



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

AUGUST

THURSDAY AUGUST 21 at noon and 7pm

Sara Ward

Organizational Skills for School Success

TUESDAY AUGUST 26 at noon and 7pm

Susan Dominus in conversation with Dr. Lisa Damour, author of “The Emotional Lives of Teens”
Family Dynamic: How to Support Students to Aim High, Dream Big, and Succeed

SEPTEMBER

WEDNESDAY, SEPT. 3 at noon and 7pm

Dr. Martha Beck

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

TUESDAY, SEPT. 9 at 7pm only

IN PERSON Program at Glenbard West High School

Free book giveaway for all attendees

Bill Cartwright, former Chicago Bull, 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

End Reactive Parenting Habits and Find Peace at Home

WEDNESDAY, SEPT. 17 at noon and 7pm

COMMUNITY READ Event

Susan Cain in conversation with Dr. 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

Engaged, Competent, and Sober: Raising Addiction-Resistant Kids in a Culture of Dependence

TUESDAY, SEPT. 30 at noon and 7pm

Dr. Ross Greene

Explosive Child: Understanding Frustrated and Inflexible Children

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OCTOBER

TUESDAY, OCT. 7 at noon and 7pm

Judson Brewer MD, PhD

The Craving Mind: Break the Cycle of Worry and Bad Habits

THURSDAY, OCT. 9 at noon and 7pm

Dr. Ken Wallace in conversation with Dr. Jason Klein

Why Before Where: Career Planning for the Next Generation

WEDNESDAY, OCT. 15 at noon and 7pm

Dr. David Yaeger

What We Get Wrong: Motivating and Communicating with Young People 10-25:

TUESDAY, OCT. 21 at noon and 7pm

EARLY CHILDHOOD Program

Dr. Mary Sheedy Kurcinka



Raising A Spirited, Intense, Sensitive, Persistent, and Energetic Child

THURSDAY, OCT. 30 at noon and 7pm

Dr. Lisa Damour in conversation with Jennifer Wallace, author of "Never Enough: When Achievement Culture Becomes Toxic and What We Can Do About It"

Untangling Teen Challenges: Social Media, Relationships, and the Epidemic of Stress

NOVEMBER

WEDNESDAY, NOV. 5 at noon and 7pm

Ned Johnson and Dr. William Stixrud

The Seven Crucial Principles to Raise a Self-Driven Child

WEDNESDAY, NOV. 12 at noon and 7pm

HYBRID Program at College of DuPage at noon.

Cathy Adams in conversation with Dr. John Duffy, author of "Parenting the New Teen"

What Teens Want You to Know and 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

Dr. Beth Houf

The School-Parent Partnership: Tackling Tough Topics—Attendance, Slipping Grades, Behavior, and More

DECEMBER

TUESDAY, DEC. 2 at noon and 7pm

Dr. Ethan Kross in conversation with Dr. Jamil Zaki, author of “The War for Kindness”

Shift: Managing Your Emotions So They Don’t Manage You

THURSDAY, DEC. 4 at 7pm

Timothy Fields and Panel

From Here to Higher Ed: Why College Includes You

WEDNESDAY, DEC. 10 at noon and 7pm

Jeff Selingo, author of “Who Gets In and Why”

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

TUESDAY, DEC. 16 at noon and 7 pm

Dr. Chris Willard

Mental Health 101: Supporting 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: Guiding Teens to Develop Independence and Coping Skills to Navigate Their Own Journey

WEDNESDAY, JAN. 21 at noon and 7pm

Kirsten Jones

Empowered Athletes: Fostering Confidence for Peak Performance



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TUESDAY, JAN. 27 at noon and 7pm

Jenny Anderson and Dr. Rebecca Winthrop

Checked Out / Stressed Out: Moving Kids From Disengagement to Drive

FEBRUARY

WEDNESDAY, FEB. 4 at noon and 7pm

Amy Blankson in conversation with Lauren Hasson

Superthinkers: Raising Tomorrow's Leaders Today

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. 11 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

Dr. Ellen Braaten

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 6:15 pm.

Dr. Julia Garcia

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

MARCH

TUESDAY, MARCH 3 at noon and 7pm

Melinda Wenner Moyer

Raising Terrific Kids in Terrifying Times: The Strengths to Survive and Thrive

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WEDNESDAY, MARCH 11 at noon and 7pm

HYBRID Program at Technology Center of DuPage at noon.

Chef Curtis Duffy

Fireproof: Memoir of a Chef—Cooking Up Resilience

TUESDAY, MARCH 17 at noon and 7pm

Nedra Glover Tawwab in conversation with Daniel Pink, author of “A Whole New Mind”

The Balancing Act: Creating Healthy Connections 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 Address Anger and Challenging Feelings

WEDNESDAY, APRIL 15 at noon and 7pm

HYBRID Program at College of DuPage at noon.

Dr. Doug Bolton in conversation at 7 p.m. with Vanessa Kroll Bennett, author of “This Is So Awkward”

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

MONDAY, APRIL 20 at noon and 7pm

Rachael Mann

Brace Yourself For an AI Future

WEDNESDAY, APRIL 22 at noon and 7pm

Ashley Graber and Maria Evans

Raising Calm Kids in a World of Worry: Tools to Ease Anxiety and Overwhelm

TUESDAY, APRIL 28 at noon and 7 pm

Lisa Phillips

Teen Relationship Skills in the Social Media Era

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MAY

TUESDAY, MAY 5 at noon and 7pm

Catherine Price

The Amazing Generation: Breaking Up with Screens and Unlocking Kids' Potential in a Tech-Filled Environment

WEDNESDAY, MAY 6 at noon and 7pm

EARLY CHILDHOOD Program

Deborah Farmer Kris and Tracy Patton



Awe-Seeking and Mess-Making: The Science of Wonder to Help Kids Thrive



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 Proske Gutierrez



Smart And Healthy Discipline for Young Children

THURSDAY, OCT. 16 at 7pm

Lisete Ochoa and Lizette Ramirez

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

THURSDAY, NOV. 20 at 6pm

Held in-person at Glenbard East library

Dr. Ferney Ramirez

Motivational Strategies for School Success



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

Susanna Melón, assistant director for student services, English learners and district equity and distinguished panel.

From Here to Higher Ed: Why College Includes You

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: 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 library

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 & Hindi

THURSDAY, JANUARY 22 at 7pm

Saleha Jawaid

A Parent's Guide for Flourishing Families

Check out the Suggested Reading slide! Next page.

