

2020-2021

GPS GLENBARD PARENT SERIES

Navigating Healthy Families



College of DuPage



GPS presents distinguished speakers who share real-world parenting skills to foster self-empowered children who collaborate, communicate, embrace diversity, create, and think critically. Programs are free and open to the public.

Join parents with children of all ages and professionals to help young people succeed in the classroom and in life.

Dr. David Larson, *Superintendent*
Gilda Ross, *Student and Community Projects Coordinator*

CALENDAR OF EVENTS

SEPTEMBER 2020

TUESDAY, SEPT. 1

Andrew Ferguson
The SAT/ACT and College Admissions during COVID
7 p.m., Glenbard East

WEDNESDAY, SEPT. 16

Dr. Lisa Damour
Under Pressure: Untangling and Guiding Youth Through the Seven Transitions to Adulthood
Noon, Marquardt Administration Center
7 p.m., Glenbard West
A Community Conversation will follow with Janet Cook, Assistant Superintendent of Student Services and School Staff

SATURDAY, SEPT. 26

Frank Palmasani
Financial Aid Workshop: Discovering the Best College Fit at the Best Price
10:30 a.m., Glenbard North

TUESDAY, SEPT. 29

GPS Community Read
Jason Reynolds, author
Library of Congress Youth Ambassador to Reading
Long Way Down
7 p.m., Glenbard East

OCTOBER 2020

TUESDAY, OCT. 13

Deborah Reber
Differently Wired: Raising Unconventional Children in a Conventional World
7 p.m., Glenbard East

TUESDAY, OCT. 20

Dr. Christine Carter
The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction
7 p.m., Glenbard West

Health Expo
6:15 p.m., Glenbard West

WEDNESDAY, OCT. 21

Dr. Christine Carter
The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction
Noon, Marquardt Administration Center

NOVEMBER 2020

THURSDAY, NOV. 5

Dr. Michael Maslar
Mindfulness and Self-Compassion: Tools for Your Mental Health
7 p.m., Glenbard South





TUESDAY, NOV. 17

Ken Ginsburg, M.D.
Strength-Based Strategies to Help All Thrive in Good and Challenging Times
7 p.m., Glenbard West

WEDNESDAY, NOV. 18

Ken Ginsburg, M.D.
Trauma Informed Care: A Strength-Based Approach to Helping Youth Thrive in Good and Challenging Times
Noon, Marquardt Administration Center

Connect

-  glenbardparentseries
-  D87_GPS
-  Glenbard Parent Series
-  Glenbardparents.blogspot.com



Jason Reynolds Ron Lieber Jessica Lahey Dr. Lisa Damour Deborah Reber Dr. Christine Carter Ken Ginsburg, M.D. Dr. Catherine Pearlman Dr. Devorah Heitner

DECEMBER 2020

TUESDAY, DEC. 1

Dr. Tina Payne Bryson
The Power of Showing Up: How to Calm the Chaos and Nurture Resilience in Ourselves and Others
 7 p.m., Glenbard South

WEDNESDAY, DEC. 2

Dr. Tina Payne Bryson
****No Drama Discipline: Strategies to Nurture Your Child's Developing Brain***
 9:30 a.m., Marquardt Administration Center

Dr. Tina Payne Bryson
The Power of Showing Up: How to Calm the Chaos and Cultivate Lifelong Resilience
 Noon, Marquardt Administration Center

TUESDAY, DEC. 8

Film Screening

LIKE: A Documentary about the Impact of Social Media on our Lives
 7 p.m., Glenbard North

Discussion to follow facilitated by Dr. Devorah Heitner, author of *Screenwise: Helping Kids Thrive and Survive in Their Digital World*



JANUARY 2021

WEDNESDAY, JAN. 6

Andrew Ferguson
Preparing for Success on the SAT
 Noon, Marquardt Administration Center
 7 p.m., Glenbard North

TUESDAY, JAN. 12

Phyllis Fagell
Middle School Matters: 10 Key Skills Kids Need to Thrive in Middle School and Beyond—and How Parents Can Help
 7 p.m., Hadley Junior High

WEDNESDAY, JAN. 13

Phyllis Fagell
Middle School Matters: 10 Key Skills Kids Need to Thrive in Middle School and Beyond—and How Parents Can Help
 9:30 a.m., CCSD District #93 Administration Center
 Noon, Marquardt Administration Center

WEDNESDAY, JAN. 27

Dr. John Duffy
Parenting in the New Age of Anxiety: Understanding Your Child's Stressed, Depressed, and Amazing Adolescence
 Noon, Marquardt Administration Center
 7 p.m., College of DuPage, McAninch Arts Center (MAC)

FEBRUARY 2021

THURSDAY, FEB. 4

Ron Lieber
The Price You Pay for College: An Entirely New Road Map for the Biggest Financial Decision Your Family Will Ever Make
Book Launch Special Event
 7 p.m., Glenbard South

THURSDAY, FEB. 18

Live Life Well Week Speaker
 Shaun Derek in Performance
Being T.H.E.R.E.: Five Ways to Actively Engage Young People
 7 p.m., Glenbard West

TUESDAY, FEB. 23

GPS Community Read

Tara Westover, author, in a special conversation with *Chicago Tribune* columnist Heidi Stevens
Educated: A Memoir
 7 p.m., Glenbard West

THURSDAY, FEB. 25

Dr. Tyrone Howard
Uplifting the Whole Child to Combat Toxic Stressors and Cultivate Critical Wellness
Black History Month Special Event
 7 p.m., Glenbard East



Shaun Derek Dr. John Duffy Tara Westover Dr. Tyrone Howard Julie Lythcott-Haims Qasim Rashid Dr. Michele Borba Dr. Tina Payne Bryson Phyllis Fagell

MARCH 2021

TUESDAY, MARCH 2

Dr. Catherine Pearlman

***Ignore It: Increase Parenting Satisfaction by Selectively Looking the Other Way**

7 p.m., Glen Ellyn Public Library

WEDNESDAY, MARCH 3

Dr. Catherine Pearlman

***Ignore It: Increase Parenting Satisfaction by Selectively Looking the Other Way**

9:30 a.m., CCSD District #93 Administration Center

Noon, Marquardt Administration Center

TUESDAY, MARCH 16

Julie Lythcott-Haims

It's Your Turn! The Real How-to on Adulthood

Book Launch Special Event

7 p.m., Glenbard South

APRIL 2021

THURSDAY, APRIL 8

Distinguished Roundtable on Social Justice

Qasim Rashid, author: *Talk to Me*
Jonathan Mendoza, Spoken Word Poet
7 p.m., Glenbard North

WEDNESDAY, APRIL 14

Dr. Michele Borba

Thrivers: The Seven Teachable Traits That Set Happy High-Performing Kids Apart

Book Launch Special Event
7 p.m., Glenbard South

THURSDAY, APRIL 15

Dr. Matt Dewar

Mindful Breathing to Manage Stress, Improve Performance, and Deepen Well-Being

Noon, Marquardt Administration Center

MAY 2021

TUESDAY, MAY 4

Jessica Lahey

The Addiction Inoculation: Raising Healthy Kids in a Culture of Dependence

Book Launch Special Event

A Community Conversation to follow with Janet Cook, Assistant Superintendent of Student Services and School Staff
7 p.m., Glenbard East

WEDNESDAY, MAY 5

Jessica Lahey

The Addiction Inoculation: Raising Healthy Kids in a Culture of Dependence

Book Launch Special Event

Noon, Marquardt Administration Center

***For parents of children ages 3 to 11**



Heidi Stevens Dr. Chandra Gill Dr. Michael Allen Dr. Lourdes Ferrer Dr. Ferney Ramirez Linda Avila Frank Palmasani Dr. Matt Dewar Jonathan Mendoza

FUSE: Families United in Support of Equity and Excellence for African-American Students

Co-sponsored by the DuPage County Branch NAACP

TUESDAY, SEPT. 29

Jason Reynolds, author
Long Way Down
Academic Recognition Ceremony
Pre-event to 7 p.m. program
6:30 p.m., Glenbard East

WEDNESDAY, DEC. 2

Dr. Raquel Wilson, Assistant Director of Student Services and Distinguished Panel
Hosted by the Equity Student Achievement Committee
Find Your Future at College Night
6 p.m., Marquardt Middle School Auditorium

SATURDAY, MARCH 20

Dr. Chandra Gill
Blackademically Speaking
Leadership Recognition Ceremony
11:30 a.m., Glenbard South

B-PAC/GPS Program in Spanish

THURSDAY, SEPT. 24

Luz Luna and Oscar Perez Sanchez
The Technology and Training to Foster School Success
6 p.m., Glenbard North Library

THURSDAY, OCT. 8

Lisete Ochoa and Lizette Ramirez
Preparing the Path for High School and College Success: The College Application Process
6 p.m., Glenbard East Library

THURSDAY, NOV. 12

Dr. Ferney Ramirez
Motivate and Achieve: Strategies that Work
6 p.m., Glenbard North Library

WEDNESDAY, DEC. 2

Susanna Melon, ELL Coordinator and Distinguished Panel
Hosted by the Equity Student Achievement Committee
Find Your Future at College Night
6 p.m., Marquardt Middle School Auditorium

THURSDAY, DEC. 10

Dr. Ferney Ramirez
Holiday Gathering and Secrets of Successful Parents La Familia Primero
6 p.m., Glenbard North Library

THURSDAY, FEB. 11

Dr. Daniel W Perez and Linda Avila, MA, LPC Healthcare Alternative Systems, Inc.
Teen Health Update
6 p.m., Glenbard North Library

THURSDAY, MARCH 11

Dr. Lourdes Ferrer
Grooming for Excellence Parent Academy
6 p.m., Glenbard West Library

THURSDAY, APRIL 15

Dr. Ferney Ramirez
Positive Parenting for Today's Teen
6 p.m., Glenbard North Library

We welcome all public, private, parochial, home-schooling parents, caregivers, students and school staff. Events are free and require no registration. Continuing education credits are available for all programs with nursing education credits available at select programs.

Congratulations to the Glenbard Parents Series for providing 25 fulfilling years of high-quality, innovative programming to build stronger families. Tens of thousands of families all over Illinois and beyond are healthier after having attended powerful lectures with renowned authors and thought leaders. I am so appreciative that District 87 stands behind these free sessions and understands that when families thrive, the greater community thrives.

David F. Larson, Ed.D.
Superintendent

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 Street, 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: 425 Fawell Blvd., Glen Ellyn, IL 60137

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

District #15 Marquardt Middle School: 1912 Glen Ellyn Road, Glendale Heights, IL 60139

District #41 Hadley Junior High School: 240 Hawthorne Blvd., Glen Ellyn, IL 60137





Glen Ellyn Public Library: 400 Duane Street, Glen Ellyn, IL 60137

Community Partners: DuPage County Regional Office of Education, Illinois PTA, NAMI DuPage, YMCA, DuPage County Public Libraries

Please visit glenbardgps.org for all GPS programming, videos, schedule updates and parent resources.

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

Connect

-  [glenbardparentseries](https://www.facebook.com/glenbardparentseries)
-  [D87_GPS](https://twitter.com/D87_GPS)
-  [Glenbard Parent Series](https://www.youtube.com/GlenbardParentSeries)
-  Glenbardparents.blogspot.com



Check out our *Take 5*:

Teens AND Adults will enjoy our video library of upcoming and past GPS programs at Glenbard Parent Series YouTube Channel



*Glenbard Township
High School District 87*

GPS GLENBARD
PARENT SERIES 
Navigating Healthy Families