

2016-2017

GPS GLENBARD PARENT SERIES

Navigating Healthy Families



MISSION

To facilitate real-world parenting skills that enhance our teens' social and emotional development, encourage responsible decision-making, and promote respect-based relationships keeping our adolescents safe.



Join other parents, high school and middle school students and professionals to learn about issues facing today's youth.

The Glenbard Parent Series engages top experts, parents and school staff to become proactive and informed in pursuit of the mutual goal to strengthen our communities. **Programs are free and open to the public.**

Dr. David Larson,
Superintendent

Gilda Ross, *Student and
Community Projects Coordinator*



Rebecca
Skloot



David
Yeager



Temple
Grandin



Deborah
Heitner

CALENDAR OF EVENTS

August 2016

Fall Sports Orientation

Parent and Athlete Meetings

**Defining Character On and Off the Field:
Who Are you When No One is Watching?**

TUESDAY, AUG. 16

6 p.m., Glenbard North
7:30 p.m., Glenbard South

WEDNESDAY, AUG. 17

6 p.m., Glenbard East
6:30 p.m., Glenbard West

Family Read

THURSDAY, AUG. 25

Rebecca Skloot
The Immortal Life of Henrietta Lacks
7 p.m., Glenbard West

September 2016

THURSDAY, SEPT. 15

Dr. Laura Koehler, Linden Oaks
Behavioral Health
**Coping Strategies to Regulate Anxiety:
An Introduction to Distress Tolerance**
Noon, CCSD District 93 Administration Center

WEDNESDAY, SEPT. 21

Dr. Temple Grandin
Different ... Not Less
Temple Grandin may be the most famous
person with Autism; Advocate/Animal
Rights Activist/Author
3 p.m. and 7 p.m., Glenbard East

WEDNESDAY, SEPT. 28

Deborah Heitner
**Screenwise: Helping Kids Thrive
(and Survive) in Their Digital World:
Raising Digital Natives**
7 p.m., Glenbard West

October 2016

MONDAY, OCT. 10

Pre-meeting Columbus Day holiday dinner
6:30 p.m., Glenbard South

Dr. David Yeager
Motivating Teens
7 p.m., Glenbard South, Auditorium

Dr. Stephen Feifer
**Practical Strategies to Navigate
the Anxieties, Moods, and Emotions
of Young People**
7 p.m., Glenbard South, Little Theater

November 2016

WEDNESDAY, NOV. 16

Julie Lythcott-Haims
**How to Raise an Adult: Break Free
of the Overparenting Trap and Prepare
Your Child for Success**
7 p.m., Glenbard West (Nov. 16)
Noon, Marquardt Administration Center
(Nov. 17)

December 2016

TUESDAY, DEC. 6

Sarah Ward
**Develop Executive Functioning Skills
to Plan, Organize and Self-Monitor for
School Success**
7 p.m., Glenbard South

THURSDAY, DEC. 8

Melissa Hemzacek, LCSW Illinois
States Attorney
Liz Repking, Cyber Safety Consulting
**Tweens, Teens and the Tech Trends
of Today: Creating a Safe Digital Culture**
Noon, CCSD District 93 Administration
Center

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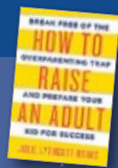


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GPS GLENBARD
PARENT SERIES
Navigating Healthy Families



Steve Feifer David Sheff Sarah Ward Julie Lythcott-Haims Drew Dudley Susan Engel Judge Stride Carol Ann Tomlinson Andrew Solomon Delaney Ruston

January 2017

TUESDAY, JAN. 24

WEDNESDAY, JAN. 25

David Sheff

What Happened to My Beautiful Boy: A Father's Journey through His Son's Addiction

7 p.m., Glenbard North (Jan. 24)

Noon, Marquardt Administration Center (Jan. 25)

February 2017

THURSDAY, FEB. 2

Dr. Pamela Randall-Garner, Senior Staff Advisor at The Collaborative for Academic, Social and Emotional Learning

Social Emotional Learning and Restorative Justice: Teaching our Children the Skills of Building Peer Relationships for a Safe School Climate

Noon, CCSD District 93 Administration Center

WEDNESDAY, FEB. 22

Drew Dudley, "Live Life Well" Speaker

Everyday Leadership: Celebrating the Simple Actions that Improve Each Other's Lives

7 p.m., College of DuPage, McAninch Arts Center

March 2017

THURSDAY, MARCH 2

Carol Ann Tomlinson

Special Order: Discovering What Provides Academic Success for Your Unique Child

7 p.m., Glenbard West

WEDNESDAY, MARCH 22

Hon. Judge Chris Stride;

Dr. Patrick McGrath, Alexian Brothers Behavioral Health Hospital; and Justin Wolfe, Linden Oaks Behavioral Health
Tough Teen Topics: Anxiety, Parties and Depression

7 p.m., Glenbard South

April 2017

TUESDAY, APRIL 11

An Evening with Andrew Solomon: Love, No Matter What

7 p.m., College of DuPage, McAninch Arts Center

THURSDAY, APRIL 27

Dr. Susan Engel

Educating for Happiness: A Blueprint for Schools

7 p.m., Glenbard East

May 2017

WEDNESDAY, MAY 3

THURSDAY, MAY 4

FILM SCREENING



Delaney Ruston, M.D.

Movie Producer/Director

Screenagers

7 p.m., Glenbard North (May 3)

Noon, Marquardt

Administration Center (May 4)

GPS Programs in Spanish

Dr. Lourdes Ferrer, Glenbard East

FRIDAY, OCT. 14

Parents in the Driver's Seat

6:30 to 8 p.m.

SATURDAY, OCT. 15

Grooming for Excellence Academy and SAT Prep

10:30 a.m. to 3 p.m.

FRIDAY, APRIL 7

Parents in the Driver's Seat

6:30 to 8 p.m.

SATURDAY, APRIL 8

Grooming for Excellence Academy and SAT Review

10:30 a.m. to 3 p.m.

For more information, contact Gilda Ross, at (630) 469-9100 or gilda_ross@glenbard.org.

glenbardgps.org



Patrick
McGrath

Dr. Lourdes
Ferrer

David
Swope

Ray
McElroy

Frank
Palmasani

Patrick
Donohue

Mental Health Strategies Series

Presented In Spanish

Mariana Proske, Glenbard East School Psychologist
7 p.m., Glenbard East

WEDNESDAY, NOV. 30

How to Talk to Your Teen about Healthy Dating

THURSDAY, JAN. 19

The Special Education Process Step by Step: Everything Parents Need to Know

WEDNESDAY, APRIL 19

A Survival Guide to Parenting Boys: Raising a Healthier Generation of Young Men

Translation headsets are available for all GPS programs upon request.

African-American Parent Committee

F.U.S.E. Families United for Student Excellence
Co-sponsored by the DuPage County Branch NAACP

THURSDAY, AUG. 25

David Swope, College of DuPage
Young People Have the Power to Succeed and *Kick-Off for School Success Family Picnic*
6:15 p.m., Glenbard West Cafeteria

SATURDAY, NOV. 12

Ray McElroy
Celebrating Our Gifts and Talents and Holiday Party
11:30 a.m. to 1 p.m., Glenbard North

SATURDAY, MARCH 18

Ray McElroy
Secrets to High School Victory
11:30 a.m. to 1 p.m., Glenbard South

GPS—Navigating Higher Education

All are welcome to attend.

Programs are presented in English and Spanish. Free continental breakfast and childcare are provided.

SATURDAY, SEPT. 17

Frank Palmasani, English presentation
Ercilia Jonas and Norma Vegas-Rodriguez, Spanish presentation
Conquering the Challenges of College Costs
10:30 a.m. to noon, Glenbard West

MONDAY, OCT. 17

FAFSA Financial Aid Completion Workshop for Seniors (Bring Necessary Forms)
6:30 to 8:30 p.m., Glenbard North Computer Lab

Patrick Donohue, English presentation
Janet Reece, Spanish presentation
The 4 Key Study Skills for Academic Accomplishment
7 to 8:30 p.m., Glenbard North

SATURDAY, OCT. 22

FAFSA Financial Aid Completion Workshop for Seniors (Bring Necessary Forms)
10:30 a.m. to 1:30 p.m., Glenbard East Computer Lab

The College Admission Test: Tips to Prepare For the New SAT
10:30 a.m. to noon, Glenbard East

Program Location Addresses:

Glenbard North: 990 Kuhn Road, Carol Stream, IL 60188

Glenbard South: 23W200 Butterfield Road, Glen Ellyn, IL 60137

Glenbard East: 1014 S. Main St., Lombard, IL 60148

Glenbard West: 670 Crescent Blvd., Glen Ellyn, IL 60137

CCSD District #93 Administration Center: 230 Covington Drive, Bloomingdale, IL 60108

College of DuPage, McAninch Arts Center: 425 Fawell Blvd., Glen Ellyn, IL 60137

District #15 Marquardt Administration Center: 1860 Glen Ellyn Road, Glendale Heights, IL 60139



Navigating Healthy Families

Please visit glenbardgps.org for more information about all GPS programming, schedule updates and parent resources.



Glenbard Township High School District 87