

2021-2022

GPS GLENBARD PARENT SERIES

Navigating Healthy Families



DuPage Medical Group
WE CARE FOR YOU



CASE
excellence through
collaboration

CEBRIN GOODMAN CENTER
an affiliate of lillian and larry goodman
FOUNDATIONS



College of DuPage



GPS presents distinguished speakers who share real-world parenting skills to foster self-empowered children who collaborate, communicate, embrace diversity, create, and think critically. Programs are free and open to the public.



Wes Moore Dr. Chris Thurber Janine Halloran Ross Szabo Dr. Lisa Damour Lori Gottlieb Jeff Selingo Dr. Marc Brackett Ana Homayoun

Join parents with children of all ages and professionals to help young people succeed in the classroom and in life.

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

CALENDAR OF EVENTS

AUGUST 2021

THURSDAY, AUG. 19, 7 P.M.

Dr. Hank Weisinger and Dr. Chris Thurber
Rethinking Parental Pressure: A Positive Approach to Pushing Your Child to be Their Best Self

WEDNESDAY, AUG. 25, 7 P.M.

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

THURSDAY, AUG. 26, NOON AND 7 P.M.

Dr. Ken Ginsburg, M.D. M.S. Ed. and Dr. Robert Garofalo, M.D. MPH
Loving, Affirming and Supporting All Children to Thrive: A Gender and Identity Conversation

TUESDAY, AUG. 31, NOON AND 7 P.M.

Janine Halloran
Social Skills and Anxiety Solutions for the Early Child: Start Strong*

SEPTEMBER 2021

Community Read

WEDNESDAY, SEPT. 8, 7 P.M.

Wes Moore
The Other Wes Moore: One Name, Two Fates

Suicide Awareness Month Events

THURSDAY, SEPT. 23, NOON

Dr. Lisa Damour
Under Pressure: Confronting the Epidemic of Stress and Anxiety in Our Teens

THURSDAY, SEPT. 23, 7 P.M.

Lori Gottlieb
Maybe You Should Talk to Someone: A Therapist, Her Therapist, Our Lives Revealed
Interviewed by Dr. Lisa Damour

TUESDAY, SEPT. 28, 7 P.M.

Ross Szabo and Dr. Jason Washburn
Behind Happy Faces: Suicide, Let's Talk About It

A Community Address about Teen Mental Health will follow with Janet Cook, Glenbard District 87 Assistant Superintendent of Student Services

OCTOBER 2021

WEDNESDAY, OCT. 6, 7 P.M.

Jeff Selingo
Who Gets In And Why: A Year Inside College Admissions

TUESDAY, OCT. 12, 7 P.M.

Dr. Marc Brackett
Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves and Our Society Thrive



Dr. Michaela Doucleff

Dr. William Stixrud

Ned Johnson

Katie Hurley

Lydia Denworth

Dr. Gholdy Muhammad

Amy Morin

David Epstein

Julie Lythcott-Haims

WEDNESDAY, OCT. 20, NOON AND 7 P.M.

Ana Homayoun

That Crumpled Paper was Due Last Week: Helping Distracted Students Organize/Integrate Their Online and Real Life Worlds

FALL, 7 P.M. - DATE TO BE ANNOUNCED

Dr. Laurie Santos

The Science of Happiness: Psychology and the Good Life

Yale University's Well-Being Course

NOVEMBER 2021

WEDNESDAY, NOV. 3, NOON AND 7 P.M.

Dr. Michaela Doucleff

Hunter, Gather, Parent: What Ancient Cultures Can Teach Us About the Lost Art of Raising Happy Helpful Little Humans*

TUESDAY, NOV. 9, 7 P.M.

Dr. Matthew Pietrafetta

Preparing for Success on the SAT

WEDNESDAY, NOV. 17, NOON AND 7 P.M.

Dr. William Stixrud and Ned Johnson

What Do You Say? How to Talk with Kids to Build Stress Tolerance, Motivation, and a Happy Home

Authors of *The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives*

DECEMBER 2021

WEDNESDAY, DEC. 1, NOON AND 7 P.M.

Katie Hurley

Positive Thinking for Teens: Tools to Improve Mood, Build Self-Esteem and Motivation

TUESDAY, DEC. 7, 7 P.M.

Lydia Denworth

Friendship: The Evolution, Biology, and Extraordinary Power of Life's Fundamental Bond

JANUARY 2022

WEDNESDAY, JAN. 12, 7 P.M.

Dr. Gholdy Muhammad

Cultivating Genius and Joy: An Equity Framework to Ensure All Children Thrive

WEDNESDAY, JAN. 19, NOON AND 7 P.M.

Amy Morin

13 Things Mentally Strong Kids Do
Author of *13 Things Mentally Strong Parents Don't Do*

WEDNESDAY, JAN. 26, 7 P.M.

David Epstein

Range: Why Generalists Triumph in a Specialized World
Author of *The Sports Gene*

FEBRUARY 2022

Black History Month Event

TUESDAY, FEB. 8, 7 P.M.

Julie Lythcott-Haims

Real American: A Memoir

WEDNESDAY, FEB. 16, 7 P.M.

Dr. Kristin Neff

Self-Compassion: Love Yourself for Who You Are

Kickoff Live Life Well Week

THURSDAY, FEB. 17, NOON

Tovi Scruggs

Mindfulness for Healing and Self-Care

THURSDAY, FEB. 24, NOON AND 7 P.M.

Live Life Well Week Keynote

Javier Sanchez

Helping Students Move from Inspiration to Action to Outcomes

*For parents of children ages 3 to 9



Dr. Kristin Neff Tovi Scruggs Javier Sanchez Dr. Mona Delahooke Michelle Icard Dr. Eboo Patel Cara Natterson, M.D. Dr. John Duffy Lisa Heffernan and Mary Dell Harrington

MARCH 2022

TUESDAY, MARCH 1, 7 P.M.

Dr. Junlei Li and Dr. Dana Winters
*Fred Rogers Center Practitioners Discuss Children's Resilience and the Importance of Everyday Interactions**

THURSDAY, MARCH 3, 7 P.M.

Dr. Mona Delahooke
Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges

WEDNESDAY, MARCH 16, NOON AND 7 P.M.

Michelle Icard
Conversations You Need to Have by Age 14 (15, 16 and 17!)

TUESDAY, MARCH 22, 7 P.M.

Jen Brooks and distinguished panel
The Power of Being the Only Woman in the Room: Title 9-A Celebration of 50 Years

APRIL 2022

Community Read

WEDNESDAY, APRIL 6, 7 P.M.

Dr. Eboo Patel, Founder and CEO of Interfaith Youth Core
Acts of Faith: The Story of an American Muslim, the Struggle for the Soul of a Generation

THURSDAY, APRIL 14, NOON AND 7 P.M.

Cara Natterson, M.D.
New Science to Decode Teen Behaviors and Relationships
Interviewed by Dr. John Duffy, author of *Parenting the New Teen in the Age of Anxiety*

Alcohol Awareness Month Event

TUESDAY, APRIL 19, 7 P.M.

Stephen Hill
First Choice and Second Chance: Prioritizing Health and Self
An Inspiring Story of a Young Man's Battle with Addiction and Journey to Recovery and
Dr. Aaron Weiner
Dr. Douglas Bolton

A Community Conversation with school staff will follow

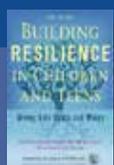
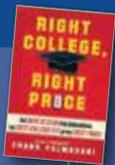
MAY 2022

TUESDAY, MAY 3, 7 P.M.

Lisa Heffernan and Mary Dell Harrington
Grown and Flown: How to Support Your Teen, Stay Close as a Family and Raise Independent Adults

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Stephen Hill

Frank Palmasani

Ken Ginsburg M.D.

Dr. Jason Washburn

Dr. Junlei Li

Ava Blalark

Dr. Michael Allen

Dr. Ferney Ramirez

Dr. Lourdes Ferrer-Allen

FUSE: Families United in Support of Excellence and Equity for All, Especially Students That Identify as African-American or Black

Co-sponsored by the DuPage County Branch NAACP

TUESDAY, SEPT. 14, 7 P.M.

Fiona Arthurs and Ava Blalark
Positive Parenting and Social Emotional Health for the Teenage Years

THURSDAY, DEC. 2, 7 P.M.

Distinguished Panel
Hosted by the Equity and Inclusion Committee
Find Your Future at College Night

WEDNESDAY, FEB. 2, 7 P.M.

Dr. Michael Allen
Preparing to Achieve: Full Life Ahead

B-PAC/GPS Programs in Spanish

(Bilingual Parent Advisory Committee)

THURSDAY, SEPT. 16, 7 P.M.

Luz Luna and Romina Gieseeman, R.D.
The Technology Training and the Wellness Tips to Help Teens Thrive

THURSDAY, OCT. 21, 7 P.M.

Lisette Ochoa and Lizette Ramirez
Preparing the Path for High School and College Success: The College Application Process

THURSDAY, NOV. 18, 7 P.M.

Dr. Ferney Ramirez
Habits that Form Healthy Family Relationships

THURSDAY, DEC. 2, 7 P.M.

Susanna Melón, Glenbard District EL and Title I Coordinator and Distinguished Panel.
In partnership with the Equity Student Achievement Committee
Find Your Future at College Night

THURSDAY, DEC. 16, 7 P.M.

Dr. Ferney Ramirez
Practical Parent Tools for Challenging Times

THURSDAY, FEB. 17, 7 P.M.

Ana Mandujano, YWCA Educator
Teen Relationships Today

THURSDAY, MARCH 17, 7 P.M.

Dr. Lourdes Ferrer-Allen
In the Driver's Seat Parent Academy

THURSDAY, APRIL 21, 7 P.M.

Dr. Ferney Ramirez
Strategies to Help Every Child Succeed

At this time 2021-2022 GPS programs will be conducted in a virtual environment. Access to events and program updates can be found at glenbardgps.org.

We welcome all public, private, parochial, home-schooling parents, caregivers, students and school staff. Events are free and open to the public. Continuing education credits are available for all programs with nursing education credits available at select programs.

Thanks go to our additional partners for their support

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
Elmhurst Community Unit School District 205
Community High School District 99
Bloomington Public Library
Carol Stream Public Library
Glen Ellyn Public Library
Glenside Public Library
Youth Prevention Resource Center
Community - The Anti-Drug

Helen Plum Library
Wheaton Public Library
DuPage High School District 88
Lisle Community Unit School District 202
Northwestern Medicine
DuPage Regional Office of Education
Illinois PTA
NAMI DuPage
Deerfield Parent Network
Community Parent Network
Cebirin Goodman Grant Schools
Navigating Adolescence
Family Action Network
Glendale Heights Youth Commission
City of Elmhurst Commission on Youth

Stand Strong Coalition
Wheaton Warrenville Early Childhood Collaborative
Municipalities of Carol Stream, Glendale Heights, Glen Ellyn and Lombard
Glen Ellyn Chamber of Commerce
Lisle Township
Illinois CASA
One Community
League of Women Voters, Glen Ellyn
Coalition of Schools Educating Mindfully
On Balance Parenting
You Will Be Found
Asserting Achievement
Literacy and Resiliency

Link Together Coalition
Bensenville Youth Coalition
Parent Community Network
SUCCESS & TEAMS
Amita Health
FORWARD DuPage
B. R. Ryall YMCA
Glen Ellyn Youth and Family Counseling Service
360 Youth Services
Northeast DuPage Family and Youth Services
Heritage Professional Associates
Candor Health
Holiday Inn/Carol Stream
Anderson's Bookshop, Naperville & Downers Grove
The Bookstore Glen Ellyn

Please visit glenbardgps.org for all GPS programming, videos, schedule updates and parent resources.

For questions, contact Gilda Ross at (630) 469-9100 or gilda_ross@glenbard.org.

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Check out our **Take 5:** Teen Talk series and videos of previous programs at Glenbard Parent Series YouTube Channel



Glenbard Township
High School District 87

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