



GPS Parent Series: Navigating Healthy Families & Communities 2026-2027 Program Line-up

AUGUST

TUESDAY, AUG. 18

Back-to-School Parent/Athlete Night

Dr. Nir Eyal

Unleash The Winner In You

THURSDAY, AUG. 20 at noon and 7 pm

Sean Geraghty and Mike Goldstein

I'll Do It Later: Less Nagging, More Doing—Tips to Study Smarter

WEDNESDAY, AUG. 26 at noon and 7 pm

Dr. Meredith Elkins in conversation with Lynn Lyons

Parenting Anxiety: Breaking the Cycle of Worry and Raising Resilient Kids

THURSDAY, AUG. 27 at noon and 7 pm

Dr. Michaeleen Doucleff in conversation with Hunter Clarke-Fields

Dopamine Kids: Understand Addictive Triggers and Rewire Young Brains

SEPTEMBER

TUESDAY, SEPT. 1 at noon and 7 pm

Dr. Richie Davidson and Dr. Courtland Dahl in conversation with Judson Brewer

Born to Flourish: Science and Ancient Wisdom Reveal a Simple Path to Thrive

WEDNESDAY, SEPT. 9 at noon and 7 pm

Matt Richtel

Understanding Adolescence: A Complex Journey of Growth and Transformation

WEDNESDAY, SEPT. 16 at noon and 7 pm

Date TBD

Dr. Angela Duckworth, author of GRIT

Situated: Find the People and Places That Bring Out Your Best

THURSDAY, SEPT. 17 at 7 pm

B-PAC in Spanish

Erika Quezada

Parents Under Pressure: Practical Tools for Navigating Life's Challenges

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WEDNESDAY, SEPT. 23 at noon and 7 pm

Suicide Prevention Month Event
Date TBD

Blaise Aguirre, MD in conversation with Ross Szabo, author of "Beyond Happy Faces"
When Kids Say "I Hate Myself": How to Respond

THURSDAY, SEPT. 24 at 7 pm

In Spanish – EARLY CHILDHOOD Event
Mariana Proske Gutierrez



The Power of Play: Nurturing Essential Skills in Early Childhood

WEDNESDAY, SEPT. 30 at noon and 7 pm

Community Read Event
Wellness Expo at 6 pm

HYBRID: In person at College of DuPage at noon and at Glenbard West in Glen Ellyn, IL at 7
Dr. Nicholas Epley

A Little More Social: How Small Choices Create Unexpected Happiness and Connection

OCTOBER

THURSDAY, OCT. 1 at noon and 7 pm

HYBRID: In person at College of DuPage at noon
Dr. Ari Tuckman

Preparing Students with ADHD for Success

WEDNESDAY, OCT. 7 at noon and 7 pm

Katie Rose Guest Pryal, JD

Your Kid Belongs Here: Insights on Parenting Neurodiverse Children

THURSDAY, OCT. 8 at noon and 7 pm

Stephanie Malia Krauss in conversation with Dr. Tony Wagner, author of "Age of Opportunity and Mastery"

Next Steps: What Today's Kids Need for Tomorrow's World

WEDNESDAY, OCT. 14 at noon and 7 pm

Jennifer Breheny Wallace in conversation with Dr. Lisa Damour

Mattering: The Tension Between a "Never Enough" Mentality, Purpose, and Student Well-being

THURSDAY, OCT. 15 at 7 pm

B-PAC in Spanish

Amairany Arzeta and Erika Williams

Thriving in High School and Beyond: Navigating the College Admissions Journey



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TUESDAY, OCT. 20 at noon and 7 pm

Dr. Katie Hurley

The New Bully: Confronting Online Conflict, Rumors, and Social Exclusion

WEDNESDAY, OCT. 28 at noon and 7 pm

HYBRID: In person at College of DuPage at noon

Dr. Corinne Low

Having It All: What Data Tells Us About Women's Lives and Getting The Most Out of Yours

NOVEMBER

THURSDAY, NOV. 5 at noon and 7 pm

Ana Homayoun and Panel

Purposeful Paths: Connecting College Opportunity and Career Discovery

TUESDAY, NOV. 10 at noon and 7 pm

Dr. Ellen Hendriksen

How to Be Enough: Social Anxiety, Perfectionism and How to Quiet Your Inner Critic

THURSDAY, NOV. 12 at 7 pm

B-PAC in Russian/Ukrainian

Esteemed Panel

Navigating the American Education System for Thriving Students

TUESDAY, NOV. 17 at noon and 7 pm

Ron Lieber and Jeff Selingo

Selecting and Paying for College: Nuts, Bolts and Secrets

WEDNESDAY, NOV. 18 at noon and 7 pm

Dr. Sheryl Gonzalez Ziegler

The Crucial Years: The Essential Guide to Mental Health and Modern Puberty in Children 6-12

THURSDAY, NOV. 19 at 6 pm

B-PAC in Spanish, IN-PERSON at Glenbard East in Lombard, IL

Dr. Ferney Ramirez

Decoding Your Teen's Developing Brain: The Why Behind Behavior

MONDAY, NOV. 23 at noon and 7 pm

Education Week Event

Dr. Anthony Puliafico

Understanding School Avoidance: Beyond "Just Go to School"



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DECEMBER

WEDNESDAY, DEC. 2 at noon and 7 pm

Dr. Aliza Pressman in conversation with Dr. Tina Payne Bryson

The Orchid Code: How Temperament Shapes Who We Become – Why Some Children Need More to Flourish

THURSDAY, DEC. 3 at 7 pm

B-PAC in Spanish and English

Susanna Melón, Assistant Director for Student Services, English Learners, and District Equity
From Here to Higher Ed: Get Future Ready with Our College Panel

TUESDAY, DEC. 8 at noon and 7 pm

Eli Harwood

How to Deal With Your @&#% So Your Kids Don't Have To

THURSDAY, DEC. 10 at noon and 7 pm

Dr. Ann-Louise Lockhart

Love the Teen You Have: It's Never Too Late to Transform Conflict into Connection

TUESDAY, DEC. 15 at noon and 7 pm

Bobbi Rebell

Nurturing Money-Smart and Independent Teens

THURSDAY, DEC. 17 at 6 pm

B-PAC in Spanish, IN-PERSON ONLY at Glenbard North in Carol Stream, IL

Dr. Ferney Ramirez

Breaking Patterns: Modeling a Growth Mindset for your Family

JANUARY

THURSDAY, JAN. 7 at noon and 7 pm

Dr. Marc Brackett

Dealing With Feeling: Harness the Power of Emotions to Create a Life You Love

WEDNESDAY, JAN. 13 at noon and 7 pm

Dr. Jean Twenge in conversation with Dr. Rebecca Winthrop

10 Rules for Raising Kids In a High-Tech World

THURSDAY, JAN. 14 at 7 pm

B-PAC in Urdu and Hindi

Saleha Jawaid

Strategies for Building a Lasting Connection With Your Child



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WEDNESDAY, JAN. 20 at noon and 7 pm

Dr. Ross Greene

Impulsive and Explosive: Keeping Calm When Your Child Can't

THURSDAY, JAN. 21 at noon and 7 pm

Bruce Feiler in conversation with Dr. Richard Weissbourd

A Time to Gather and Connect: Simple Rituals That Strengthen Family Bonds

THURSDAY, JAN. 28 at noon and 7 pm

Stuart Slavin MD

The Success Trap: Helping Youth Find Balance in a Competitive, High-Pressure World

FEBRUARY

TUESDAY, FEB. 2 at noon and 7 pm

Dr. Nir Eyal

Beyond Belief: The Science-backed Way to Unlock Hidden Potential

WEDNESDAY, FEB. 3 at noon and 7 pm

Nefertiti Austin in conversation with Debbie Reber.

She's Just Spirited (and Differently Wired): The Highlights and Complexity of Raising Neurodivergent Children

WEDNESDAY, FEB. 10 at noon and 7 pm

Bruce Perry, MD

What Happened to You? A Shift from "What Is Wrong with You?"

THURSDAY, FEB. 11 at 7 pm

B-PAC in Spanish

Elizabeth Gomez

After High School: Charting a Course for Future Success

THURSDAY, FEB. 18 at noon and 7 pm

Dr. Sonja Lyubomirsky and Dr. Eli Finkel

Peak Happiness: How to Feel Valued and Loved

TUESDAY, FEB. 23 at 7 pm

LIVE LIFE WELL WEEK

HYBRID: In person at Glenbard West in Glen Ellyn, IL at 7 pm

FUSE Awards at 6 pm

Brandon Fleming



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MARCH

WEDNESDAY, MARCH 3 at noon and 7 pm

Dr. David S. Yeager

10-25: The Science of Motivating Young People

WEDNESDAY, MARCH 10 at noon and 7 pm

Donna Jackson Nakazawa in conversation with Dr. Ethan Kross

Mind Drama: Conquer Unproductive Overthinking and Worry to Achieve Inner Peace

THURSDAY, March 11 at noon and 7 pm

Joanna Schroeder and Christopher Pepper

How to Talk to Teens: Conversations That Build Connection, Confidence, and Capability

WEDNESDAY, March 17 at noon and 7 pm

David Epstein, author of "Range"

Inside the Box: How Limitations Surprisingly Make Us Better

THURSDAY, MARCH. 18 at 6 pm

B-PAC in Spanish, IN-PERSON ONLY at Glenside Public Library in Glendale Heights, IL

Salvador Mora

Healthy Decision Making for Wellbeing: Social Media, Vaping and More

WEDNESDAY, MARCH 24. at noon and 7 pm

HYBRID: In person at College of DuPage at noon

Dana Suskind, MD

Is AI Your Child's New Best Friend? Keeping Kids Human Raised in an Automated World

APRIL

WEDNESDAY, APRIL 7 at noon and 7 pm

Jodi Kantor

How to Get Started: Discovering Your Life's Work in Uncertain Times

WEDNESDAY, APRIL 14 at noon and 7 pm

Lori Gottlieb

You Should Talk to Someone

THURSDAY, APRIL 15 at 6 pm

B-PAC in Spanish, IN-PERSON ONLY at Glenbard North in Carol Stream, IL

Dr. Ferney Ramirez

Building a Culture of Kindness at Home: Practical Strategies for Mutual Respect

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FRIDAY, APRIL 16 at noon

EARLY CHILDHOOD Event, IN-PERSON ONLY, location TBA
Elliot Regenstein, JD

Readiness: Preparing Early Childhood Systems for a Brighter Future



TUESDAY, APRIL 20 at noon and 7 pm

Ethan Sawyer, The College Essay Guy

Demystifying the College Application Process: How to Successfully Showcase Yourself

THURSDAY, APRIL 22 at noon and 7 pm

Dr. Robert Turrisi in conversation with Jessica Lahey

Brief Parent Efforts Matter: Small Actions That Can Lead to Better Teen Decisions and Outcomes

WEDNESDAY, APRIL 28 at noon and 7 pm

Liz Repking

The Digital Guardrail: Keeping Kids Safe Online in the Age of Cyberbullying, AI, and Social Media

MAY

TUESDAY, MAY 4 at noon and 7 pm

Vanessa Kroll Bennett

Teenhood: Confessions and Lessons for the Trickiest Phase of Parenting

THURSDAY, MAY 6 at noon and 7 pm

EARLY CHILDHOOD Event

Alyssa Campbell

Tiny Humans, Big Emotions: How to Navigate Tantrums, Meltdowns & Defiance to Raise Emotionally Intelligent Kids



Scroll to view multicultural programs and books from
some of our speakers.

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B-PAC (BILINGUAL PARENT ADVISORY COUNCIL) MULTICULTURAL PROGRAMMING

GPS in Spanish

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GPS in Spanish - Early Childhood

THURSDAY, SEPT. 24 at 7 pm

EARLY CHILDHOOD Event

Mariana Proske Gutierrez



The Power of Play: Nurturing Essential Skills in Early Childhood

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GPS Parent Series

Navigating Healthy Families
Just some of our speakers/authors!

2026/2027

GPSParentSeries.org

