

2022-

CEBRIN GOODMAN CENTER
an affiliate of Lillian and Larry Goodman
FOUNDATIONS


College of DuPage

Emmy Gaffey
FOUNDATION

DuPage Medical Group is now:

duly
HEALTH AND CARE

DUPAGE COUNTY
PREVENTION LEADERSHIP TEAM
PLT
LEAVE YOUR MARK

CASE
excellence through
collaboration


KidsMatter

Webb-Hutter
FAMILY FUND
OF DUPAGE FOUNDATION

 **Kiwanis**


rosecrance®

 **Glenbard**
Early Childhood Collaborative

 **BIRTH TO 5**
Community Coalition
Supporting CSD's Children Through
Community & Family Partnerships

+PYD
Positive Youth Development
Oak Park & River Forest Townships

GPS GLENBARD PARENT SERIES

Navigating Healthy Families



GPS presents distinguished speakers to inspire, connect and inform with research-based strategies that promote positive youth development. Programs are free 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)



Dana
Suskind,
M.D.

Dan Pink

Julie
Lythcott-
Haims

Anya
Kamenetz

Dr. Jamil
Zaki

Harold
Koplewicz,
M.D.

Dr. Roni
Cohen-
Sandler

Becky
Munsterer
Sabky

Dr. Madeline
Levine

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 2022

THURSDAY, AUG. 18, 7 P.M.

Sarah Ward **

**Executive Functioning Skills for
Success: Organizing, Prioritizing,
Planning**

TUESDAY, AUG. 23, 7 P.M.

Dana Suskind, M.D.*

**Parent Nation: Unlocking Every
Young Child's Potential**

THURSDAY, AUG. 25, 7 P.M.

Frank Palmasani

**Financial Aid Workshop:
Discovering the Best College Fit at
the Best Price**

TUESDAY, AUG. 30, 7 P.M.

Dan Pink in conversation with Julie
Lythcott-Haims

**The Power of Regret: How Looking
Backward Moves Us Forward**

SEPTEMBER 2022

WEDNESDAY, SEPT. 7, 7 P.M.

Anya Kamenetz

**Stolen Year: How COVID Changed
Children's Lives and Where We Go Now**

WEDNESDAY, SEPT. 14, 7 P.M.

Community Read

Dr. Jamil Zaki

**The War for Kindness: Building
Empathy in a Fractured World**

WEDNESDAY, SEPT. 21, NOON & 7 P.M.

Suicide Awareness Month Event

Harold Koplewicz, M.D.

**More Than Moody: Suicide, Let's
Talk About It**

*A conversation will follow with Glenbard
D87 Assistant Superintendent of Student
Services, Janet Cook.*

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

Dr. Roni Cohen-Sandler

**Anything But My Phone Mom! Raising
Resilient Kids in the Digital Age**

OCTOBER 2022

THURSDAY, OCT. 6, 7 P.M.

Becky Munsterer Sabky

**Valedictorians at the Gate: Standing
Out, Getting In, and Staying Sane
While Applying to College**

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

Dr. Madeline Levine

**Success is Not a Straight Line: Skills
to Thrive in Trying Times**

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

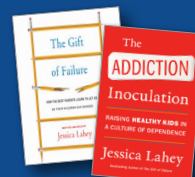
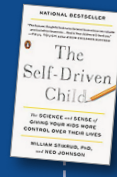
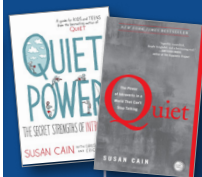
Susan Cain in conversation with
Dr. Marc Brackett and Bruce Feiler

**The Quiet Power and Secret
Strength of Introverts**

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

Dr. Catherine Pearlman

**First Phone: A Pre-Tween's Guide
to Digital Responsibility, Safety and
Etiquette - Ages 9-12**



Susan Cain



Bruce Feiler



Dr. Catherine Pearlman



Ned Johnson



Dr. Shauna Shapiro



Dr. Kelly McGonigal



Dr. John Duffy



Anna Lembke, M.D.



Jessica Lahey

NOVEMBER 2022

TUESDAY, NOV. 1, 7 P.M.

Ned Johnson and Matthew Pietrafetta
Test Taking Skills / SAT Updates / Reducing Test Anxiety

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

Dr. Stephanie Carlson *
Roots of Success: Shaping Executive Function Skills in Early Childhood

WEDNESDAY, NOV. 9, NOON AND 7 P.M.

Dr. Shauna Shapiro
Rewiring the Teen Brain for Motivation and Calm

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

Dr. Kelly McGonigal with Katie Hurley and Dr. John Duffy
Nurturing the Joy of Movement: How Exercise Helps Us Find Happiness, Hope and Courage

WEDNESDAY, NOV. 30, NOON

Anna Lembke, M.D. with Jessica Lahey
Dopamine Nation, Why We're Addicted: Finding Balance in the Age of Indulgence

WEDNESDAY, NOV. 30, 7 P.M.

Hybrid Event: On Zoom & at Glenbard West
Tom Farley and Glenbard alumnus Timothy W. Fong, M.D.

Growing Up with Chris Farley: What Teens Should Know NOW About Substance Use Disorder

DECEMBER 2022

TUESDAY, DEC. 6, NOON AND 7 P.M.

Cathy Cassani Adams
Zen Parenting: Caring for Ourselves and our Children in an Unpredictable World

THURSDAY, DEC. 8, 7 P.M.

Dr. Gholdy Muhammad
Cultivating Genius and Joy: A Framework to Ensure All Children Thrive

TUESDAY, DEC. 13, 7 P.M.

Wake Up Call:
Drug Trends / Proactive Parenting, and "One Pill Can Kill" with Dean Jeske

JANUARY 2023

THURSDAY, JAN. 5, NOON AND 7 P.M.

Dr. Carla Naumburg
You Are Not a "Bad Parent:" How to Practice Self-Compassion and Give Yourself a Break

TUESDAY, JAN. 10, 7 P.M.

Distinguished Panel with Northwestern's Dr. Paul Corona, Dr. Mark Presnell and COD Dean, Kris Fay
The Varied Paths to 21st Century Careers

WEDNESDAY, JAN. 18, 7 P.M.

Special Partnership Event

Dr. Andrew Solomon
Noonday Demon: An Anatomy of Depression

WEDNESDAY, JAN. 25, NOON AND 7 P.M.

Michelle Garcia Winner, Founder of "Social Thinking"
Strategies to Foster Kids' Social Skills

FEBRUARY 2023

WEDNESDAY, FEB. 1, 7 P.M.

Black History Month Event

Zaretta Hammond
Motivating, Supporting and Expanding the Capacity of All Students

WEDNESDAY, FEB. 8, NOON AND 7 P.M.

Dr. Catherine Newman
Essential Communication and Life Skills: A Kid's Guide to Growing Up

WEDNESDAY, FEB. 15, NOON AND 7 P.M.

Gina Biegel
Take in the Good: Skills for Staying Positive, Reducing Stress and Living Your Best Life

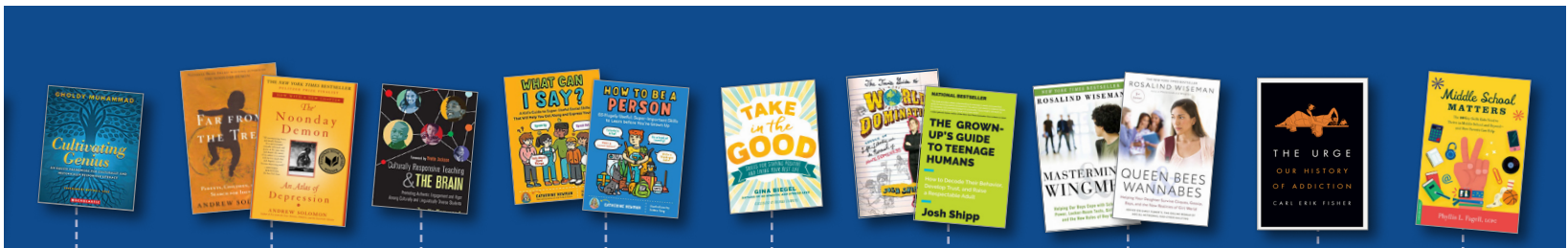
THURSDAY, FEB. 23, NOON AND 7 P.M.

Live Life Well Week Event

Josh Shipp
The Grownup's Guide to Teens: Decode Their Behavior and Develop Trust

TUESDAY, FEB. 28, NOON AND 7 P.M.

Dr. Iheoma Iruka in conversation with Dr. Junlei Li and Michaelen Doucleff *
Start Them Off Right: Partnerships That Build Early Childhood Success



Dr. Ghodly
Muhammad

Dr. Andrew
Solomon

Zaretta
Hammond

Dr. Catherine
Newman

Gina Biegel

Josh Shipp

Rosalind
Wiseman

Carl Erik
Fisher, M.D.

Phyllis
Fagell

MARCH 2023

THURSDAY, MARCH 2, 7 P.M.

Jimmy Casas

Live Your Excellence: Bring Your Best Self to Work and Home Every Day

TUESDAY, MARCH 7, NOON AND 7 P.M.

Dr. Devorah Heitner, Author of "Screenwise"

Growing Up Public: Helping Kids Navigate Privacy and Reputation

TUESDAY, MARCH 14, NOON AND 7 P.M.

Jessica Minahan **

Practical Strategies for Reducing Anxiety and Challenging Behavior in Students

TUESDAY, MARCH 21, NOON AND 7 P.M.

Young Adult Author, Fred Aceves

The New David Espinosa (Body Image, Bullying and Steroid Misuse)

APRIL 2023

TUESDAY, APRIL 4, 7 P.M.

Liz Fosslien, Glenbard alumna

BIG Feelings: How to Be Okay When Things Are Not Okay

TUESDAY, APRIL 11, NOON AND 7 P.M.

Rosalind Wiseman

Supporting Kids Through the Inevitable Ups and Downs of Teen Relationships

TUESDAY, APRIL 18, 7 P.M.

Dr. John Spencer

Empowering Students Today with the Skills of Tomorrow

WEDNESDAY, APRIL 26, NOON AND 7 P.M.

Alcohol Awareness Month Event

Carl Erik Fisher, M.D.

The Urge: A Personal Story of Struggle from an Addiction Psychiatrist

MAY 2023

TUESDAY, MAY 2, NOON AND 7 P.M.

Phyllis Fagell






Middle School Super Powers: 12 Resilience Strategies to Help Tweens and Teens Reframe Setbacks and Gain Confidence

GPS GLENBARD
PARENT SERIES
Navigating Healthy Families

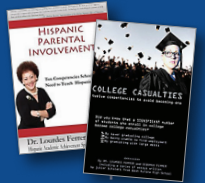
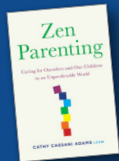
** Denotes 2 hour program

* For parents of children ages 2 to 7

Connect

-  glenbardparentseries
-  D87_GPS
-  Glenbard Parent Series
-  Glenbardparents.blogspot.com
-  glenbardparentseries





Cathy
Cassani
Adams



Michelle
Garcia
Winner



Jimmy
Casas



Dr. Devorah
Heitner



Fred
Aceves



Liz Fosslien



Dr. Dwayne
D. Williams



Dr. Ferney
Ramirez



Dr. Lourdes
Ferrer-Allen

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

THURSDAY, SEPT. 8, 6 P.M.

In person, Glenbard South Little Theatre
Ava Blalark and Dr. Dwayne Williams
Celebrating and Supporting our Students' Success

THURSDAY, DEC. 1, 7 P.M.

Susanna Melon, Assistant Director for Student Services, English Learners and District Equity, in partnership with the Equity Student Achievement Committee
Find Your Future at College Night

THURSDAY, DEC. 8, 7 P.M.

Dr. Ghodly Muhammad
Cultivating Genius and Joy: A Framework to Ensure All Children Thrive

WEDNESDAY, FEB. 1, 7 P.M.

Zaretta Hammond
Motivating, Supporting and Expanding the Capacity of All Students

B-PAC / GPS Programs in Spanish

(Bilingual Parent Advisory Council)

THURSDAY, SEPT. 15, 7 P.M.

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

THURSDAY, OCT. 20, 7 P.M.

Dr. Martha Angel
Wellness Tips and Positive Coping Strategies to Help Teens Thrive

THURSDAY, NOV. 17, 6 P.M.

In person, Glenbard East
Dr. Ferney Ramirez
Fostering Motivation and Resilience

THURSDAY, DEC. 1, 7 P.M.

Susanna Melon, Assistant Director for Student Services, English Learners and District Equity, in partnership with the Equity Student Achievement Committee
Find Your Future at College Night

THURSDAY, DEC. 15, 6 P.M.

In person, Glenbard North Library
Dr. Ferney Ramirez
Decision Making to Enhance Healthy Behaviors

THURSDAY, FEB. 16, 7 P.M.

Ana Mandujano, YWCA Educator
Teen Relationships Today

THURSDAY, MARCH 16, 6 P.M.

In person, Glenbard North Library
Dr. Lourdes Ferrer-Allen
Grooming for Excellence: Parent Academy

THURSDAY, APRIL 20, 6 P.M.

In person, Glenbard West Library
Dr. Ferney Ramirez
Be the Parent You Want to Be

B-PAC / GPS Program in Gujarati

THURSDAY, SEPT. 29, 7 P.M.

Dr. Krishna Bhagat and Tina Shah
How to Support Your Child's Physical and Mental Health for School Success

B-PAC / GPS Program in Urdu & Hindi

THURSDAY, JAN. 19, 7 P.M.

Saadia Baig
Positive Parenting: Strategies to Help Your Child Flourish

Connect



glenbardparentseries



D87_GPS



Glenbard Parent Series



Glenbardparents.blogspot.com



glenbardparentseries

Events are free and open to the public. We welcome all public, private, parochial and home-schooling parents, caregivers and families, along with students, school staff and community members.

All GPS programs will be conducted virtually, Central Time (CT), via Zoom, unless otherwise noted.

Details, event updates and Zoom links can be found at GlenbardGPS.org.

Continuing education credits are available for all programs. Nursing education credits are 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 CUSD 205
Community HS District 99
Lake Park High School District 108
School District 214
West Chicago High School
DuPage High School District 88
Lisle School District 202
School District 45
Valley View CUSD 365U
Evanston-Skokie School District 65
Bensenville School District 2
Bloomington Public Library

Carol Stream Public Library
Villa Park Public Library
Glen Ellyn Public Library
Glenside Public Library
Helen Plum Public Library
Wheaton Public Library
Woodridge Public Library
Friends of the Glenside Library
YPRC
Community - The Anti-Drug
Northwestern Medicine
DuPage Regional Office of
Education
Illinois PTA
NAMI DuPage
Deerfield Parent Network
Community Parent Network
Cebrin Goodman Grant Schools
On Balance Parenting
West Nation

Navigating Adolescence
Family Action Network
One Community
Wheaton Warrenville Early
Childhood Collaborative
Stand Strong Coalition
Glendale Heights Youth Commission
Elmhurst Youth Commission
Bensenville Youth Coalition
Municipalities of Carol Stream,
Glendale Heights, Glen Ellyn
Lombard, Bloomingdale, Lisle
and Wheaton
Glen Ellyn Chamber
Illinois CASA
League of Women Voters,
Glen Ellyn
COSEM
Love Like Lija
Serenity House

Compass Health Center
You Will Be Found
Marvelous Minds
AALR
Link Together Coalition
Growing Resiliency in Teens 2
Parent Community Network
SUCCESS & TEAMS
Ascension Illinois
B. R. Ryall YMCA
YWCA Met Chicago
Glen Ellyn Youth and Family
Counseling Service
360 Youth Services
NEDFYS
Candor Health
Anderson's Bookshop,
Naperville & Downers Grove
The Bookstore Glen Ellyn
Teen Parent Connection

Please visit GlenbardGPS.org
for program details,
schedule updates and parent
resources.

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



Check out our Take 5:

Check out the Glenbard Parent Series YouTube channel; Find videos of previous programs, highlights, and our Take 5 series for teens and adults.



Glenbard Township
High School District

Glenbard East: 1014 South Main St in Lombard
Glenbard North: 990 Kuhn Rd in Carol Stream
Glenbard South: 23W200 Butterfield Rd in Glen Ellyn
Glenbard West: 670 Crescent Blvd in Glen Ellyn

CR-22-23 (7/22)