



GPS Parent Series: *Navigating Healthy Families & Communities* 2025-2026 Program Line-up

AUGUST

THURSDAY AUGUST 21 at noon and 7pm

Sara Ward & Kristen Jacobsen

Organizational Skills for School Success

TUESDAY AUGUST 26 at noon and 7pm

Susan Dominus in conversation with Lisa Damour, author of "Under Pressure"

Family Dynamic: How to Support Students to Aim High, Dream Big, and Succeed

SEPTEMBER

WEDNESDAY, SEPT. 3 at noon and 7pm

Martha Beck PhD

Beyond Anxiety: A Creative Path to Fill your Life with Joy, and Calm

TUESDAY, SEPT. 9 at 7pm only

IN PERSON Program at Glenbard South High School.

Bill Cartwright in conversation with Mike Hall, Glenbard Grad and Big Ten Sportscaster

Rules for Living Life at the Center

THURSDAY, SEPT. 11 at noon and 7pm

Hunter Clarke Fields

Be the Parent You Want to Be: End Reactive Parenting Habits and Find Peace at Home

WEDNESDAY, SEPT. 17 at noon and 7pm

COMMUNITY READ Event

Susan Cain in conversation with Scott Barry Kaufman, author "Transcend," and "Wired to Create"

Quiet Power: The Secret Strengths of Introverted Kids and Adults

THURSDAY, SEPT. 25 at noon and 7pm

Jessica Lahey

An Action Plan for Happy, Healthy Addiction-Resistant Kids

TUESDAY, SEPT. 30 at noon and 7pm

Ross Greene PhD

Explosive Child: Understanding, Frustrated and Chronically Inflexible Children

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OCTOBER

TUESDAY, OCT. 7 at noon and 7pm

Judson Brewer MD

The Craving Mind: Break the Cycle of Worry and Bad Habits to Create Healthier Ones

THURSDAY, OCT. 9 at noon and 7pm

Ken Wallace PhD in conversation with Jason Klein PhD

Why Before Where: Preparing for the World of Tomorrow

WEDNESDAY, OCT. 15 at noon and 7pm

David Yaeger Ph.D.

What We Get Wrong Motivating and Connecting with Young People 10-25: Building a Growth Mindset

TUESDAY, OCT. 21 at noon and 7pm

EARLY CHILDHOOD Event

Mary Sheedy Kurcinka Ed.D

Raising Your Spirited (Intense, Sensitive, Persistent, Energetic) Child



THURSDAY, OCT. 30 at noon and 7pm

Lisa Damour PhD in conversation with Jennifer Wallace, author of “When Achievement Culture Becomes Toxic and What We Can Do About It”

Untangling Teen Challenges: Achievement Culture, Relationship Stress, and Social Media

NOVEMBER

WEDNESDAY, NOV. 5 at noon and 7pm

Ned Johnson and William Stixrud PhD

The Seven Principles for Raising a Self-Driven Child

WEDNESDAY, NOV. 12 at noon and 7pm

HYBRID Program at College of DuPage at noon.

Cathy Adams in conversation with John Duffy PhD, author of “Rescuing Our Sons: 8 Solutions to the Crisis of our Disaffected Boys”

Restoring Our Girls/Rescuing Our Boys: What Teens Want You to Know—Conversations to Have Now

TUESDAY, NOV. 18 at noon and 7pm

Drew Ramsey MD

Nourishing the Modern Brain: The Food-Mood Connection



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MONDAY, NOV. 24 at noon and 7pm

AMERICAN EDUCATION WEEK Event

Beth Houf

The School Parent Connection: Tackling Tough Topics: Attendance, Slipping Grades, Behavior

DECEMBER

TUESDAY, DEC. 2 at noon and 7pm

Ethan Kross PhD in conversation with Jamil Zaki, author of “The War for Kindness”

Shift: Managing Your Emotions--So They Don't Manage You-The Innate Skills to be Healthier and More Successful

THURSDAY, DEC. 4 at 7pm

Susanna Melón and Timothy Fields

First a Dream: Find Your Future at College Night

WEDNESDAY, DEC. 10 at noon and 7pm

Jeff Selingo

Dream School: Finding and Getting into the College That's Right for You

TUESDAY, DEC. 16 at noon and 7 pm

Chris Willard PhD

Mental Health 101: Managing Your Teen's Mental Health Journey in High School, College and Beyond

JANUARY

THURSDAY, JAN. 8 at noon and 7pm

Gretchen Rubin in conversation with Dr. Laurie Santos of the Happiness Lab

Secrets of Adulthood: Simple Truths for Greater Happiness

TUESDAY, JAN. 13 at noon and 7pm

Ken Ginsburg MD

Lighthouse Parenting: Loving Guidance for a Lifelong Bond

WEDNESDAY, JAN. 21 at noon and 7pm

Kristen Jones

Empowered Athletes: Conquer Anxiety for Peak Performance



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TUESDAY, JAN. 27 at noon and 7pm

Rebecca Winthrop and Jenny Anderson

Checked Out /Stressed Out—Moving Kids From Disengagement to Drive: Learn Better, Feel Better and Live Better

FEBRUARY

WEDNESDAY, FEB. 4 at noon and 7pm

Amy Blankson in conversation with Lauren Hutton

Superthinkers: Cultivating Leadership and Digital Wellness in a World of Rapid Change

TUESDAY, FEB. 10 at noon and 7pm

Christine Crawford MD

You Are Not Alone: Navigating Your Child's Mental Health with Wisdom from Experts and Real Families

WEDNESDAY, FEB. 18 at noon and 7pm

HYBRID Programs at College of DuPage at noon and at Glenbard West High School at 7pm.

Jodi Norgaard

Dream Big: My Entrepreneurial Journey to Break New Ground

THURSDAY, FEB. 19 at noon and 7pm

Ellen Braaten PhD

Bright Kids Who Can't Keep Up: Strategies to Improve Academic Performance and Processing

TUESDAY, FEB. 24 at 7pm

LIVE LIFE WELL WEEK Keynote

HYBRID Program at Glenbard West, preceded by a Community Resource Fair at 6pm.

Julia Garcia PhD

From Self Doubt to Self-Worth: How to Be Your Best Self

MARCH

TUESDAY, MARCH 3 at noon and 7pm

Melinda Wenner Moyer

The Strengths to Survive, Even Thrive: Raising Terrific Kids in Terrifying Times

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WEDNESDAY, MARCH 11 at noon and 7pm

Chef Curtis Duffy

Firepower: Memoir of a Chef—Cooking Up Resilience

THURSDAY, MARCH 12 at noon and 7pm

Ryan Lautterwausse

Keeping Kids Safe in the Digital Space

TUESDAY, MARCH 17 at noon and 7pm

Nedra Glover Tawwab

The Balancing Act: Creating Healthy Connection Without Losing Yourself

TUESDAY, MARCH 24 at noon and 7pm

Ethan Sawyer

College Admission Essentials from The “College Essay Guy”

APRIL

WEDNESDAY, APRIL 8 at noon and 7pm

Bryana Kappadakunnel

Parent Yourself First: Become The Parent You Want to Be

THURSDAY, APRIL 9 at noon and 7pm

EARLY CHILDHOOD Program

Janine Halloran



Coping Skills to Calm Anger, Anxiety and Challenging Feelings in Young Children

WEDNESDAY, APRIL 15 at noon and 7pm

HYBRID Program at College of DuPage at noon.

Doug Bolton PhD

Never Give Up On Kids: How to Go from End-of-Your-Rope to Hope

MONDAY, APRIL 20 at noon and 7pm

D87 FEST

Rachael Mann

Brace Yourself For an AI Future

WEDNESDAY, APRIL 22 at noon and 7pm

Ashley Graber and Maria Evans

Raising Calm Elementary and High School Kids in a World of Worry: Tools to Ease Anxiety and Overwhelm

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TUESDAY, APRIL 28 at noon and 7 pm

Lisa Phillips

Teen Communication and Relationship Skills in a Time of Technology

MAY

MAY date TBA at noon and 7pm

Andrew Solomon PhD

Doom Scrolling: Social Media and the Teen Depression and Suicide Crisis

WEDNESDAY, MAY 6 at noon and 7pm

EARLY CHILDHOOD Program

Tracy Patton

Some Messy Fun: Let's Play and Grow Together



B-PAC (BILINGUAL PARENT ADVISORY COUNCIL) MULTICULTURAL PROGRAMMING

GPS in Spanish

THURSDAY, SEPT. 18 at 7pm

Erika Quezada

Practical Tools for Wellbeing in Challenging Times

THURSDAY, OCT. 2 at 7pm

EARLY CHILDHOOD Program

Mariana Prosky Gutierrez

Discipline Young Children the Smart and Healthy Way



THURSDAY, OCT. 16 at 7pm

Lisette Ochoa and Lizette Ramirez

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



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THURSDAY, NOV. 20 at 6pm

Held in-person at Glenbard East.

Dr. Ferney Ramirez

Motivational Strategies for School Success

THURSDAY, DEC. 4 at 7-8:30pm

Susanna Melón, assistant director for student services, English learners and district equity and distinguished panel. In partnership with the Equity Student Achievement Committee.

First a Dream: Find Your Future at College Night

THURSDAY, DEC. 18 at 6pm

Held in-person at Glenbard North.

Presentation and Holiday Gathering

Dr. Ferney Ramirez

Parenting Essentials for Happy Healthy Kids

THURSDAY, FEB. 12 at 7pm

Ricky Castro

Active Parenting to Foster Leadership and Life Skills

THURSDAY, MARCH 19 at 6pm

Held in-person at Glenside Public Library.

Salvador Mora

Instilling Responsible and Healthy Financial Habits in Youth

THURSDAY, APRIL 16 at 6pm

Held in-person at Glenbard North.

Dr. Ferney Ramirez

A Framework to Help Your Child Reach Their Full Potential

GPS in Gujarati

THURSDAY, NOV. 13 at 7pm

Dr. Pooja A. Patel

The Power of Positive Parenting

GPS in Urdu

THURSDAY, JANUARY 22 at 7pm

Saleha Jawaaid

A Parent's Guide for Flourishing Families

Check out the Suggested Reading slide! Next page.

