

Delany Ruston - Documentary Film Premier

Screenagers NEXT CHAPTER: *Uncovering Skills for Stress Resilience*

As in her previous film, "Screenagers," physician Delaney Ruston uses a personal and professional eye to examine youth stress, anxiety, and depression and offers a new approach to help young people flourish in screen-filled and stressful times. Her documentary features cutting edge science along with insights from researchers and psychologists that reveal evidence-based strategies to support mental wellness in young people.

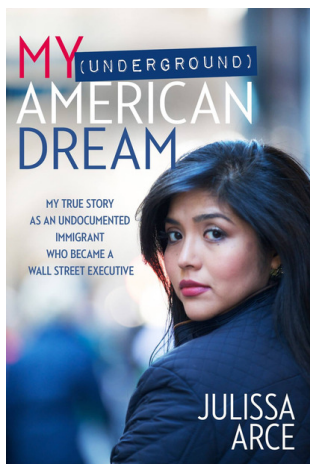


7:00 p.m. Thursday, October 10

Dr. Ruston will lead a discussion following the film.

Glenbard West Auditorium

670 Crescent Blvd. in Glen Ellyn



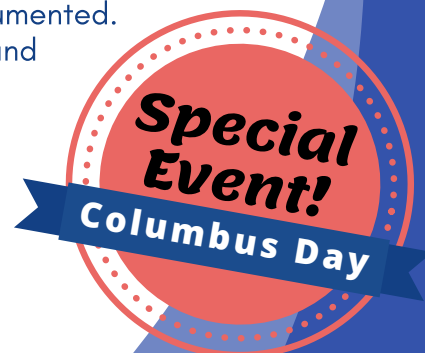
Julissa Arce - My Underground American Dream

Julissa immigrated to America from Mexico at the age of 11. On the surface, Arce's story reads like a how-to manual for achieving the American dream. She worked tirelessly at school, achieved academic excellence, and landed a coveted job on Wall Street. Later, the CNBC newscaster made international headlines when she revealed that she had attained success at Goldman Sachs while undocumented. Arce will share her incredible and inspiring true story and examine the plight of millions of other undocumented Americans living in the U.S. Teachers will hear Arce speak at the Teacher Institute on Tuesday, Oct 15.

7:00 p.m. Monday, October 14

Glenbard South Auditorium

23W200 Butterfield Road in Glen Ellyn



Glenbard Parent Series is generously supported by the Cebirin Goodman Center, Community Consolidated School District 93 Birth to Five Community Coalition, Cooperative Association for Special Education (CASE), College of DuPage, DuPage Medical Group, Emmy Gaffey Foundation, Glenbard Early Childhood Collaborative, Holiday Inn/Carol Stream and the Prevention Leadership Team of the DuPage County Health Department.

GPS programs are FREE and open to all



**For Information
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