

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**

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. Michaelene 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**

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

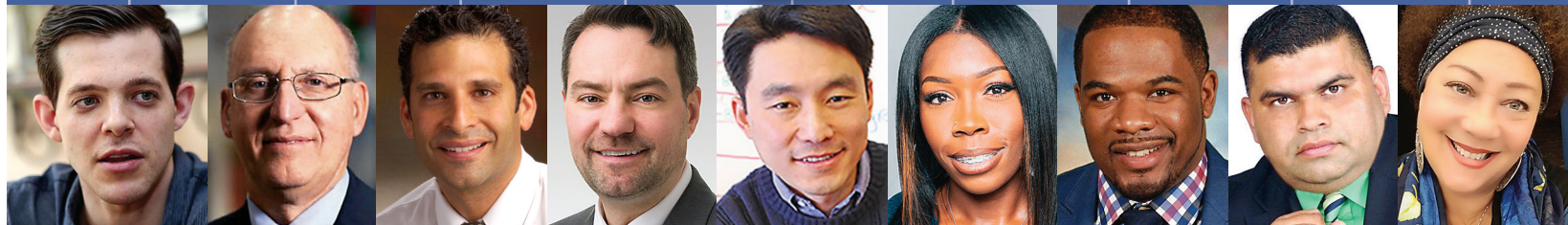
MAY 2022

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

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.

2021-2022

GPS GLENBARD PARENT SERIES

Navigating Healthy Families

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
Cebrin 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



GP-21-20265(6/21)



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.