

# GPS

## Parent Series

### Navigating Healthy Families

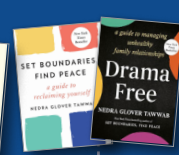
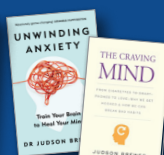
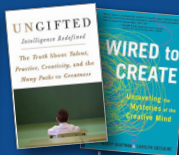
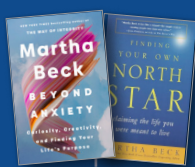
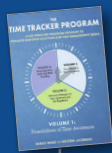
2025-26



# Years



All are welcome to our free weekly lineup of renowned speakers who share evidence-based strategies to support positive youth development and help families thrive. No registration required. Programs presented in multiple languages. In-person locations and Zoom links at [GPSParentSeries.org](https://GPSParentSeries.org). CEUs are available for school staff and clinicians.\*



Sarah Ward

Dr. Martha Beck

Bill Cartwright

Hunter Clarke Fields

Susan Cain

Dr. Scott Barry Kaufman

Judson Brewer, MD

Nedra Glover Tawwab

Daniel Pink

We invite you to participate in the highly regarded GPS Parent Series, featuring an inspiring lineup of distinguished presenters who offer practical guidance to enhance the well-being and success of every child.

Jessica Santee, Superintendent, Glenbard Twp HS District 87

Gilda Ross, Student and Community Projects Coordinator, Glenbard Twp HS District 87

# CALENDAR OF EVENTS

## AUGUST 2025

**THURSDAY, AUG. 21, NOON & 7 P.M.**

Sarah Ward

**Organizational Skills for School Success**

**TUESDAY, AUG. 26, NOON & 7 P.M.**

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 2025

**WEDNESDAY, SEPT. 3, NOON & 7 P.M.**

Dr. Martha Beck

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

**TUESDAY, SEPT. 9, 7 P.M.**

*In-person only at Glenbard West High School  
Free book giveaway for all attendees!*

Bill Cartwright, former Chicago Bull in conversation with Mike Hall  
**Rules for Living Life at the Center**

**THURSDAY, SEPT. 11, NOON & 7 P.M.**

Hunter Clarke Fields

**End Reactive Parenting Habits and Find Peace at Home**

**WEDNESDAY, SEPT. 17, NOON & 7 P.M.**

**Great Read!**

Susan Cain

in conversation with Dr. Scott Barry Kaufman, author of "Transcend"

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

**THURSDAY, SEPT. 25, NOON & 7 P.M.**

Jessica Lahey

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

**TUESDAY, SEPT. 30, NOON & 7 P.M.**

Dr. Ross Greene

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

## OCTOBER 2025

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

Judson Brewer, MD, PhD

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

**THURSDAY, OCT. 9, NOON & 7 P.M.**

Dr. Ken Wallace

in conversation with Dr. Jason Klein

**Why Before Where: Career Planning for the Next Generation**

**WEDNESDAY, OCT. 15, NOON & 7 P.M.**

Dr. David Yeager

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

*A conversation will follow with D87 Asst. Supt. for Student Services, Janet Cook*

**TUESDAY, OCT. 21, NOON & 7 P.M.**

Dr. Mary Sheedy Kurcinka  
**Raising A Spirited, Intense, Sensitive, Persistent, and Energetic Child**







Dr. Ross Greene    Jessica Lahey    Dr. David Yeager    Dr. Lisa Damour    Jennifer Wallace    Dr. William Stixrud & Ned Johnson    Drew Ramsey, MD    Dr. Ethan Kross    Dr. Jamil Zaki

## THURSDAY, OCT. 30, NOON & 7 P.M.

Dr. Lisa Damour  
in conversation with Jennifer Wallace,  
author of "Never Enough"  
**Untangling Teen Challenges:**  
Social Media, Relationships, and the  
Epidemic of Stress

## NOVEMBER 2025

### WEDNESDAY, NOV. 5, NOON & 7 P.M.

Ned Johnson and Dr. William Stixrud  
**The Seven Crucial Principles to  
Raise a Self-Driven Child**

### WEDNESDAY, NOV. 12, NOON & 7 P.M.

*Hybrid at noon: College of DuPage*  
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**

Attendees in person will receive a free copy  
of "Restoring Our Girls"

### TUESDAY, NOV. 18, NOON & 7 P.M.

Drew Ramsey, MD  
**Nourishing the Modern Brain:**  
The Food-Mood Connection

### MONDAY, NOV. 24, NOON & 7 P.M.

*American Education Week Event*  
Dr. Beth Houf  
**The School-Parent Partnership:**  
Tackling Tough Topics—Attendance,  
Slipping Grades, Behavior, and More

## DECEMBER 2025

### TUESDAY, DEC. 2, NOON & 7 P.M.

Dr. Ethan Kross  
in conversation with Dr. Jamil Zaki  
**Shift: Managing Your Emotions So  
They Don't Manage You**

### THURSDAY, DEC. 4, 7 P.M.

*Presented in English and Spanish*  
Timothy Fields and Panel  
**From Here to Higher Ed:**  
Why College Includes You

### WEDNESDAY, DEC. 10, NOON & 7 P.M.

Jeff Selinger, author of "Who Gets In  
and Why"  
**Dream School:**  
Finding and Getting into the  
College That's Right for You

### TUESDAY, DEC. 16, NOON & 7 P.M.

Dr. Christopher Willard  
**Mental Health 101: Supporting Your  
Teen's Mental Health Journey in  
High School, College, and Beyond**

## JANUARY 2026

### THURSDAY, JAN. 8, NOON & 7 P.M.

Gretchen Rubin  
in conversation with Dr. Laurie Santos  
**Secrets of Adulthood: Simple Truths  
for Greater Happiness**

### TUESDAY, JAN. 13, NOON & 7 P.M.

Ken Ginsburg, MD, MSEd  
**Lighthouse Parenting:**  
Guiding Teens to Develop  
Independence and Coping Skills  
to Navigate Their Own Journey

### WEDNESDAY, JAN. 21, NOON & 7 P.M.

Kirsten Jones  
**Empowered Athletes: Fostering  
Confidence for Peak Performance**

### TUESDAY, JAN. 27, NOON & 7 P.M.

Jenny Anderson  
Dr. Rebecca Winthrop  
**Checked-Out / Stressed-Out: Moving  
Kids From Disengagement to Drive**

## FEBRUARY 2026

### WEDNESDAY, FEB. 4, NOON & 7 P.M.

Amy Blankson  
in conversation with Lauren Hasson  
**Superthinkers: Raising Tomorrow's  
Leaders Today**

### TUESDAY, FEB. 10, NOON & 7 P.M.

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

### WEDNESDAY, FEB. 11, NOON & 7 P.M.

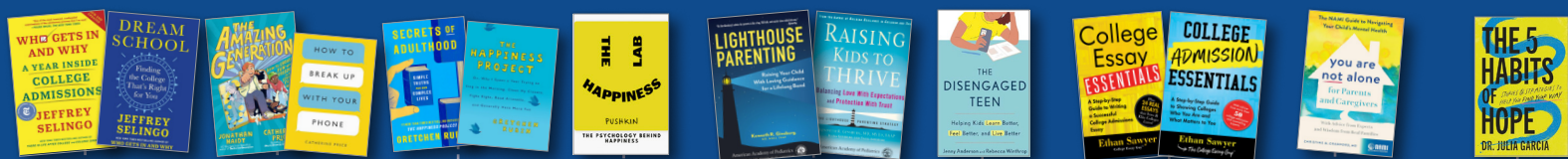
*Hybrid at noon: College of DuPage*  
*Hybrid at 7 p.m.: Glenbard West High School*  
Jodi Norgaard  
**Dream Big: My Entrepreneurial  
Journey to Break New Ground**

### THURSDAY, FEB. 19, NOON & 7 P.M.

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



*Early Childhood Event, ages 2-8*



Jeff Selingo Catherine Price Gretchen Rubin Dr. Laurie Santos Ken Ginsburg, MD Dr. Rebecca Winthrop Ethan Sawyer Christine Crawford, MD Dr. Julia Garcia

## TUESDAY, FEB. 24, 7 P.M.

*Live Life Well Week Event*  
*Hybrid at Glenbard West High School*  
 Dr. Julia Garcia  
**From Self-Doubt to Self-Worth:**  
**How to Consistently Be Your Best**  
*Community Resource Fair at 6:15 P.M.*

## MARCH 2026

### TUESDAY, MARCH 3, NOON & 7 P.M.

Melinda Wenner Moyer  
**Raising Terrific Kids in Terrifying Times:**  
**The Strengths to Survive and Thrive**

### WEDNESDAY, MARCH 11, NOON & 7 P.M.

*Hybrid at noon: Technology Center of DuPage*  
 Chef Curtis Duffy  
**Fireproof: Memoir of a Chef —**  
**Cooking Up Resilience**

### TUESDAY, MARCH 17, NOON & 7 P.M.

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, NOON & 7 P.M.

Ethan Sawyer  
**College Admission Essentials from**  
**"The College Essay Guy"**

## APRIL 2026

### WEDNESDAY, APRIL 8, NOON & 7 P.M.

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

## THURSDAY, APRIL 9, NOON & 7 P.M.

Janine Halloran  
**Coping Skills to Address**  
**Anger and Challenging Feelings**



## WEDNESDAY, APRIL 15, NOON & 7 P.M.

*Hybrid at noon: College of DuPage*  
 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, NOON & 7 P.M.

Rachael Mann  
**Brace Yourself For an AI Future**

## WEDNESDAY, APRIL 22, NOON & 7 P.M.

Ashley Graber and Maria Evans  
**Raising Calm Kids in a World of Worry:**  
**Tools to Ease Anxiety and Overwhelm**

## TUESDAY, APRIL 28, NOON & 7 P.M.

Lisa Phillips  
**Teen Relationship Skills**  
**in the Social Media Era**

## MAY 2026

### TUESDAY, MAY 5, NOON & 7 P.M.

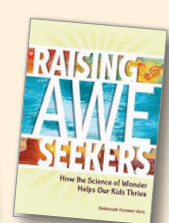
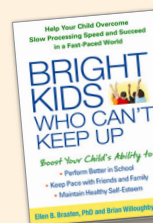
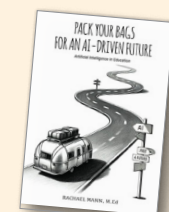
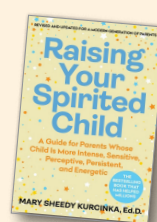
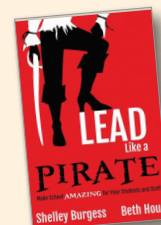
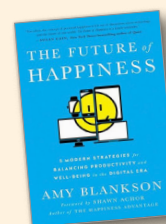
Catherine Price  
**The Amazing Generation: Breaking**  
**Up with Screens and Unlocking Kids'**  
**Potential in a Tech-Filled Environment**

### WEDNESDAY, MAY 6, NOON & 7 P.M.

Deborah Farmer Kris and  
 Tracy Patton  
**Awe-Seeking and Mess-Making:**  
**The Science of Wonder to Help Kids Thrive**



## Additional featured authors







## B-PAC / GPS Programs in Spanish

Bilingual Parent Advisory Council

### THURSDAY, SEPT. 18, 7 P.M.

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

### THURSDAY, OCT. 16, 7 P.M.

Lisette Ochoa and Lizette Ramirez  
**Planning for Success in High School and Beyond: The College Application Process**

### THURSDAY, NOV. 20, 6 P.M.

*In-person at Glenbard East Library*  
Dr. Ferney Ramírez  
**Motivational Strategies for School Success**

### THURSDAY, DEC. 4, 7 P.M.

*Presented in English and Spanish*  
Susanna Melón, Assistant Director for Student Services, English Learners and District Equity  
**From Here to Higher Ed: Why College Includes You**

### THURSDAY, DEC. 18, 6 P.M.

*In-person at Glenbard North Library*  
Dr. Ferney Ramírez  
**Parenting Essentials for Happy, Healthy Kids**

### THURSDAY, FEB. 12, 7 P.M.

Ricky Castro  
**Active Parenting: Foster Leadership and Life Skills**

### THURSDAY, MARCH 19, 6 P.M.

*In-person at Glenside Public Library in Glendale Heights*  
Salvador Mora  
**Instilling Responsible and Healthy Financial Habits in Youth**

### THURSDAY, APRIL 16, 6 P.M.

*In-person at Glenbard North Library*  
Dr. Ferney Ramírez  
**A Framework to Help Your Child Reach Their Full Potential**

## B-PAC / GPS Program in Gujarati

### THURSDAY, NOV. 13, 7 P.M.

Dr. Pooja A. Patel  
**The Power of Positive Parenting**

## B-PAC / GPS Program in Urdu & Hindi

### THURSDAY, JAN. 22, 7 P.M.

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

## GPS Program in Spanish

### THURSDAY, OCT. 2, 7 P.M.

Mariana Proske Gutierrez  
**Smart and Healthy Discipline for Young Children**



## UPCOMING EVENTS



Program details and Zoom links. All programs are Central Time (CT).

## YouTube VIDEO LIBRARY



Full-length programs, previews and Q&A sessions with experts.

GPS Parent Series events are free, virtual, and open to the public. We welcome all families, students, school staff, professionals and members of any community.

Visit [GPSParentSeries.org](http://GPSParentSeries.org) for Zoom links, program details, and schedule updates.

*\*Continuing Professional Development Units are available for school staff, and no registration is required. Clinicians seeking CEUs must register in advance at [www.casedupage.com](http://www.casedupage.com) under Professional Development / Events.*



## Thank you GPS Partners!

**DuPage County Council on Strengthening the System (DCSS)**  
**Glenbard Early Childhood Collab.**  
**Glenbard Education Association**  
**Glenbard Twp High School D87**  
**Kiwanis**  
**Link Together Coalition**  
**Lombard Junior Women's Club**  
**Lyons Township HS District 204**  
**Northwestern Medicine**  
**Stand Strong Coalition**  
**The Branch Moms**  
**Community Consolidated D89**  
**Community Consolidated D93**  
**Glen Ellyn Elementary D41**  
**Lombard Elementary D44**  
**Marquardt District 15**  
**Queen Bee School District 16**  
 Addison School District 4  
 Barrington Comm Unit SD 220  
 Batavia Public School District 101  
 Benjamin School District 25  
 Bensenville School District 2  
 Bloomingdale SD 13  
 Butler School District 53  
 Cass School District 63  
 CCSD 180, 181, 202  
 Center Cass School District 66

Community HS District 99  
 Darian School District 61  
 Downers Grove SD 58  
 DuPage High School District 88  
 East Moline School District 34  
 Elmhurst CUSD 205  
 Fenton Community High School  
 Geneva CUSD 304  
 High School District 214  
 Hinsdale Twp High School District 86  
 Indian Prairie SD 204  
 Itasca School District 10  
 Keeneyville School District 20  
 LaGrange School District 102  
 Lake Park High School District 108  
 Lake Zurich CUSD 95  
 Leyden High School District 212  
 Libertyville High School D128  
 Lisle CUSD 202  
 Maercker School District 60  
 Medinah School District 11  
 Naperville Community Unit SD 203  
 Nazareth Academy  
 Niles Township High School 219  
 Nippersink District 2  
 Notre Dame College Prep  
 Richmond-Burton District 157  
 Riverside-Brookfield HS Dist. 208

Roselle School District 12  
 Salt Creek School District 48  
 School District 45  
 St. Charles CUSD 303  
 Technology Center of DuPage DAOES  
 Township High School District 211  
 Valley View CUSD 365U  
 Warren Twnshp HS District 121  
 West Aurora School District 129  
 West Chicago Com. HS District 94  
 West Chicago Elementary D33  
 Westmont CUSD 201  
 Winfield School District 34  
 Wood Dale School District 7  
 Woodridge School District 68  
 WW Community Unit District 200  
 Zion-Benton Township HS D126

**Community Organizations**  
 360 Youth Services  
 Anderson's Bookshop  
 Behavioral Health Collaborative  
 B. R. Ryall YMCA  
 Birth to Five Illinois  
 Candor Health Education  
 COSEM  
 DuPage County H.E.A.R.T.  
 Elmhurst Youth Commission  
 GE Youth & Fam Counseling  
 Glendale Heights Youth Commission

Glen Ellyn Chamber  
 Glendale Heights Youth Commission  
 Growing Resiliency in Teens 2  
 ICNA Relief  
 IL Human Performance Project  
 Illinois 708 Boards  
 Illinois CASA  
 Illinois PTA  
 ISAC / IL Student Asst. Commission  
 ISCA/IL Schl Counselors Association  
 Marvelous Minds  
**Municipalities:** Carol Stream,  
 Glendale Heights, Glen Ellyn,  
 Lombard, Wheaton  
 NAMI DuPage  
 NEDFYS  
 One Community  
**Public Libraries:** Addison,  
 Bloomingdale, Carol Stream,  
 Elmhurst, Glen Ellyn, Glenside,  
 Helen Plum, Hinsdale,  
 Wheaton, Woodridge  
 SASD  
 Suicide Prevention Services  
 Teen Parent Connection  
 The Bookstore Glen Ellyn  
 Tri-Town YMCA  
 WeGo Together for Kids  
 West Nation  
 WW Early Childhood Collab.  
 YPRC at Prevention First  
 YWCA Met Chicago

Contact Gilda Ross, Glenbard Student and Community Projects Coordinator, at (630) 942-7668 or [gilda\\_ross@glenbard.org](mailto:gilda_ross@glenbard.org)

