

GPS Parent Series

→
Navigating Healthy Families



World-renowned authors and clinicians present evidence-based strategies to support positive youth development and engaged learning. GPS programs strengthen and empower families with practical tools to help everyone of every age thrive. All events are free and open to the public. No registration is required. CEUs are available to school staff.



2024-25

Emmy Gaffey
FOUNDATION

CEBRIN GOODMAN CENTER
an affiliate of lillian and larry goodman FOUNDATIONS



A BC **Glenbard**
Early Childhood Collaborative

duly
HEALTH AND CARE

CASE
excellence through collaboration

College of DuPage



Endeavor Health





Dr. Aliza Pressman

Dr. Amy Cuddy

Alok Kanojia, MD MPH

Dr. Ann-Louise Lockhart

Dr. Becky Kennedy

Ned Hallowell MD

Michelle Zauner

Chris Herren

Dr. Andrew Solomon

Join families with children of all ages, professionals and the community to help youth belong, engage and succeed. All programs will be presented virtually, Central Time, via Zoom unless otherwise noted. Visit GPSParentSeries.org for location details for in-person and hybrid events.

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

CALENDAR OF EVENTS

AUGUST 2024

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

Dr. Aliza Pressman
In conversation with Dr. Lisa Damour at noon and Dr. David Yeager at 7 P.M.
**Start The Year Off Strong:
5 Essential Skills to Raise Students Who Can Weather Life's Storms**

A conversation will follow with D87 Asst. Supt. of Student Services, Janet Cook

MONDAY, AUG. 26, NOON & 7 P.M.

Dr. Amy Cuddy
In conversation with Rosalind Wiseman
Presence: Body Language to Boost Confidence, Performance Under Stress and Social Bravery

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

Alok Kanojia, MD, MPH
**How to Raise a Healthy Gamer:
Navigate Power Struggles and Build Better Screen Habits**

WEDNESDAY, AUG. 28, NOON & 7 P.M.

Dr. Ann-Louise Lockhart *
**Solutions for Fear, Worry,
and Anxiety in Young Children**
* Early Childhood event for ages 2-8



SEPTEMBER 2024

WEDNESDAY, SEPT. 4, NOON & 7 P.M.

Dr. Becky Kennedy
In conversation with Lori Gottlieb
Good Inside: A Guide to Becoming the Parent You Want to Be

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

Hybrid at noon: Culinary Arts Building at College of DuPage
Dr. Ali Mattu
Anxiety and Stress Reduction Strategies for Teens and Adults

WEDNESDAY, SEPT. 18, 7 P.M.

Great Read
GPSParentSeries.org for multiple watch party locations
Michelle Zauner
In conversation with Kelly Corrigan
Crying in H Mart: A Memoir

THURSDAY, SEPT. 19, 7-8:30 P.M.

Hybrid at McAninch Arts Center (MAC) at College of DuPage
Chris Herren, former NBA player
Prevention Starts With All: The Chris Herren Story

TUESDAY, SEPT. 24, NOON & 7 P.M.

Dr. Andrew Solomon
Far From the Tree: The Many Ways of Unconditional Love and Acceptance
Selected "One of the Best Books of the 21st Century" by The New York Times.

MONDAY, SEPT. 30, NOON & 7 P.M.

Edward Hallowell MD
Driven to Distraction: The New Science to Shift from Deficits to Strengths – ADHD & More

OCTOBER 2024

TUESDAY, OCT. 8, NOON & 7 P.M.

Jeffrey Selinger *Special 90 min. event*
Who Gets In And Why: A Year Inside College Admissions
ACT Test update to follow program

THURSDAY, OCT. 17, NOON & 7 P.M.

Hybrid at 7 P.M.: Glen Ellyn Public Library
Dr. John Duffy
Rescuing Our Teens: 8 Solutions to Our Crisis of Disaffected Youth



Dr. Ali Mattu Jeffrey Selingo Dr. John Duffy Nic Sheff Melinda Wenner Moyer Ron Lieber Kara Alaimo Dr. Ellen Braaten Bruce Perry MD Ph.D.

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

Hybrid at 7 P.M.: Naperville Nichols Public Library
 Dr. Laura Koehler
School Anxiety: Dealing with Resistance, Refusal and Absenteeism

MONDAY, OCT. 28, 6-8 P.M.

In-person at College of DuPage, SRC Rm 2000
 Silvia Moreno-Garcia
Gods of Jade and Shadow

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

Melinda Wenner Moyer
How to Raise Teens You Want to Spend Time With: Science-based Strategies for Responsible, Respectful Kids

NOVEMBER 2024

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

Ron Lieber
The Price You Pay for College: An Entirely New Road Map for the Biggest Financial Decision Your Family Will Ever Make

WEDNESDAY, NOV. 13, 7 P.M.

Film Screening
 In-person at Glenbard West
An Evening with Best Buddies: "Saving Superman"

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

Dr. Kara Alaimo
Over the Influence: Toxic Social Media and How to Limit Its Impact

WEDNESDAY, NOV. 20, NOON & 7 P.M.

Nic Sheff in conversation with Jessica Lahey
Understanding and Preventing Addiction: Beautiful Boy

DECEMBER 2024

WEDNESDAY, DEC. 4, NOON & 7 P.M.

Hybrid at noon: Culinary Arts Building at College of DuPage
 Dr. Emily Edlynn
Autonomy/Balanced Parenting: Reduce Parent Burnout and Raise Competent Kids

TUESDAY, DEC. 10, NOON & 7 P.M.

Ana Homayoun
A Blueprint/Skills for Better Grades: Less Stress, and More Free Time

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

Elizabeth Hamblet
Seven Steps to College Success: A Roadmap for Students with Disabilities

TUESDAY, DEC. 17, NOON & 7 P.M.

Dr. Timothy Wahlberg
Strengthening T(ween) Social Skills For Better Interpersonal Relationships

JANUARY 2025

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

Dr. Ellen Braaten
Bright Kids Who Couldn't Care Less: Tools For Tackling Motivation

WEDNESDAY, JAN. 15, NOON & 7 P.M.

Bruce Perry MD
What Happened to You; A Shift From What Is Wrong With You

THURSDAY, JAN. 16, NOON & 7 P.M.

Donna Jackson Nakazawa
The Adverse Childhood Experiences Guided Journal: Workshop for Parents

WEDNESDAY, JAN. 22, NOON & 7 P.M.

Dr. Ellen Galinsky
The Breakthrough Years: A New Scientific Framework for Raising Thriving Teens

WEDNESDAY, JAN. 29, NOON & 7 P.M.

Sam Quinones
The Changing Landscape of the Drug Epidemic: Fentanyl Poisoning, Meth & More

THURSDAY, JAN. 30, NOON & 7 P.M.

Dr. Tina Payne Bryson * 
The Way of Play: Little Moments, Big Connections for YES Brain Kids

FEBRUARY 2025

TUESDAY, FEB. 4, NOON & 7 P.M.

Emma Goldberg
Future Proof: Positioning Students For The Changing Tide of Work

THURSDAY, FEB. 13, NOON & 7 P.M.

Amy Blankson
Digital Thriving: Technology and the Future of Happiness in a Hyperconnected World

TUESDAY, FEB. 18, NOON & 7 P.M.

Dr. Amishi Jha, Glenbard South graduate
 In conversation with Dr. Schonert-Reichl
Peak Mind: Find Your Focus, Own Your Attention to Become Your Best Self

* Early Childhood event for ages 2-8



Donna Jackson Nakazawa Dr. Tina Payne Bryson Dr. Susan David Amy Blankson Dr. Amishi Jha Duncan Kirkwood Dr. Ellen Galinsky Sarah Vinson MD Dr. Alexandra Solomon

TUESDAY, FEB. 25, 7 P.M.

Live Life Well Week Event
 Hybrid at Glenbard West library
 Duncan Kirkwood
The Critical Skills to Unleash Perseverance, Passion and Purpose
 Community Resource Fair at 6:15 P.M.

THURSDAY, FEB. 27, 7 P.M - 9 P.M.

Hybrid at Glenbard South
 Sarah Ward & Dr. Jessica Minahan
Crack the Behavior Code, Increase Organizational Skills and Harness Worry

MARCH 2025

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

Sarah Vinson MD
Better Days: Supporting Kids' Mental Wellness When Things Aren't OK

WEDNESDAY, MARCH 12, NOON & 7 P.M.

Hybrid at noon: Culinary Arts Bldg at College of DuPage
 Dr. Alexandra Solomon
Cultivating Healthy Relationships For Joy, Peace and a Meaningful Life

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

Dr. Bryan Pearlman
From Struggles to Success: Foster Goal Setting, Responsibility and Compromise

TUESDAY, MARCH. 25, NOON & 7 P.M.

Dr. Mary Ann Little
Childhood Narcissism: Raising Unselfish, Unentitled and Kind Kids in an All-About-Me World

APRIL 2025

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

Meghan Leahy
Tap Into Your Intuition to Connect with Your Child and Go Easy on Yourself

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

Dr. Susan David
 In conversation with Dr. Kristin Neff
Emotional Agility: Skills to Navigate Change and Embrace Self-Compassion

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

Cara Natterson MD & Vanessa Kroll Bennett
This is So Awkward: Helping Kids Manage Today's T(w)een Culture—Modern Puberty Explained

MONDAY, APRIL 28, 7 P.M.

Trevor Muir
Stop Calling them Soft Skills: The Essential Skills Employers Seek

MAY 2025

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

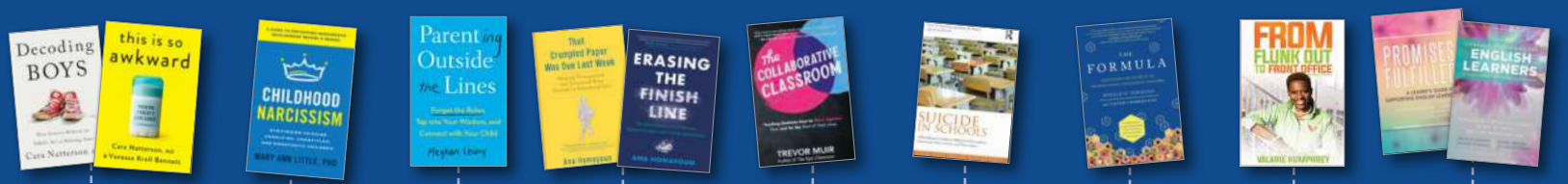
Hybrid at 7 P.M.: Carol Stream Public Library
 Dr. Jonathan Singer
Suicide Signs and Symptoms: Let's Talk About it

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

Dr. Ronald Ferguson *
Everyday Principals to Grow Happy, Healthy, and Smart Young Children



* Early Childhood event for ages 2-8



Cara Natterson MD

Dr. Mary Ann Little

Meghan Leahy

Ana Homayoun

Trevor Muir

Dr. Jonathan Singer

Dr. Ronald Ferguson

Valarie Humphrey

Dr. Hector Montenegro

FUSE: Families United in Support of Excellence for all

Especially students who identify as African-American, Black or Biracial

TUESDAY, SEPT. 17, 6 P.M.

In-person at Glenbard South
Valarie Humphrey

Own Your Own Future & Student Recognition Event

THURSDAY, DEC. 5, 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, FEB. 25, 7 P.M.

Live Life Well Week Event

Hybrid at Glenbard West library
Duncan Kirkwood

The Critical Skills to Unleash Perseverance, Passion and Purpose

Community Resource Fair at 6:15 P.M.

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

Sarah Vinson MD

Better Days: Supporting Kids' Mental Wellness When Things Aren't OK

B-PAC / GPS Programs in Spanish

Bilingual Parent Advisory Council

THURSDAY, SEPT. 12, 7 P.M.

Dr. Hector Montenegro
Life Lessons for Raising a 21st Century Teen

THURSDAY, OCT. 10, 7 P.M.

Lissete Ochoa and Lizette Ramirez
Planning for Success in High School and Beyond: The College Application Process

THURSDAY, NOV. 21, 6 P.M.

In-person at Glenbard East library
Dr. Ferney Ramírez

How to Help Teens Manage Their Emotions for Greater Wellbeing

THURSDAY, DEC. 5, 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. 19, 6 P.M.

In-person at Glenbard North Library
Dr. Ferney Ramírez

Strategies to Help Families and Teens Thrive

THURSDAY, FEB. 6, 7 P.M.

Dr. Edith Treviño

Positive Parenting Mindsets: A Guide to Mental Endurance

THURSDAY, MARCH 20, 6 P.M.

In-person at Glenside Public library
Glendale Heights

Dr. Mario Guzmán

Helping Your Child Flourish and Find Purpose in Challenging Times

THURSDAY, APRIL 24, 6 P.M.

In-person at Glenbard North library
Dr. Ferney Ramírez

Essential Tools for School Success

B-PAC / GPS Program in Gujarati

TUESDAY, OCT. 1, 7 P.M.

Dr. Pooja A. Patel

Parenting Pathways for Healthy Students

B-PAC / GPS Program in Urdu & Hindi

THURSDAY, JAN. 23, 7 P.M.

Saleha Jawaid

The Essentials of Positive Parenting

GPS Program in Spanish

WEDNESDAY, OCT. 2, NOON & 7 P.M.

Mariana Proske Gutierrez *

Parenting the Young Child Through Meltdowns, Misbehavior and Tantrums



* Early Childhood event for ages 2-8

GPS Parent Series events are free, virtual and open to the public. GPS welcomes all public, private, parochial and home-school families, along with students, school staff, professionals and community members throughout Chicagoland and across the country.

CONTINUING PROFESSIONAL DEVELOPMENT UNITS ARE AVAILABLE.

Thanks go to our additional partners for their support

**Northwestern Medicine
Kiwanis**

Marquardt School District 15
Queen Bee School District 16
Glen Ellyn School District 41
Lombard School District 44
CCSD 89
CCSD 93
CCSD 180
CCSD 181
Elmhurst CUSD 205
Community HS District 99
Lake Park High School District 108
Barrington Comm Unit SD 220
High School District 214
Naperville Community Unit SD 203
West Chicago Com. HS District 94
DuPage High School District 88
Lisle CUSD 202
School District 45
Libertyville High School D128
Valley View CUSD 365U
Bensenville School District 2
Indian Prairie SD 204
Cass School District 63
Roselle School District 12
Geneva CUSD 304
Nazareth Academy
Batavia Public School District 101

**Lyons Township HS District 204
Deerfield Parent Network**

LaGrange School District 102
Keeneyville School District 20
Benjamin School District 25
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
Leyden High School District 212
WW Early Childhood Collab.
St. Charles CUSD 303
Salt Creek School District 48
Medinah School District 11
Center Cass School District 66
Winfield School District 34
Woodridge School District 68
Maercker School District 60
Zion-Benton Township HS D126
Niles Township High School 219
Hinsdale Twp High School District 86
Glenbard Twp High School D87
Technology Center of DuPage
ISCA/IL Schl Counselors Association
Community Speaker Series
Addison Public Library

**Stand Strong Coalition
Link Together Coalition**

Bloomington Public Library
Carol Stream Public Library
Elmhurst Public Library
Glenside Public Library
Glen Ellyn Public Library
Helen Plum Public Library
Hinsdale Public Library
Wheaton Public Library
Woodridge Public Library
Illinois PTA
Illinois CASA
ISAC / IL Student Asst. Commission
708 Boards (Milton & Lisle Twp)
YPRC at Prevention First
West Nation
ICNA Relief
NAMI DuPage
Interfaith Mental Health Coalition
One Community
Glendale Heights Youth Commission
Elmhurst Youth Commission
Municipalities of Carol Stream,
Glendale Heights, Glen Ellyn
Lombard and Wheaton
Glen Ellyn Chamber

**Ascension IL Behavioral Health
The Branch Moms**

B. R. Ryall YMCA
WeGo Together for Kids
Teen Parent Connection
Community - The Anti-Drug
FAN / Family Action Network
Glen Ellyn Moms
Serenity House
Elyssa's Mission
Erika's Lighthouse
Glenbard Booster Clubs
IL Human Performance Project
LEAD
Compass Health Center
Kane County Health Dept.
Candor Health Education
Marvelous Minds
Growing Resiliency in Teens 2
Tri-Town YMCA
YWCA Met Chicago
GE Youth & Fam Counseling
360 Youth Services
NEDFYS
Anderson's Bookshop
The Bookstore Glen Ellyn
COSEM
Mindblue.com

Please visit GPSParentSeries.org

for Zoom links, program details, video library and schedule updates. All GPS programs will be conducted virtually, Central Time (CT), via Zoom, unless otherwise noted.

CONNECT WITH US!



Sponsor a GPS program, suggest a topic or submit a question.



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

VIDEO LIBRARY!



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

