



## GPS Parent Series: *Navigating Healthy Families & Communities* 2025-2026 Program Line-up

### AUGUST

#### THURSDAY AUGUST 21 at noon and 7pm

Sara Ward & Kristen Jacobsen

***Organizational Skills for School Success***

#### TUESDAY AUGUST 26 at noon and 7pm

Susan Dominus in conversation with Lisa Damour, author of "Under Pressure"

***Family Dynamic: How to Support Students to Aim High, Dream Big, and Succeed***

### SEPTEMBER

#### WEDNESDAY, SEPT. 3 at noon and 7pm

Martha Beck PhD

***Beyond Anxiety: A Creative Path to Fill your Life with Joy, and Calm***

#### TUESDAY, SEPT. 9 at 7pm only

**IN PERSON Program at Glenbard South High School.**

Bill Cartwright in conversation with Mike Hall, Glenbard Grad and Big Ten Sportscaster

***Rules for Living Life at the Center***

#### THURSDAY, SEPT. 11 at noon and 7pm

Hunter Clarke Fields

***Be the Parent You Want to Be: End Reactive Parenting Habits and Find Peace at Home***

#### WEDNESDAY, SEPT. 17 at noon and 7pm

COMMUNITY READ Event

Susan Cain in conversation with Scott Barry Kaufman, author "Transcend," and "Wired to Create"

***Quiet Power: The Secret Strengths of Introverted Kids and Adults***

#### THURSDAY, SEPT. 25 at noon and 7pm

Jessica Lahey

***An Action Plan for Happy, Healthy Addiction-Resistant Kids***

#### TUESDAY, SEPT. 30 at noon and 7pm

Ross Greene PhD

***Explosive Child: Understanding, Frustrated and Chronically Inflexible Children***

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### OCTOBER

#### TUESDAY, OCT. 7 at noon and 7pm

Judson Brewer MD

***The Craving Mind: Break the Cycle of Worry and Bad Habits to Create Healthier Ones***

#### THURSDAY, OCT. 9 at noon and 7pm

Ken Wallace PhD in conversation with Jason Klein PhD

***Why Before Where: Preparing for the World of Tomorrow***

#### WEDNESDAY, OCT. 15 at noon and 7pm

David Yaeger Ph.D.

***What We Get Wrong Motivating and Connecting with Young People 10-25: Building a Growth Mindset***

#### TUESDAY, OCT. 21 at noon and 7pm

EARLY CHILDHOOD Event

Mary Sheedy Kurcinka Ed.D

***Raising Your Spirited (Intense, Sensitive, Persistent, Energetic) Child***



#### THURSDAY, OCT. 30 at noon and 7pm

Lisa Damour PhD in conversation with Jennifer Wallace, author of “When Achievement Culture Becomes Toxic and What We Can Do About It”

***Untangling Teen Challenges: Achievement Culture, Relationship Stress, and Social Media***

### NOVEMBER

#### WEDNESDAY, NOV. 5 at noon and 7pm

Ned Johnson and William Stixrud PhD

***The Seven Principles for Raising a Self-Driven Child***

#### WEDNESDAY, NOV. 12 at noon and 7pm

HYBRID Program at College of DuPage at noon.

Cathy Adams in conversation with John Duffy PhD, author of “Rescuing Our Sons: 8 Solutions to the Crisis of our Disaffected Boys”

***Restoring Our Girls/Rescuing Our Boys: What Teens Want You to Know—Conversations to Have Now***

#### TUESDAY, NOV. 18 at noon and 7pm

Drew Ramsey MD

***Nourishing the Modern Brain: The Food-Mood Connection***



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**MONDAY, NOV. 24 at noon and 7pm**

AMERICAN EDUCATION WEEK Event

Beth Houf

***The School Parent Connection: Tackling Tough Topics: Attendance, Slipping Grades, Behavior***

### DECEMBER

**TUESDAY, DEC. 2 at noon and 7pm**

Ethan Kross PhD in conversation with Jamil Zaki, author of "The War for Kindness"

***Shift: Managing Your Emotions--So They Don't Manage You-The Innate Skills to be Healthier and More Successful***

**THURSDAY, DEC. 4 at 7pm**

Susanna Melón and Timothy Fields

***First a Dream: Find Your Future at College Night***

**WEDNESDAY, DEC. 10 at noon and 7pm**

Jeff Selingo

***Dream School: Finding and Getting into the College That's Right for You***

**TUESDAY, DEC. 16 at noon and 7pm**

Chris Willard PhD

***Mental Health 101: Managing Your Teen's Mental Health Journey in High School, College and Beyond***

### JANUARY

**THURSDAY, JAN. 8 at noon and 7pm**

Gretchen Rubin in conversation with Dr. Laurie Santos of the Happiness Lab

***Secrets of Adulthood: Simple Truths for Greater Happiness***

**TUESDAY, JAN. 13 at noon and 7pm**

Ken Ginsburg MD

***Lighthouse Parenting: Loving Guidance for a Lifelong Bond***

**WEDNESDAY, JAN. 21 at noon and 7pm**

Kristen Jones

***Empowered Athletes: Conquer Anxiety for Peak Performance***



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### TUESDAY, JAN. 27 at noon and 7pm

Rebecca Winthrope and Jenny Anderson

***Checked Out /Stressed Out—Moving Kids From Disengagement to Drive: Learn Better, Feel Better and Live Better***

## FEBRUARY

### WEDNESDAY, FEB. 4 at noon and 7pm

Amy Blankson in conversation with Lauren Hutton

***Superthinkers: Cultivating Leadership and Digital Wellness in a World of Rapid Change***

### TUESDAY, FEB. 10 at noon and 7pm

Christine Crawford MD

***You Are Not Alone: Navigating Your Child's Mental Health with Wisdom from Experts and Real Families***

### WEDNESDAY, FEB. 18 at noon and 7pm

**HYBRID Programs at College of DuPage at noon and at Glenbard West High School at 7pm.**

Jodi Norgaard

***Dream Big: My Entrepreneurial Journey to Break New Ground***

### THURSDAY, FEB. 19 at noon and 7pm

Ellen Braaten PhD

***Bright Kids Who Can't Keep Up: Strategies to Improve Academic Performance and Processing***

### TUESDAY, FEB. 24 at 7pm

LIVE LIFE WELL WEEK Keynote

**HYBRID Program at Glenbard West, preceded by a Community Resource Fair at 6pm.**

Julia Garcia PhD

***From Self Doubt to Self-Worth: How to Be Your Best Self***

## MARCH

### TUESDAY, MARCH 3 at noon and 7pm

Melinda Wenner Moyer

***The Strengths to Survive, Even Thrive: Raising Terrific Kids in Terrifying Times***

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### WEDNESDAY, MARCH 11 at noon and 7pm

Chef Curtis Duffy

***Firepower: Memoir of a Chef—Cooking Up Resilience***

### THURSDAY, MARCH 12 at noon and 7pm

Ryan Lautterwausse

***Keeping Kids Safe in the Digital Space***

### TUESDAY, MARCH 17 at noon and 7pm

Nedra Glover Tawwab

***The Balancing Act: Creating Healthy Connection Without Losing Yourself***

### TUESDAY, MARCH 24 at noon and 7pm

Ethan Sawyer

***College Admission Essentials from The “College Essay Guy”***

## APRIL

### WEDNESDAY, APRIL 8 at noon and 7pm

Bryana Kappadakunnel

***Parent Yourself First: Become The Parent You Want to Be***

### THURSDAY, APRIL 9 at noon and 7pm

EARLY CHILDHOOD Program

Janine Halloran



***Coping Skills to Calm Anger, Anxiety and Challenging Feelings in Young Children***

### WEDNESDAY, APRIL 15 at noon and 7pm

HYBRID Program at College of DuPage at noon.

Doug Bolton PhD

***Never Give Up On Kids: How to Go from End-of-Your-Rope to Hope***

### MONDAY, APRIL 20 at noon and 7pm

D87 FEST

Rachael Mann

***Brace Yourself For an AI Future***

### WEDNESDAY, APRIL 22 at noon and 7pm

Ashley Graber and Maria Evans

***Raising Calm Elementary and High School Kids in a World of Worry: Tools to Ease Anxiety and Overwhelm***

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**TUESDAY, APRIL 28 at noon and 7 pm**

Lisa Phillips

***Teen Communication and Relationship Skills in a Time of Technology***

### MAY

**MAY date TBA at noon and 7pm**

Andrew Solomon PhD

***Doom Scrolling: Social Media and the Teen Depression and Suicide Crisis***

**WEDNESDAY, MAY 6 at noon and 7pm**

EARLY CHILDHOOD Program

Tracy Patton

***Some Messy Fun: Let's Play and Grow Together***



### **B-PAC (BILINGUAL PARENT ADVISORY COUNCIL) MULTICULTURAL PROGRAMMING**

#### **GPS in Spanish**

**THURSDAY, SEPT. 18 at 7pm**

Erika Quezada

***Practical Tools for Wellbeing in Challenging Times***

**THURSDAY, OCT. 2 at 7pm**

EARLY CHILDHOOD Program

Mariana Prosky Gutierrez

***Discipline Young Children the Smart and Healthy Way***



**THURSDAY, OCT. 16 at 7pm**

Lisette Ochoa and Lizette Ramirez

***Planning for Success in High School and Beyond: The College Application Process***



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**THURSDAY, NOV. 20 at 6pm**

Held in-person at Glenbard East.

Dr. Ferney Ramirez

***Motivational Strategies for School Success***

**THURSDAY, DEC. 4 at 7-8:30pm**

Susanna Melón, assistant director for student services, English learners and district equity and distinguished panel. In partnership with the Equity Student Achievement Committee.

***First a Dream: Find Your Future at College Night***

**THURSDAY, DEC. 18 at 6pm**

Held in-person at Glenbard North.

Presentation and Holiday Gathering

Dr. Ferney Ramirez

***Parenting Essentials for Happy Healthy Kids***

**THURSDAY, FEB. 12 at 7pm**

Ricky Castro

***Active Parenting to Foster Leadership and Life Skills***

**THURSDAY, MARCH 19 at 6pm**

Held in-person at Glenside Public Library.

Salvador Mora

***Instilling Responsible and Healthy Financial Habits in Youth***

**THURSDAY, APRIL 16 at 6pm**

Held in-person at Glenbard North.

Dr. Ferney Ramirez

***A Framework to Help Your Child Reach Their Full Potential***

### **GPS in Gujarati**

**THURSDAY, NOV. 13 at 7pm**

Dr. Pooja A. Patel

***The Power of Positive Parenting***

### **GPS in Urdu**

**THURSDAY, JANUARY 22 at 7pm**

Saleha Jawaaid

***A Parent's Guide for Flourishing Families***

***Check out the Suggested Reading slide! Next page.***

