

2022-2023



DuPage Medical Group is now:



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GPS GLENBARD PARENT SERIES

Navigating Healthy Families



GPS presents distinguished speakers to inspire, connect and inform with research-based strategies that promote positive youth development. Programs are free and open to the public. Links and details at GlenbardGPS.org



[glenbardparentseries](https://www.facebook.com/glenbardparentseries)



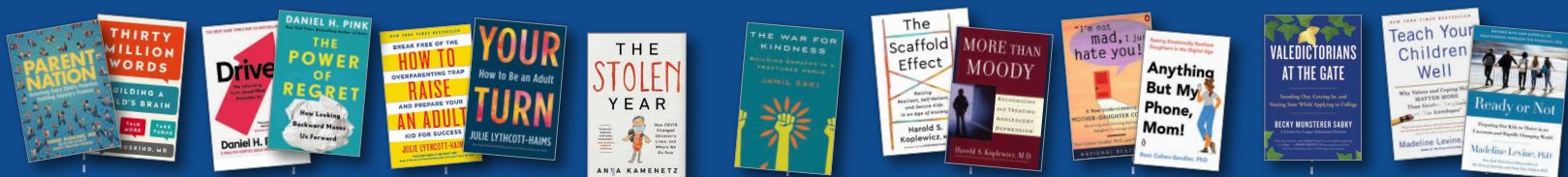
[D87_GPS](https://twitter.com/D87_GPS)



[Glenbard Parent Series](https://www.youtube.com/GlenbardParentSeries)



[glenbardparentseries](https://www.instagram.com/glenbardparentseries)



Dana Suskind, M.D. Dan Pink Julie Lythcott-Haims Anya Kamenetz Dr. Jamil Zaki Harold Koplewicz, M.D. Dr. Roni Cohen-Sandler Becky Munsterer Sabky Dr. Madeline Levine

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

AUGUST 2022

THURSDAY, AUG. 18, 7 P.M.

Sarah Ward **

Executive Functioning Skills for Success: Organizing, Prioritizing, Planning

TUESDAY, AUG. 23, 7 P.M.

Dana Suskind, M.D.*

Parent Nation: Unlocking Every Young Child's Potential

THURSDAY, AUG. 25, 7 P.M.

Frank Palmasani

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

TUESDAY, AUG. 30, 7 P.M.

Dan Pink in conversation with Julie Lythcott-Haims

The Power of Regret: How Looking Backward Moves Us Forward

SEPTEMBER 2022

WEDNESDAY, SEPT. 7, 7 P.M.

Anya Kamenetz

Stolen Year: How COVID Changed Children's Lives and Where We Go Now

WEDNESDAY, SEPT. 14, 7 P.M.

Community Read

Dr. Jamil Zaki

The War for Kindness: Building Empathy in a Fractured World

WEDNESDAY, SEPT. 21, NOON & 7 P.M.

Suicide Awareness Month Event

Harold Koplewicz, M.D.

More Than Moody: Suicide, Let's Talk About It

A conversation will follow with Glenbard D87 Assistant Superintendent of Student Services, Janet Cook.

TUESDAY, SEPT. 27, NOON & 7 P.M.

Dr. Roni Cohen-Sandler

Anything But My Phone Mom! Raising Resilient Kids in the Digital Age

OCTOBER 2022

THURSDAY, OCT. 6, 7 P.M.

Becky Munsterer Sabky

Valedictorians at the Gate: Standing Out, Getting In, and Staying Sane While Applying to College

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

Dr. Madeline Levine

Success is Not a Straight Line: Skills to Thrive in Trying Times

TUESDAY, OCT. 18, NOON & 7 P.M.

Susan Cain in conversation with Dr. Marc Brackett and Bruce Feiler

The Quiet Power and Secret Strength of Introverts

TUESDAY, OCT. 25, NOON & 7 P.M.

Dr. Catherine Pearlman

First Phone: A Pre-Tween's Guide to Digital Responsibility, Safety and Etiquette - Ages 9-12



Susan Cain Bruce Feiler Dr. Catherine Pearlman Ned Johnson Dr. Shauna Shapiro Dr. Kelly McGonigal Dr. John Duffy Anna Lembke, M.D. Jessica Lahey

NOVEMBER 2022

TUESDAY, NOV. 1, 7 P.M.

Ned Johnson and Matthew Pietrafetta
Test Taking Skills / SAT Updates / Reducing Test Anxiety

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

Dr. Stephanie Carlson *
Roots of Success: Shaping Executive Function Skills in Early Childhood

WEDNESDAY, NOV. 9, NOON AND 7 P.M.

Dr. Shauna Shapiro
Rewiring the Teen Brain for Motivation and Calm

WEDNESDAY, NOV. 16, NOON AND 7 P.M.

Dr. Kelly McGonigal with Katie Hurley and Dr. John Duffy
Nurturing the Joy of Movement: How Exercise Helps Us Find Happiness, Hope and Courage

WEDNESDAY, NOV. 30, NOON

Anna Lembke, M.D. with Jessica Lahey
Dopamine Nation, Why We're Addicted: Finding Balance in the Age of Indulgence

WEDNESDAY, NOV. 30, 7 P.M.

Hybrid Event: On Zoom & at Glenbard West
Tom Farley and Glenbard alumnus Timothy W. Fong, M.D.
Growing Up with Chris Farley: What Teens Should Know NOW About Substance Use Disorder

DECEMBER 2022

TUESDAY, DEC. 6, NOON AND 7 P.M.

Cathy Cassani Adams
Zen Parenting: Caring for Ourselves and our Children in an Unpredictable World

THURSDAY, DEC. 8, 7 P.M.

Dr. Ghodly Muhammad
Cultivating Genius and Joy: A Framework to Ensure All Children Thrive

TUESDAY, DEC. 13, 7 P.M.

Wake Up Call:
Drug Trends / Proactive Parenting, and "One Pill Can Kill" with Dean Jeske

JANUARY 2023

THURSDAY, JAN. 5, NOON AND 7 P.M.

Dr. Carla Naumburg
You Are Not a "Bad Parent:" How to Practice Self-Compassion and Give Yourself a Break

TUESDAY, JAN. 10, 7 P.M.

Distinguished Panel with Northwestern's Dr. Paul Corona, Dr. Mark Presnell and COD Dean, Kris Fay
The Varied Paths to 21st Century Careers

WEDNESDAY, JAN. 18, 7 P.M.

Special Partnership Event
Dr. Andrew Solomon
Noonday Demon: An Anatomy of Depression

WEDNESDAY, JAN. 25, NOON AND 7 P.M.

Michelle Garcia Winner, Founder of "Social Thinking"
Strategies to Foster Kids' Social Skills

FEBRUARY 2023

WEDNESDAY, FEB. 1, 7 P.M.

Black History Month Event
Zaretta Hammond
Motivating, Supporting and Expanding the Capacity of All Students

WEDNESDAY, FEB. 8, NOON AND 7 P.M.

Dr. Catherine Newman
Essential Communication and Life Skills: A Kid's Guide to Growing Up

WEDNESDAY, FEB. 15, NOON AND 7 P.M.

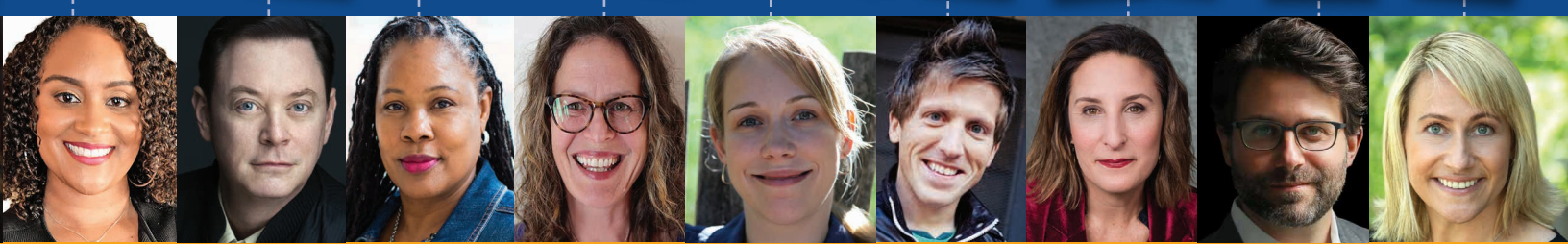
Gina Biegel
Take in the Good: Skills for Staying Positive, Reducing Stress and Living Your Best Life

THURSDAY, FEB. 23, NOON AND 7 P.M.

Live Life Well Week Event
Josh Shipp
The Grownup's Guide to Teens: Decode Their Behavior and Develop Trust

TUESDAY, FEB. 28, NOON AND 7 P.M.

Dr. Iheoma Iruka in conversation with Dr. Junlei Li and Michaelleen Doucleff *
Start Them Off Right: Partnerships That Build Early Childhood Success



Dr. Gholdy Muhammad Dr. Andrew Solomon Zaretta Hammond Dr. Catherine Newman Gina Biegel Josh Shipp Rosalind Wiseman Carl Erik Fisher, M.D. Phyllis Fagell

MARCH 2023

THURSDAY, MARCH 2, 7 P.M.

Jimmy Casas

Live Your Excellence: Bring Your Best Self to Work and Home Every Day

TUESDAY, MARCH 7, NOON AND 7 P.M.

Dr. Devorah Heitner, Author of "Screenwise"

Growing Up Public: Helping Kids Navigate Privacy and Reputation

TUESDAY, MARCH 14, NOON AND 7 P.M.

Jessica Minahan **

Practical Strategies for Reducing Anxiety and Challenging Behavior in Students

TUESDAY, MARCH 21, NOON AND 7 P.M.

Young Adult Author, Fred Aceves

The New David Espinosa (Body Image, Bullying and Steroid Misuse)

WEDNESDAY, APRIL 26, NOON AND 7 P.M.

Alcohol Awareness Month Event

Carl Erik Fisher, M.D.

The Urge: A Personal Story of Struggle from an Addiction Psychiatrist

MAY 2023

TUESDAY, MAY 2, NOON AND 7 P.M.

Phyllis Fagell

Middle School Super Powers: 12 Resilience Strategies to Help Tweens and Teens Reframe Setbacks and Gain Confidence

GPS GLENBARD PARENT SERIES

Navigating Healthy Families

** Denotes 2 hour program

* For parents of children ages 2 to 7

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Glenbard Parent Series



Glenbardparents.blogspot.com



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APRIL 2023

TUESDAY, APRIL 4, 7 P.M.

Liz Fosslien, Glenbard alumna

BIG Feelings: How to Be Okay When Things Are Not Okay

TUESDAY, APRIL 11, NOON AND 7 P.M.

Rosalind Wiseman

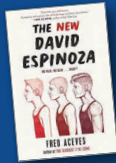
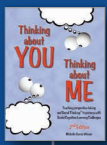
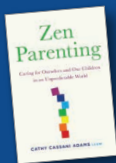
Supporting Kids Through the Inevitable Ups and Downs of Teen Relationships

TUESDAY, APRIL 18, 7 P.M.

Dr. John Spencer

Empowering Students Today with the Skills of Tomorrow





Cathy
Cassani
Adams



Michelle
Garcia
Winner



Jimmy
Casas



Dr. Devorah
Heitner



Fred
Aceves



Liz Fosslien



Dr. Dwayne
D. Williams



Dr. Ferney
Ramirez



Dr. Lourdes
Ferrer-Allen

FUSE: Families United in Support of Excellence for All, Especially Students Who Identify as African-American or Black

THURSDAY, SEPT. 8, 6 P.M.

In person, Glenbard South Little Theatre
Ava Blalark and Dr. Dwayne Williams
Celebrating and Supporting our Students' Success

THURSDAY, DEC. 1, 7 P.M.

Susanna Melon, Assistant Director for Student Services, English Learners and District Equity, in partnership with the Equity Student Achievement Committee
Find Your Future at College Night

THURSDAY, DEC. 8, 7 P.M.

Dr. Gholdy Muhammad
Cultivating Genius and Joy: A Framework to Ensure All Children Thrive

WEDNESDAY, FEB. 1, 7 P.M.

Zaretta Hammond
Motivating, Supporting and Expanding the Capacity of All Students

B-PAC / GPS Programs in Spanish

(Bilingual Parent Advisory Council)

THURSDAY, SEPT. 15, 7 P.M.

Lisette Ochoa, Lizette Ramirez & Luz Luna
Preparing the Path for High School and College Success: The College Application Process

THURSDAY, OCT. 20, 7 P.M.

Dr. Martha Angel
Wellness Tips and Positive Coping Strategies to Help Teens Thrive

THURSDAY, NOV. 17, 6 P.M.

In person, Glenbard East
Dr. Ferney Ramirez
Fostering Motivation and Resilience

THURSDAY, DEC. 1, 7 P.M.

Susanna Melon, Assistant Director for Student Services, English Learners and District Equity, in partnership with the Equity Student Achievement Committee
Find Your Future at College Night

THURSDAY, DEC. 15, 6 P.M.

In person, Glenbard North Library
Dr. Ferney Ramirez
Decision Making to Enhance Healthy Behaviors

THURSDAY, FEB. 16, 7 P.M.

Ana Mandujano, YWCA Educator
Teen Relationships Today

THURSDAY, MARCH 16, 6 P.M.

In person, Glenbard North Library
Dr. Lourdes Ferrer-Allen
Grooming for Excellence: Parent Academy

THURSDAY, APRIL 20, 6 P.M.

In person, Glenbard West Library
Dr. Ferney Ramirez
Be the Parent You Want to Be

B-PAC / GPS Program in Gujarati

THURSDAY, SEPT. 29, 7 P.M.

Dr. Krishna Bhagat and Tina Shah
How to Support Your Child's Physical and Mental Health for School Success

B-PAC / GPS Program in Urdu & Hindi

THURSDAY, JAN. 19, 7 P.M.

Saadia Baig
Positive Parenting: Strategies to Help Your Child Flourish

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Glenbard Parent Series



Glenbardparents.blogspot.com



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Events are free and open to the public. We welcome all public, private, parochial and home-schooling parents, caregivers and families, along with students, school staff and community members.

All GPS programs will be conducted virtually, Central Time (CT), via Zoom, unless otherwise noted.

Details, event updates and Zoom links can be found at GlenbardGPS.org.

Continuing education credits are available for all programs. Nursing education credits are available at select programs.

Thanks go to our additional partners for their support

Marquardt School District 15
Queen Bee School District 16
Glen Ellyn School District 41
Lombard School District 44
Community Consolidated
School District 89
Community Consolidated
School District 93
Elmhurst CUSD 205
Community HS District 99
Lake Park High School District 108
School District 214
West Chicago High School
DuPage High School District 88
Lisle School District 202
School District 45
Valley View CUSD 365U
Evanston-Skokie School District 65
Bensenville School District 2
Bloomington Public Library

Carol Stream Public Library
Villa Park Public Library
Glen Ellyn Public Library
Glenside Public Library
Helen Plum Public Library
Wheaton Public Library
Woodridge Public Library
Friends of the Glenside Library
YPRC
Community - The Anti-Drug
Northwestern Medicine
DuPage Regional Office of
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Illinois PTA
NAMI DuPage
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Community Parent Network
Cebrian Goodman Grant Schools
On Balance Parenting
West Nation

Navigating Adolescence
Family Action Network
One Community
Wheaton Warrenville Early
Childhood Collaborative
Stand Strong Coalition
Glendale Heights Youth Commission
Elmhurst Youth Commission
Bensenville Youth Coalition
Municipalities of Carol Stream,
Glendale Heights, Glen Ellyn
Lombard, Bloomingdale, Lisle
and Wheaton
Glen Ellyn Chamber
Illinois CASA
League of Women Voters,
Glen Ellyn
COSEM
Love Like Lija
Serenity House

Compass Health Center
You Will Be Found
Marvelous Minds
AALR
Link Together Coalition
Growing Resiliency in Teens 2
Parent Community Network
SUCCESS & TEAMS
Ascension Illinois
B. R. Ryall YMCA
YWCA Met Chicago
Glen Ellyn Youth and Family
Counseling Service
360 Youth Services
NEDFYS
Candor Health
Anderson's Bookshop,
Naperville & Downers Grove
The Bookstore Glen Ellyn
Teen Parent Connection

Please visit GlenbardGPS.org
for program details,
schedule updates and parent
resources.

For questions, contact Gilda Ross, Glenbard
Student and Community Projects Coordinator,
at (630) 942-7668 or gilda_ross@glenbard.org.



Check out our Take 5:

Check out the Glenbard Parent Series YouTube channel; Find videos of previous programs, highlights, and our Take 5 series for teens and adults.



Glenbard Township
High School District

Glenbard East: 1014 South Main St in Lombard
Glenbard North: 990 Kuhn Rd in Carol Stream
Glenbard South: 23W200 Butterfield Rd in Glen Ellyn
Glenbard West: 670 Crescent Blvd in Glen Ellyn