

2023-2024



College of DuPage



DuPage Medical Group is now:



GPS GLENBARD PARENT SERIES

Navigating Healthy Families



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)



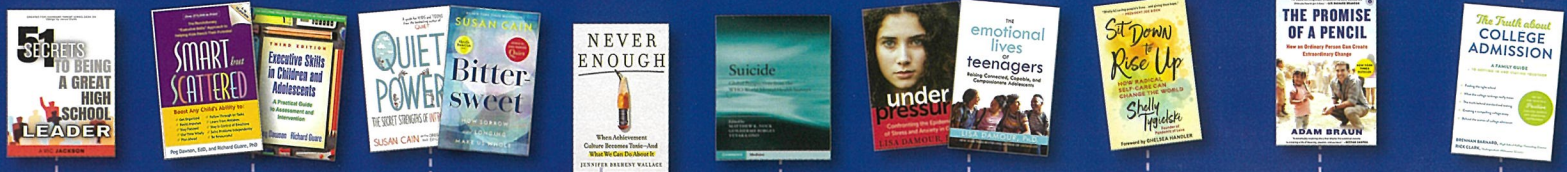
[D87_GPS](https://twitter.com/D87_GPS)



[Glenbard Parent Series](https://www.youtube.com/GlenbardParentSeries)



[glenbardparentseries](https://www.instagram.com/glenbardparentseries)



A'ric Jackson Drs. Peg Dawson & Richard Guare Susan Cain Jennifer B. Wallace Dr. Matthew Nock Dr. Lisa Damour Shelly Tygielski Adam Braun Rick Clark

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

CALENDAR OF EVENTS

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.

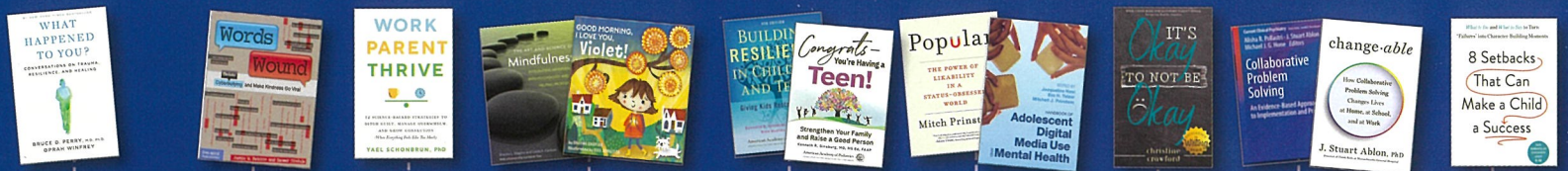
Rick Clark
The Truth Behind College Admissions: A Guide to Getting In and Staying In
SAT Test update to follow program

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?"



Bruce Perry, MD Dr. Sameer Hinduja Dr. Yael Schonbrun Dr. Shauna Shapiro Ken Ginsburg, MD Drs. Mitch Prinstein & Eva Tezler Christine Crawford, MD Dr. Stuart Ablon Michelle Icard

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

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



Dr. Tina
Payne
Bryson

Dr. Carla
Naumburg

Judith
Warner

Dr. Shefali
Tsabary

David Sheff

Mark Perna

Dr. Sonja
Lyubomirsky

Donna
Jackson
Nakazawa

Dr. Ann-
Louise
Lockhart

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**

Community Resource Fair at 6:30 p.m.

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**

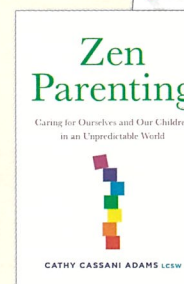
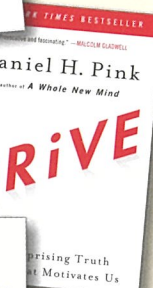
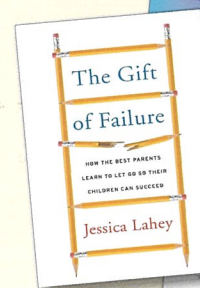
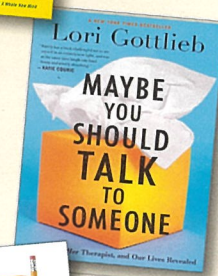
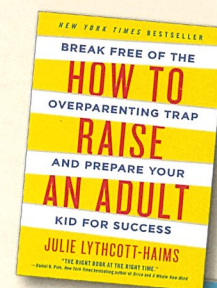
MAY 2024

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

Events are **free**, virtual 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.

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
Bloomington SD 13
WW Community Unit District 200
West Chicago Elementary D33
WW Early Childhood Collab.
Community Speaker Series
Addison Public Library
Bloomington 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

WeGo 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

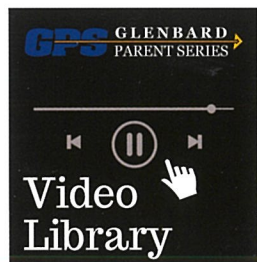
YWCA Met Chicago
Glen Ellyn Youth and Family Counseling Service
360 Youth Services
NEDFYS
NAACP Youth Council
Candor Health
Anderson's Bookshop
The Bookstore Glen Ellyn
Yorke Print Shoppe

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



Dr. 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

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
A'ric Jackson

Motivating the Next Generation to Lead Boldly and Achieve Their Dreams

Community Resource Fair at 6:30 p.m

B-PAC / GPS Programs in Spanish

Bilingual Parent Advisory Council

THURSDAY, SEPT. 21, 7 P.M.

Lisette 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

THURSDAY, MARCH 21, 6 P.M.

In person, Glenbard West library

Dr. Mario Guzmán

The Parent Child Relationship: Balancing Love and Authority

THURSDAY, APRIL 18, 6 P.M.

In person, Glenbard North library

Dr. Ferney Ramírez

Strategies to Be the Parent You Mean to Be

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

