

GPS

Parent Series



Navigating Healthy Families

2026-27



Weekly lineup of renowned speakers with proven strategies to help families thrive!

- Free and Open to All
- No Registration Required
- Multiple Languages
- CPDUs/CEUs Available*

Zoom links at GPSParentSeries.org



Dr. Meredith Elkins Matt Richtel Dr. David Yeager Dr. Nick Epley Dr. Angela Duckworth Dr. Richie Davidson Dr. Lisa Damour Jennifer Wallace Blaise Aguirre, MD

Join the GPS Parent Series to learn practical, actionable strategies from distinguished presenters, helping every student cultivate a healthy, purposeful, and successful future.

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

CONNECT INFORM EMPOWER

AUGUST 2026

THURSDAY, AUG. 20, NOON & 7 P.M.

Dr. David Yeager
Start the School Year Strong: The Science of Motivating Young People

WEDNESDAY, AUG. 26, NOON & 7 P.M.

Dr. Meredith Elkins
in conversation with Lynn Lyons
Parenting Anxiety: Breaking the Cycle of Worry and Raising Resilient Kids

THURSDAY, AUG. 27, NOON & 7 P.M.

Dr. Michaelleen Doucleff
in conversation with Hunter Clarke-Fields,
author of "Raising Good Humans"
Dopamine Kids: Understand Addictive Triggers and Rewire Young Brains



WEDNESDAY, SEPT. 9, NOON & 7 P.M.

Matt Richtel, Pulitzer Prize Winner
Understanding Adolescence: A Complex Journey of Growth and Transformation

TUESDAY, SEPT. 15, NOON & 7 P.M.

Dr. Angela Duckworth, author of GRIT
in conversation with Kelly Corrigan
Situated: Find the People and Places That Bring Out Your Best

WEDNESDAY, SEPT. 23, NOON & 7 P.M.

Suicide Prevention Month Event
Blaise Aguirre, MD
in conversation with Ross Szabo
When Kids Say "I Hate Myself": How to Respond

WEDNESDAY, SEPT. 30
IN-PERSON OPTION - GREAT READ!

Noon: Zoom/at COD
7 p.m.: Zoom/at Glenbard West HS
6 p.m. Community Resource Fair
Dr. Nicholas Epley
A Little More Social: How Small Choices Create Unexpected Happiness and Connection

OCTOBER 2026

THURSDAY, OCT. 1
IN-PERSON OPTION

Noon: Zoom/at COD
7 p.m.: Zoom
Dr. Ari Tuckman
Preparing Students with ADHD for Success

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

Dr. Katie Rose Guest Pryal
Your Kid Belongs Here: Insights on Parenting Neurodiverse Children

THURSDAY, OCT. 8, NOON & 7 P.M.

Stephanie Malia Krauss
in conversation with Dr. Tony Wagner,
author of "Most Likely to Succeed"
Next Steps: What Today's Kids Need for Tomorrow's World of Work



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

Jennifer Breheny Wallace
in conversation with Dr. Lisa Damour,
author of "Under Pressure"
Mattering: The Tension Between a "Never Enough" Mentality, Purpose, and Student Well-being

SEPTEMBER 2026

TUESDAY, SEPT. 1, NOON & 7 P.M.

Dr. Richard Davidson and
Dr. Cortland Dahl
in conversation with Judson Brewer, MD
Born to Flourish: Science and Ancient Wisdom Reveal a Simple Path to Thrive



JANUARY 2027

TUESDAY, OCT. 20, NOON & 7 P.M.

Dr. Katie Hurley
The New Bully: Confronting Online Conflict, Rumors, and Social Exclusion

WEDNESDAY, OCT. 28 IN-PERSON OPTION

Noon: Zoom/at COD
 7 p.m.: Zoom
 Dr. Corinne Low - Glenbard Alum
Having It All: What Data Tells Us About Women's Lives and Getting the Most Out of Yours

NOVEMBER 2026

THURSDAY, NOV. 5, NOON & 7 P.M.

Ana Homayoun and Panel
Purposeful Paths: Connecting College Opportunity and Career Discovery



TUESDAY, NOV. 10, NOON & 7 P.M.

Dr. Ellen Hendriksen
How to Be Enough: Social Anxiety, Perfectionism, and How to Quiet Your Inner Critic

TUESDAY, NOV. 17, NOON & 7 P.M.

Ron Lieber and Jeff Selingo, author of "Who Gets in and Why"
Selecting and Paying for College: The Nuts, Bolts, and Secrets



WEDNESDAY, NOV. 18, NOON & 7 P.M.

Dr. Sheryl Gonzalez Ziegler in conversation with Catherine Price, author of "The Amazing Generation"
Crucial Years: The Essential Guide to Mental Health and Modern Puberty in Children 6-12

MONDAY, NOV. 23, NOON & 7 P.M.

American Education Week Event
 Dr. Anthony Puliafico
Understanding School Avoidance: Beyond "Just go to School"

DECEMBER 2026

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

Dr. Aliza Pressman in conversation with Dr. Tina Payne Bryson, author of "The Whole Brain Child"
The Orchid Code: How Temperament Shapes Who We Become

THURSDAY, DEC. 3, 7 P.M.

Susanna Melón and Panel
From Here to Higher Ed: Get Future Ready with our College Panel



TUESDAY, DEC. 8, NOON & 7 P.M.

Eli Harwood
How to Deal With Your \$#!% So Your Kids Don't Have To

THURSDAY, DEC. 10, NOON & 7 P.M.

Dr. Ann-Louise Lockhart
Love the Teen You Have: It's Never Too Late to Transform Conflict into Connection

TUESDAY, DEC. 15, NOON & 7 P.M.

Bobbi Rebell
Nurturing Money-Smart and Independent Teens



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

Dr. Marc Brackett in conversation with Susan Cain, author of "Quiet"
Dealing With Feeling: Harness the Power of Emotions to Create a Life You Love
A conversation will follow with D87 Asst. Supt. for Student Services, Janet Cook

WEDNESDAY, JAN. 13, NOON & 7 P.M.

Dr. Jean Twenge in conversation with Dr. Rebecca Winthrop, author of "The Disengaged Teen"
10 Rules for Raising Kids in a High-Tech World

WEDNESDAY, JAN. 20, NOON & 7 P.M.

Dr. Ross Greene
Impulsive and Explosive: Keeping Calm When Kids Can't

THURSDAY, JAN. 21 NOON & 7 P.M.

Bruce Feiler in conversation with Gretchen Rubin, author of "The Happiness Project"
A Time to Gather and Connect: Rituals That Strengthen Family Bonds

THURSDAY, JAN. 28, NOON & 7 P.M.

Stuart Slavin, MD
The Success Trap: Helping Youth Find Balance in a Competitive, High-Pressure World



College/Career Program

Early Childhood Program



Dr. Adam Grant Dr. Marc Brackett Brandon Fleming Dr. Jean Twenge Bruce Perry, MD David Epstein Dana Suskind, MD Jodi Kantor Susan Cain

FEBRUARY 2027

TUESDAY, FEB. 2, NOON & 7 P.M.

Nir Eyal
Beyond Belief: The Science-Based Way to Unlock Hidden Potential

WEDNESDAY, FEB. 3, NOON & 7 P.M.

Nefertiti Austin
in conversation with Debbie Reber
She's Just Spirited and "Differently Wired": The Highlights and Complexity of Raising Neurodivergent Children

WEDNESDAY, FEB. 10, NOON & 7 P.M.

Bruce Perry, MD
What Happened to You? A Shift from "What is Wrong with You?"
Oprah Winfrey, co-author

THURSDAY, FEB. 18, NOON & 7 P.M.

Dr. Sonja Lyubomirsky
in conversation with Dr. Eli Finkel
Peak Happiness: How to Feel Valued and Loved

TUESDAY, FEB. 23

IN-PERSON OPTION - LIVE LIFE WELL WEEK

7 p.m.: Zoom/at Glenbard South HS

6 p.m.: FUSE Awards

Brandon Fleming
Further Together: Modern Strategies for Future Success



MARCH 2027

MONDAY, MARCH 1, NOON & 7 P.M. GREAT READ!

Dr. Adam Grant
in conversation with Angela Duckworth
Vibe: The Secrets of Strong Connections in a Lonely World

WEDNESDAY, MARCH 10, NOON & 7 P.M.

Donna Jackson Nakazawa
in conversation with Dr. Ethan Kross
Mind Drama: How to Shift and Outwit Your Inner Defeatist

THURSDAY, MARCH 11, NOON & 7 P.M.

Joanna Schroeder and Christopher Pepper
How to Talk to Teens: Build Connection, Confidence, and Capability

WEDNESDAY, MARCH 17, NOON & 7 P.M.

David Epstein
in conversation with Daniel Pink,
author of "Drive"
Inside the Box: How Limitations Surprisingly Support Teen Success

WEDNESDAY, MARCH 24

IN-PERSON OPTION

Noon: Zoom/at COD

7 p.m.: Zoom

Dana Suskind, MD
Is AI Your Kid's New Best Friend? The Case for a Human-Raised Childhood

APRIL 2027

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

Jodi Kantor, Pulitzer Prize Winner
in conversation with Lori Gottlieb,
author of "Maybe You Should Talk to Someone"

How to Get Started: Discovering Your Life's Work in Uncertain Times



WEDNESDAY, APRIL 14, NOON & 7 P.M.

Vanessa Kroll Bennett
Teenhood: Confessions and Lessons for the Trickiest Phase of Parenting

FRIDAY, APRIL 16, NOON

IN-PERSON ONLY: COD

Elliot Regenstein, JD
Readiness: Practical and Positive Changes for Early Childhood Systems



TUESDAY, APRIL 20, NOON & 7 P.M.

Ethan Sawyer "The College Essay Guy"
Demystifying the College Application Process: How to Successfully Showcase Yourself



THURSDAY, APRIL 22, NOON & 7 P.M.

Dr. Robert Turrissi
in conversation with Jessica Lahey,
author of "The Gift of Failure"
Brief Parent Efforts Matter: Small Actions That Can Lead to Better Teen Decisions and Outcomes

WEDNESDAY, APRIL 28

IN-PERSON OPTION: BRING YOUR TEEN

Noon: Zoom

7 p.m.: Zoom/at Glenbard West HS

Liz Repking
Digital Safety Essentials for Teens and Adults: Cyberbullying, AI, and Social Media

MAY 2027

TUESDAY, MAY 4, NOON & 7 P.M.

Alyssa Campbell
Tiny Humans, Big Emotions: How to Navigate Meltdowns and Defiance to Raise Emotionally Intelligent Kids





Dr. Ross Greene Stuart Slavin, MD Dr. Ellen Hendriksen Nefertiti Austin Nir Eyal Dr. Sonja Lyubomirsky Bruce Feiler Donna Jackson Nakazawa Bobbi Rebell

B-PAC / GPS Programs in Spanish

Bilingual Parent Advisory Council

THURSDAY, SEPT. 17, 7 P.M.

Erika Quezada
Parents Under Pressure: Practical Tools for Navigating Life's Challenges

THURSDAY, OCT. 15, 7 P.M.

Amairany Arzeta and Erika Williams
Thriving in High School and Beyond: Navigating College Admissions



THURSDAY, NOV. 19, 6 P.M.

IN-PERSON AT GLENBARD EAST LIBRARY

Dr. Ferney Ramírez
Decoding Your Teen's Developing Brain: The "Why" Behind Behavior

THURSDAY, DEC. 3, 7 P.M.

Also presented in English
Susanna Melón and Panel
From Here to Higher Ed: Get Future Ready with Our College Panel



THURSDAY, DEC. 17, 6 P.M.

IN-PERSON AT GLENBARD NORTH LIBRARY

Dr. Ferney Ramírez
Breaking Patterns: Modeling a Growth Mindset for your Family

THURSDAY, FEB. 11, 7 P.M.

Elizabeth Gomez de la Casa
After High School: Charting a Course for Future Career Success



THURSDAY, MARCH. 18, 6 P.M.

IN-PERSON AT GLENSIDE PUBLIC LIBRARY

Salvador Mora
Healthy Decision Making for Wellbeing: Social Media, Vaping, and More

THURSDAY, APRIL 15, 6 P.M.

IN-PERSON AT GLENBARD NORTH LIBRARY

Dr. Ferney Ramírez
Build a Culture of Kindness at Home: Practical Strategies for Mutual Respect

GPS Program in Spanish

THURSDAY, SEPT. 24, 7 P.M.

Mariana Proske Gutierrez
The Power of Play: Nurturing Essential Skills in Early Childhood



B-PAC / GPS Program in Ukrainian

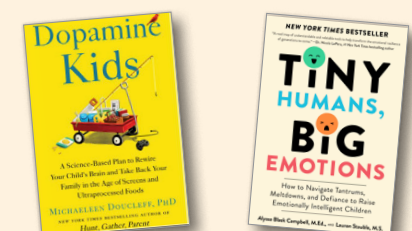
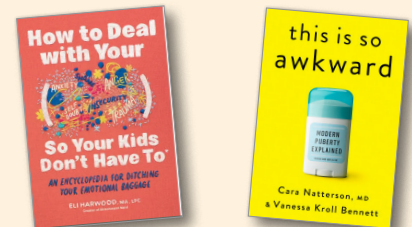
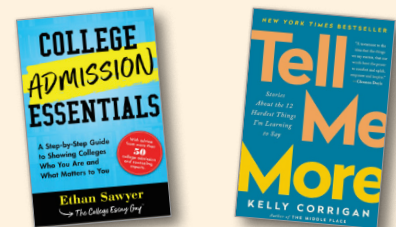
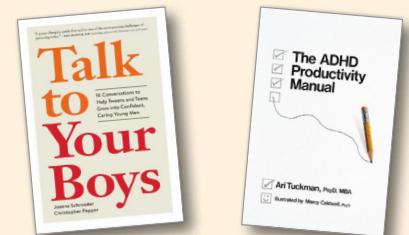
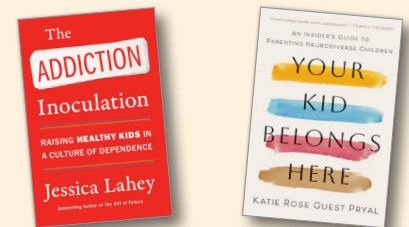
THURSDAY, NOV. 12, 7 P.M.

Esteemed Panel
Navigate the American Education System to Help Your Child Thrive

B-PAC / GPS Program in Urdu & Hindi

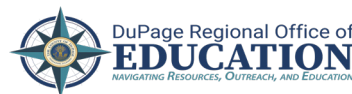
THURSDAY, JAN. 14, 7 P.M.

Saleha Jawaid
Strategies for Building a Lasting Connection With Your Child



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 for Zoom links and to find program details, view past programs, or be placed on the reminder list.

**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 under Professional Development I Events.*



Thank you, GPS Partners!

School Districts

CCSD 89

CCSD 93

Glen Ellyn SD 41

Lombard SD 44

Lyons Township HSD 204

Marquardt SD 15

New Trier Township HSD 203

Queen Bee SD 16

School District U-46

Wilmette Public SD 39

Addison SD 4

Arlington Heights SD 25

Barrington CUSD 220

Batavia Public SD 101

Benjamin SD 25

Bensenville SD 2

Bloomington SD 13

Brookwood SD 167

Burr Ridge CCSD 180

Butler SD 53

Carmel Catholic High School

Cass SD 63

Center Cass SD 66

Champlain Valley SD, VT

Columbia Union SD 49, CA

Community HSD 99

Community HSD 117

Community HSD 128

Darien SD 61

Downers Grove Grade SD 58

DuPage HSD 88

East Moline SD 34 & 37

Elmhurst CUSD 205

Fenton CHSD 100

Forest Park SD 91

Fox River Grove SD 3

Geneva CUSD 304

Glencoe SD 35

Gower SD 62

Grayslake CCSD 46

Grundy/Kendall ROE

Hinsdale CCSD 181

Hinsdale Township HSD 86

Indian Prairie SD 204

Itasca SD 10

Kane County ROE

Keeneyville SD 20

LaGrange SD 102

Lake Park HSD 108

Lake Zurich CUSD 95

Lemont Township HSD 210

Leyden HSD 212

Lisle CUSD 202

Maercker SD 60

Medinah SD 11

Morris CHSD 101

Naperville CUSD 203

Nazareth Academy

Niles Township CHSD 219

Nippersink SD 2

Notre Dame College Prep

Oak Lawn CHSD 229

Plainfield CCSD 202

Proviso Township HSD 209

Richmond-Burton CHSD 157

Riverside Brookfield HS 208

Roselle SD 12

Round Lake Area CUSD 116

Salt Creek SD 48

School District 45

St. Charles CUSD 303

Technology Center of DuPage/DAOES

Township HSD 211

Township HSD 214

Valley View SD 365U

Warren Township HSD 121

West Aurora SD 129

West Chicago CHSD 94

West Chicago Elementary SD 33

Westchester SD 92-5

Westmont CUSD 201

Will County ROE

Winfield SD 34

Wood Dale SD 7

Woodridge SD 68

Wheaton/Warrenville CUSD 200

Zion-Benton Township HSD 126

Zionsville Community Schools, IN

Community Organizations

B. R. Ryall YMCA

Branch Moms

Glenbard Education Association

Kiwanis

Link Together Coalition

APPLE

Birth to Five Illinois

Bright and Early DuPage

Candor Health Education

Chicago Gifted Community

DC Council Strengthen System DCSS

DCHD Behavioral Health Collab.

DuCAP

DuPage Early Childhood Collab.

Elmhurst Youth Commission

GE Unplugged

GE Youth & Family Counseling

Glenbard Early Childhood Collab.

Glendale Heights Youth Commission

Glen Ellyn Chamber of Commerce

Growing Resiliency in Teens 2

ICNA Relief

IL 708 Boards/ACMHA

IL CASA

IL Counselors Assoc.

IL Human Performance Project

IL Mental Health Co. Assoc.

IL PTA

IL School Counselor Assoc.

IL Student Asst. Commission

Innovation DuPage

League of Women Voters

Lombard Chamber of Commerce

Lombard Junior Women's Club

Municipalities: Carol Stream, Glendale

Heights, Glen Ellyn, Lombard,

Wheaton, Arlington Heights,

Needham, MA

NAMI DuPage

NuPage Communities

One Community

Public Libraries: Addison,

Bensenville, Bloomington, Carol

Stream, Elmhurst, Glen Ellyn,

Glenside, Helen Plum, Wheaton,

Westchester, Woodridge

SASED

Stand Strong Coalition

Teen Parent Connection

The Bookstore Glen Ellyn

Tri-Town YMCA

WeGo Together for Kids

West Nation D87

Willowbrook Early Childhood Collab.

WW Early Childhood Collab.

YPRC at Prevention First

YWCA Metropolitan Chicago

360 Youth Services