

GPS 2022-2023 Program Line-up

Glenbard Parent Series (GPS): Navigating Healthy Families

THURSDAY, AUGUST 18 at 7pm*

**Note: Presentations will run 2 hours.*

Sarah Ward

Executive Functioning Skills for Success: Organizing, Prioritizing, and Planning

TUESDAY, AUGUST 23 at 7pm

Early Childhood event

Dana Suskind MD

Parent Nation: Unlocking Every Child's Potential

THURSDAY, AUGUST 25 at 7pm

Frank Palmasani

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

TUESDAY, AUGUST 30 at 7pm

Summer Read Highlight

Dan Pink in conversation with Julie Lythcott-Haims, author of "How to Raise an Adult" and "Your Turn: How to Be an Adult"

The Power of Regret: How Looking Backward Moves Us Forward

WEDNESDAY, SEPTEMBER 7 at 7pm

Anya Kamenetz

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

WEDNESDAY, SEPTEMBER 14 at 7pm

Fall Community Read

Dr. Jamil Zaki

The War for Kindness: Building Empathy in a Fractured World

WEDNESDAY, SEPTMEBER 21 at noon & 7pm

Suicide Prevention Month event

Dr. Harold Koplewicz

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

TUESDAY, SEPTEMBER 27 at noon & 7pm

Roni Cohen-Sandler

Anything But My Phone Mom! Raising Resilient Girls (and Boys) in the Digital Age

THURSDAY OCTOBER 6 at 7pm

Becky Munsterer Sabky

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

THURSDAY, OCTOBER 13 at noon & 7pm

Dr. Madeline Levine

Skills to Thrive in Trying Times

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TUESDAY, OCTOBER 18 at noon & 7pm

Susan Cain in conversation with Bruce Feiler, author of “The Secrets of Happy Families” and “Life in the Transitions”

The Quiet Power of Introverts in a World That Won't Stop Talking

TUESDAY, OCTOBER 25 at noon & 7pm

Dr. Catherine Pearlman

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

TUESDAY, NOVEMBER 1 at 7pm

Matthew Pietrafetta with Ned Johnson, author of “The Self-Directed Child”

Test Taking Skills / Update on the SAT / Reducing Test Anxiety

WEDNESDAY, NOVEMBER 2 at noon & 7pm

Early Childhood event

Dr. Stephanie Carlson

Roots of Success: Shaping Executive Functioning Skills in Early Childhood

WEDNESDAY, NOVEMBER 9 at noon & 7pm

Dr. Shauna Shapiro

Rewiring the Teen Brain for Motivation and Calm

WEDNESDAY, NOVEMBER 16 at noon & 7pm

Dr. Kelly McGonigal with Dr. John Duffy, author of “Parenting the New Teen in the Age of Anxiety”

Nurturing the Joy of Movement: How Exercise Helps Us Find Happiness, Hope and Courage

WEDNESDAY, NOVEMBER 30 at noon

Anna Lembke MD with Jessica Lahey, author of “The Addiction Inoculation,” and “The Gift of Failure.”

Dopamine Nation: Why We're Addicted, Finding Balance in the Age of Indulgence

WEDNESDAY, NOVEMBER 30 at 7pm*

****HYBRID Program: virtual, and in person at Glenbard West***

Tom Farley and Timothy W. Fong MD, Glenbard alum and Addiction Psychiatrist

Growing Up with Chris Farley: Substance Misuse, What Teens Should Know Now

TUESDAY, DECEMBER 6 at noon & 7pm

Cathy Cassani Adams

Zen Parenting: Caring for Ourselves and Our Children in an Unpredictable World

THURSDAY, DECEMBER 8 at 7pm

Dr. Gholdy Muhammad

Cultivating Genius and Joy: A Framework to Ensure All Children Thrive

TUESDAY, DECEMBER 13 at 7pm

Presented by Your Choice Prevention

Wake Up Call: Drug Trends/Proactive Parenting Strategies/Red Flags

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THURSDAY, JANUARY 5, 2023 at noon & 7pm

Carla Naumburg

You Are Not a Bad Parent: How to Practice Self-Compassion and Give Yourself a Break

TUESDAY, JANUARY 10 at 7pm

Distinguished Panel

The Varied Paths to 21st Century Careers

WEDNESDAY, JANUARY 18 at 7pm

Andrew Solomon

Noonday Demon: An Anatomy of Depression

WEDNESDAY, JANUARY 25 at noon & 7pm

Michelle Garcia Winner

Strategies to Foster Tweens' and Teens' Social Skills

WEDNESDAY, FEBRUARY 1 at 7pm

Black History Month event

Zaretta Hammond

Responsive Learning and the Brain: Promoting Partnerships for Engagement

WEDNESDAY, FEBRUARY 8 at noon & 7pm

Catherine Newman

Essential Communication and Life Skills: A Kid's Guide to Growing Up

WEDNESDAY, FEBRUARY 15 at noon & 7pm

Gina Biegel

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

THURSDAY, FEBRUARY 23 at noon & 7pm

Josh Shipp

The Grownup's Guide to the Human Teenager: How to Decode Their Behavior and Develop Their Trust

TUESDAY, FEBRUARY 28 at noon & 7pm

Early Childhood event

Dr. Iheoma Iruka

Start Them Off Right: Responsive Family Engagement in Early Childhood

THURSDAY, MARCH 2 at 7pm

Jimmy Casas

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

TUESDAY, MARCH 7 at noon & 7pm

Devorah Heitner

Growing Up Public: Helping Kids Navigate Privacy and Reputation

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TUESDAY, MARCH 14 at noon-2:00pm* & 7:00-9:00pm*

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Jessica Minahan

Practical Strategies for Reducing Anxiety and Challenging Behavior in Students

TUESDAY, MARCH 21 at noon & 7pm

Young Adult Author, Fred Aceves

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

TUESDAY, APRIL 4 at 7pm

Liz Fosslie, Glenbard alum

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

TUESDAY, APRIL 11 at noon & 7pm

Rosalind Wiseman

Supporting Our Kids Through the Inevitable Ups and Downs of Teen Relationships

TUESDAY, APRIL 18 at 7pm

John Spencer

Empowering Students Today with the Skills of Tomorrow

WEDNESDAY, APRIL 26 at noon & 7pm

Carl Erik Fisher MD

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

TUESDAY, MAY 2 at noon & 7pm

Phyllis Fagell

Middle School Superpowers: 12 Resilience Strategies to Help Tweens Reframe Setbacks and Gain Confidence

B-PAC and World Languages

THURSDAY, SEPTEMBER 15 at 7pm

Lisette Ochoa, Lizette Ramirez and Luz Luna

Preparing the Path for High School and College Success: The College Application Process

THURSDAY, OCTOBER 20 at 7pm

Dr. Martha Angel

Wellness Tips and Stress Tolerance Skills to Help Kids Thrive

THURSDAY, NOVEMBER 17 at 6pm

Held in person at Glenbard East.

Dr. Ferney Ramirez

Fostering Motivation and Resilience to Achieve



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THURSDAY, DECEMBER 1 at 7pm

Distinguished Panel and Susanna Melon, Assistant Director for Student Services, English Learners & District Equity

Find Your Future at College Night

THURSDAY, DECEMBER 15 at 6pm

Held in person at Glenbard North Library.

Dr. Ferney Ramirez

The Power of Parent Influence: Techniques to Connect

THURSDAY, FEBRUARY 16 at 7pm

Ana Mandujano, YWCA Educator/Trainer

Teen Relationships Today

THURSDAY, MARCH 16 at 7pm

Dr. Lourdes Allen Ferrer

In The Driver's Seat Parent Academy

THURSDAY, APRIL 20 at 6pm

Held in person at Glenbard West Library.

Dr. Ferney Ramirez

Understanding Teen Mental Health: What You Need to Know

GPS in Gujarati

THURSDAY, SEPTEMBER 29 at 7pm

Tina Shah and Dr. Krishna Bhagat

How to Support Your Child's Health and Wellbeing

GPS in Urdu

THURSDAY, JANUARY 19 at 7pm

Saadia Baig

Positive Parenting: Strategies to Help Students Achieve

FUSE and GPS

FUSE: Families United in Support of Excellence and Equity for all, especially students that identify as African-American or Black

THURSDAY, SEPTEMBER 8 at 6pm

Held in person at Glenbard South Little Theatre.

Ava Blalark and Dr. Dwayne Williams

The High Performer in You: Celebrating and Supporting our Students' Success

THURSDAY, DECEMBER 1 at 7pm

Distinguished Panel and Susanna Melon, Assistant Director for Student Services, English Learners & District Equity

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