13 at noon

GPS webinar with Dr. Ty Tashiro

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

Click [here](#) for more information and the webinar link.

WEDNESDAY, MARCH 13 at 7pm

GPS webinar with Dr. Ty Tashiro

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

Click [here](#) for more information and the webinar link.

TUESDAY, MARCH 19 at noon

GPS webinar with Dr. Emily Kline

The School of Hard Talks: How to Have Better Conversations and More Rewarding Relationships

Click [here](#) for more information and the webinar link.

Glenbard Parent Series (GPS): Navigating Healthy Families 2023-2024 Program Line-up

TUESDAY, MARCH 19 at 7pm

GPS webinar with Dr. Emily Kline

The School of Hard Talks: How to Have Better Conversations and More Rewarding Relationships

Click [here](#) for more information and the webinar link.

APRIL

THURSDAY, APRIL 4 at noon

GPS webinar with Lynn Lyons

Understanding Social Anxiety and the Complexity of Teen Relationships

Click [here](#) for more information and the webinar link.

THURSDAY, APRIL 4 at 7pm

GPS webinar with Lynn Lyons

Understanding Social Anxiety and the Complexity of Teen Relationships

Click [here](#) for more information and the webinar link.

WEDNESDAY, APRIL 10 at noon

GPS webinar with Dr. Laurence Steinberg

You and Your "Almost" Adult Child: How to Grow Together in Challenging Times

Click [here](#) for more information and the webinar link.

WEDNESDAY, APRIL 10 at 7pm

GPS webinar with Dr. Laurence Steinberg

You and Your "Almost" Adult Child: How to Grow Together in Challenging Times

Click [here](#) for more information and the webinar link.

TUESDAY, APRIL 16 at noon

GPS webinar with Tina Payne Bryson

Raising Kids Who Feel Safe, Seen and Secure; The Whole Brain Child

Click [here](#) for more information and the webinar link.

TUESDAY, APRIL 16 at 7pm

GPS webinar with Tina Payne Bryson

Raising Kids Who Feel Safe, Seen and Secure; The Whole Brain Child

Click [here](#) for more information and the webinar link.

TUESDAY, APRIL 23 at noon

GPS webinar with Dr. Robyn Silverman

How to Have Hard Conversations About Tough Topics: Perfectionism, Body Image, and More

Click [here](#) for more information and the webinar link.



Glenbard Parent Series (GPS): Navigating Healthy Families 2023-2024 Program Line-up

TUESDAY, APRIL 23 at 7pm

GPS webinar with Dr. Robyn Silverman

How to Have Hard Conversations About Tough Topics: Perfectionism, Body Image, and More

Click [here](#) for more information and the webinar link.

MAY

WEDNESDAY, MAY 1 at noon

GPS webinar with Judith Warner

And Then They Stopped Talking to Me: Surviving Middle School

Click [here](#) for more information and the webinar link.

WEDNESDAY, MAY 1 at 7pm

GPS webinar with Judith Warner

And Then They Stopped Talking to Me: Surviving Middle School

Click [here](#) for more information and the webinar link.

B-PAC (Bilingual Parent Advisory Council)

[GPS in Spanish](#)

THURSDAY, SEPTEMBER 21 at 7pm

GPS webinar in Spanish with Lissete Ochoa and Lizette Ramirez

Planning for Success in High School and Beyond: The College Application Process

Click [here](#) for more information and the webinar link.

THURSDAY, OCTOBER 19 at 7pm

GPS webinar in Spanish with Ana Belaval, Journalist and TV Personality, with Dr. Monica Oganés

How to Support Your Child's Health and Wellbeing

Click [here](#) for more information and the webinar link.

THURSDAY, NOVEMBER 16 at 6pm

GPS in Spanish event held in person at Glenbard East with Dr. Ferney Ramirez

Communication Tips for Talking to Teens

THURSDAY, DECEMBER 7 at 7pm

GPS webinar in Spanish with Susanna Melón, assistant director for student services, English learners and district equity and Timothy Fields. In partnership with the Equity Student Achievement Committee.

First a Dream: Find Your Future at College Night

Click [here](#) for more information and the webinar link.

Glenbard Parent Series (GPS): *Navigating Healthy Families* 2023-2024 Program Line-up

THURSDAY, DECEMBER 14 at 6pm

GPS in Spanish event held in person at Glenbard North with Dr. Ferney Ramirez
Motivation and the Power of Achievement

THURSDAY, FEBRUARY 8 at 7pm

GPS webinar in Spanish with Dr. Lourdes Ferrer
A Blueprint for High School, College and Career Success
Click [here](#) for more information and the webinar link.

THURSDAY, MARCH 21 at 6pm

GPS in Spanish event held in person at Glenbard West with Dr. Mario Guzman
The Parent Child Relationship: Balancing Love and Authority

THURSDAY, APRIL 11 at 7pm

GPS webinar in Spanish Early Childhood event with Mariana Gutierrez, Ed. S., NCSP
Making Connection Through Play
Click [here](#) for more information and the webinar link.

THURSDAY, APRIL 18 at 6pm

GPS in Spanish event held in person at Glenbard North with Dr. Ferney Ramirez
Strategies to Be the Parent You Mean to Be

[GPS in Gujarati](#)

THURSDAY, SEPTEMBER 28 at 7pm

GPS webinar in Gujarati with Krina Gandhi
Mental Health Essentials for Successful Parenting
Click [here](#) for more information and the webinar link.

[GPS in Urdu and Hindi](#)

TUESDAY, JANUARY 30 at 7pm

GPS webinar in Urdu and Hindi with Mahak Hafeez
The Keys to Successful Parenting
Click [here](#) for more information and the webinar link.

Glenbard Parent Series (GPS): *Navigating Healthy Families* 2023-2024 Program Line-up

FUSE (Families United in Support of Excellence and Equity for All)
Especially students who identify as African-American or Black

GPS and FUSE

THURSDAY SEPTEMBER 14 at 6pm

GPS FUSE event held in person at Glenbard West with Dr. Derrick B. Wells

Valuing and Celebrating our Students' Success

Click [here](#) for more information and the webinar link.

THURSDAY, DECEMBER 7 at 7pm

GPS FUSE webinar with Susanna Melón, assistant director for student services, English learners and district equity and Timothy Fields. In partnership with the Equity Student Achievement Committee.

First a Dream: Find Your Future at College Night

Click [here](#) for more information and the webinar link.

TUESDAY, DECEMBER 12 at noon

GPS FUSE webinar with Christine Crawford, M.D.

It's Okay to Not Be Okay: Solutions to Help You Heal

Click [here](#) for more information and the webinar link.

TUESDAY, DECEMBER 12 at 7pm

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GPS Live Life Well Week event with Aric Jackson

Motivating the Next Generation to Lead Boldly and Achieve Their Dreams

Click [here](#) for more information and the webinar link.