

Glenbard Parent Series (GPS): Navigating Healthy Families 2023-2024 Program Line-up

AUGUST

TUESDAY, AUGUST 16 at 6pm*†

*Held virtually at Glenbard North and East.

†Held in person at Glenbard South at 6pm and Glenbard West at 6:30 pm.

Glenbard Back to School Parent and Athlete Night

Kirsten Jones

Raising Empowered Athletes for Peak Performance and Lifelong Grit

TUESDAY, AUGUST 22 at noon & 7pm

Early Childhood event

Rebecca Rolland



The Art, Power and ABC's of Talking with Young Children to Build Skills and Connection

THURSDAY, AUGUST 24 at noon & 7pm

Dr. Peg Dawson and Dr. Richard Guare

Smart But Scattered: The Executive Functioning Approach to Help Kids Reach Their Potential. Start The Year Off Strong!

TUESDAY, AUGUST 29 at noon & 7pm

Jennifer B. Wallace in conversation with Lori Gottlieb at noon, author of "Maybe You Should Talk to Someone: A Therapist, HER Therapist, and Our Lives Revealed," and Julie Lythcott-Haims at 7pm, author of "How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success"

Never Enough: Inspiring Balanced Achievement, Self-Confidence and the Power of Mattering

SEPTEMBER

WEDNESDAY, SEPTEMBER 6 at noon & 7pm*

*A conversation will follow with Glenbard D87 Assistant Superintendent of Student Services, Janet Cook
Suicide Prevention Month event

Dr. Matthew Nock

Let's Talk About It! Suicide and Other Self-Destructive Behaviors

THURSDAY SEPTEMBER 7 at 7pm

Frank Palmasani

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

WEDNESDAY, SEPTEMBER 13 at noon & 7pm

Dr. Lisa Damour

The Emotional Lives of Teens: A Playbook to Thrive in Trying Times



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TUESDAY, SEPTEMBER 19 at noon & 7pm

Shelly Tygielskii

The Path to Loving Ourselves: Self-Compassion and Self-Care for Turbulent Times

WEDNESDAY, SEPTEMBER 27 at 7pm

Summer Community Read event

Adam Braun

The Promise of a Pencil: The Story of How an Ordinary Person Can Create Extraordinary Change

OCTOBER

TUESDAY, OCTOBER 3 at noon & 7pm

Rick Clark

The Truth Behind College Admissions: A Family's Guide to Getting In and Staying In

THURSDAY OCTOBER 5 at NOON & 7pm

Dr. Yael Schonbrun

Work, Parent, Thrive: How to Ditch Guilt, Manage Overwhelm, and Grow Connection (When Everything Feels Like Too Much)

WEDNESDAY, OCTOBER 11 at noon & 7pm

Bruce Perry, M.D., PhD

What Happened to You: Conversations on Trauma, Resilience, and Healing
A shift from 'What is Wrong with You'

WEDNESDAY, OCTOBER 18 at 7pm

Dr. Sameer Hinduja

Confronting Bullying, Cyberbullying and Careless/Unwise Social Media Use

NOVEMBER

WEDNESDAY, NOVEMBER 1 at noon & 7pm*

*Extended post-event workshop for caregivers of neurodiverse students at 1:00 pm and 8:00 pm

Sasha Long

Can't Do or Won't Do? Executive Function Skill-Building to Solve Behavior Challenges

THURSDAY, NOVEMBER 2 at noon & 7pm

Early Childhood event

Dr. Shauna Shapiro

The Power of Mindfulness to Increase Calm and Joy in Young Children



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THURSDAY, NOVEMBER 9 at noon-2:00pm* & 7:00-9:00pm*

*Note: Presentations will run 2 hours.

Ken Ginsburg, M.D.

Congratulations, You're Having a Teen! The Guidebook You've Always Wanted

TUESDAY, NOVEMBER 14 at noon & 7pm

Dr. Mitch Prinstein and Dr. Eva Telzer

Demystifying Popularity, Social Media, and Teen Mental Health

WEDNESDAY, NOVEMBER 29 at noon[†]

HYBRID Program: virtual, and in person at College of DuPage (COD)

Tim Fong, M.D.

Under The Influence: Addressing Vaping, Drugs, and Alcohol – What Teens Need to Know

[†]Pre-event film screening (in person only) at COD at 11:00 a.m.

“Screenagers – Under the Influence: Addressing Vaping, Drugs and Alcohol in the Digital Age”

WEDNESDAY, NOVEMBER 29 at 7pm[†]

HYBRID Program: virtual, and in person at Glenbard South

Tim Fong, M.D.

Under The Influence: Addressing Vaping, Drugs, and Alcohol – What Teens Need to Know

[†]Pre-event film screening (in person only) at Glenbard South at 6:00 p.m.

“Screenagers – Under the Influence: Addressing Vaping, Drugs and Alcohol in the Digital Age”

DECEMBER

TUESDAY, DECEMBER 5 at noon & 7pm

Michelle Icard

8 Failures That Can Make a Child a Success

TUESDAY, DECEMBER 12 at noon & 7pm

Christine Crawford, M.D.

It's Okay to Not Be Okay: Solutions to Help You Heal

TUESDAY, DECEMBER 19 at noon & 7pm

Dr. Carla Naumburg

You Are Not a Sh*#y Parent: How to Go Easy on Yourself and Give Yourself a Break

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JANUARY

THURSDAY, JANUARY 11 at noon & 7pm

Dr. J. Stuart Ablon

The Collaborative Problem-Solving Method to Reduce Anxiety and Explosive or Challenging Behavior

THURSDAY, JANUARY 18 at noon & 7pm

Community Read event

Susan Cain, author of "The Quiet Power of Introverts" in conversation with Dan Pink, author of "A Whole New Mind"

Bittersweet: How Sorrow and Longing Make Us Whole – Teaching Our Kids the Full Spectrum of Human Emotions

TUESDAY, JANUARY 23 at noon & 7pm

Dr. Shefali Tsabary in conversation with Cathy Adams author of "Zen Parenting: Caring for Ourselves and Our Children in An Unpredictable World"

The Parenting Map: Step-by-Step Solutions to Consciously Create the Ultimate Parent-Child Relationship

WEDNESDAY, JANUARY 31 at noon & 7pm

David Sheff in conversation with Jessica Lahey author of "The Gift of Failure," and "Addiction Inoculation"

Beautiful Boy: Everything a Father Learned Through His Son's Addiction

FEBRUARY

THURSDAY, FEBRUARY 1 at 7pm

Black History Month event

Dr. Tyrone Howard

All Children Must Thrive: Nurturing Connection and Emotional Wellness

TUESDAY, FEBRUARY 6 at noon & 7pm

Mark Perna

Parents Don't Know Everything: Preparing Youth for the Future of Work

THURSDAY, FEBRUARY 15 at noon & 7pm

Dr. Sonja Lyubomirsky

The How of Happiness in All Areas of Life: Enhancing Your Potential for Joy

THURSDAY, FEBRUARY 22 7pm

HYBRID Program: Held in person at Glenbard West.

Live Life Well Week event

Aric Jackson

Motivating the Next Generation to Lead Boldly and Achieve Their Dreams



Glenbard Parent Series (GPS): Navigating Healthy Families 2023-2024 Program Line-up

TUESDAY, FEBRUARY 27 at noon & 7pm

Early Childhood event

Dr. Ann-Louise Lockhart



Parenting Your Young Child through Emotional Dysregulation, Misbehavior and Tantrums

THURSDAY, FEBRUARY 29 at 7pm

Dr. Lori Desautels

Eyes Are Never Quiet: Listening Behind the Behaviors of Troubled Kids

MARCH

WEDNESDAY, MARCH 6 at noon & 7pm

Donna Jackson Nakasawa

Girls and Boys on the Brink: Helping Our Teens Thrive in an Era of Increased Anxiety, Depression, and Social Media

WEDNESDAY, MARCH 13 at noon & 7pm

Dr. Ty Tashiro

The Science of Why We're Socially Awkward, and Why That's Awesome: Social Skill Building

TUESDAY, MARCH 19 at noon & 7pm

Dr. Emily Kline

The School of Hard Talks: How to Have Better Conversations and More Rewarding Relationships

APRIL

THURSDAY, APRIL 4 at noon & 7pm

Lynn Lyons

Understanding Social Anxiety and the Complexity of Teen Relationships

WEDNESDAY, APRIL 10 at noon & 7pm

Dr. Laurence Steinberg

You and Your "Almost" Adult Child: How to Grow Together in Challenging Times

TUESDAY, APRIL 16 at noon & 7pm

Tina Payne Bryson

Raising Kids Who Feel Safe, Seen and Secure

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TUESDAY, APRIL 23 at noon & 7pm

Dr. Robyn Silverman

How to Have Hard Conversations About Tough Topics: Perfectionism, Body Image, and More

MAY

WEDNESDAY, MAY 1 at noon & 7pm

Judith Warner

And Then They Stopped Talking to Me: Surviving Middle School

B-PAC (BILINGUAL PARENT ADVISORY COUNCIL)

[GPS in Spanish](#)

THURSDAY, SEPTEMBER 21 at 7pm

Lisette Ochoa and Lizette Ramirez

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



THURSDAY, OCTOBER 19 at 7pm

Ana Belaval, Journalist and TV Personality with Dr. Monica Oganés

How to Support Your Child's Health and Wellbeing

THURSDAY, NOVEMBER 16 at 6pm

Held in person at Glenbard East.

Dr. Ferney Ramirez

Communication Tips for Talking to Teens

THURSDAY, DECEMBER 7 at 7pm

Susanna Melon, assistant director for student services, English learners and district equity and Timothy Fields. In partnership with the Equity Student Achievement Committee.

First a Dream: Find Your Future at College Night

THURSDAY, DECEMBER 14 at 6pm

Held in person at Glenbard North – Holiday Celebration.

Dr. Ferney Ramirez

Motivation and the Power of Achievement

THURSDAY, FEBRUARY 8 at 7pm

Dr. Lourdes Ferrer

A Blueprint for High School, College and Career Success

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THURSDAY, MARCH 21 at 6pm

Held in person at Glenbard West.

Dr. Mario Guzman

The Parent Child Relationship Balancing Love and Authority

THURSDAY, APRIL 11 at 7pm

Early Childhood event

Mariana Gutierrez, Ed. S., NCSP

Making Connection Through Play



THURSDAY, APRIL 18 at 6pm

Held in person at Glenbard North.

Dr. Ferney Ramirez

Strategies to Be the Parent You Mean to Be

GPS in Gujarati

THURSDAY, SEPTEMBER 28 at 7pm

Krina Gandhi

The Keys to Successful Parenting

GPS in Urdu and Hindi

TUESDAY, JANUARY 30 at 7pm

Mental Health Essentials for Successful Parenting

FUSE (FAMILIES UNITED IN SUPPORT OF EXCELLENCE AND EQUITY FOR ALL*)

**Especially students who identify as African-American or Black*

GPS and FUSE

THURSDAY SEPTEMBER 14 at 7pm

Held in person at Glenbard West

Dr. Derrick B. Wells

Valuing and Celebrating our Students' Success



THURSDAY, DECEMBER 7 at 7pm

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It's Okay to Not Be Okay: Solutions to Help You Heal

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Dr. Tyrone Howard

All Children Must Thrive: Nurturing Connection and Emotional Wellness

THURSDAY, FEBRUARY 22 at 7pm

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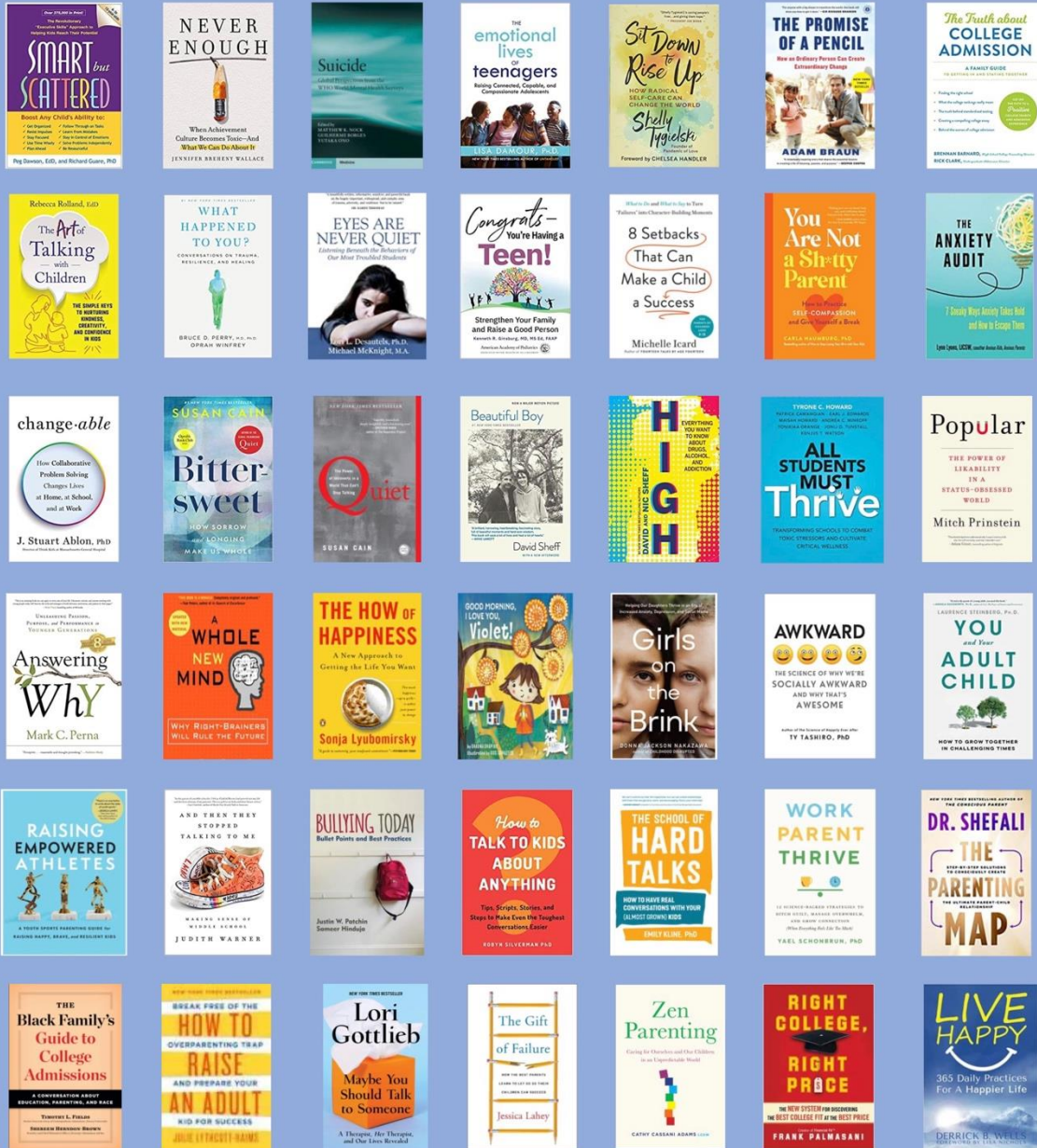
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Our students have their summer reading. Here are suggestions for parents.
 Join us for these weekly, virtual, & free events, open to all!
 For details and links to our upcoming virtual events visit GlenbardGPS.org



@D87_GPS