2019-2020

GPS GLENBARD PARENT SERIES

Navigating Healthy Families



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.

Emmy Gaffey Foundation

DuPage County Prevention Leadership Team PLT

DuPage Medical Group
WE CARE FOR YOU

BIRTH TO 5 Community Coalition
Supporting CCSDs Children Through Community & Family Partnerships

Holiday Inn
AN IHG HOTEL
Holiday Inn & Suites Chicago-Carol Stream (Wheaton)

CASE
excellence through collaboration

CEBRIN GOODMAN CENTER
an affiliate of lillian and larry goodman FOUNDATIONS

ABC Glenbard
Early Childhood Collaborative

College of DuPage

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 2019

Back to School Parent and Athlete Night

MONDAY, AUG. 19

Dr. Ross Flowers
Positive Psychology for Peak Performance
6 p.m., Glenbard North
6 p.m., Glenbard East

6:45 p.m., Dr. Flowers' presentation begins at Glenbard East

TUESDAY, AUG. 20

Dr. Ross Flowers
Positive Psychology for Peak Performance
6 p.m., Glenbard South
6:30 p.m., Glenbard West

WEDNESDAY, AUG. 28

Dr. Jonathan Singer
Signs and Symptoms of Youth Suicide: How Parents and School Staff Can Work Together
Noon, Glenbard South

September 2019

GPS Community Read

THURSDAY, SEPT. 5

David Grann, author
Killers of the Flower Moon: The Osage Murders and the Birth of the FBI
7 p.m., Glenbard West

SATURDAY, SEPT. 14

Frank Palmasani
Financial Aid Seminar: Conquering the Challenges of College Costs
10:30 a.m., Glenbard South

FRIDAY, SEPT. 20

Dr. Jean Twenge
iGen: Why Today's Hyper-Connected Kids are Growing Up Less Happy and Completely Unprepared for Adulthood
7 p.m., College of DuPage, Student Resource Center (SRC)

TUESDAY, SEPT. 24

Rachel Simmons
Enough As They Are: Helping Teens Move Beyond the Impossible Standards of Success
7 p.m., College of DuPage, McAninch Arts Center (MAC)

WEDNESDAY, SEPT. 25

Rachel Simmons
Enough As They Are: Helping Teens Move Beyond the Impossible Standards of Success.
Noon, Marquardt Administration Center

October 2019

THURSDAY, OCT. 10

Documentary Film Screen Premiere

Delaney Ruston, M.D. filmmaker/director
Speaking of Stress: Solutions to Thrive
7 p.m., Glenbard West



SATURDAY, OCT. 12

Dr. Jeff Feucht, Assistant Superintendent for Educational Services
Inside the SAT / Resources to Soar and ***FAFSA Completion Assistance***
10:30 a.m., Glenbard East

MONDAY, OCT. 14 COLUMBUS DAY

Julissa Arce, CNBC Newscaster
My (Undocumented) American Dream
7 p.m., Glenbard South

WEDNESDAY, OCT. 16

Jackie Rhew, LCPC, CADC
Motivate/Achieve/Growth Mindset and ***FAFSA Completion Assistance***
7 p.m., Glenbard West

TUESDAY OCT. 29

Dr. Wendy Mogel
Parent Talk to Transform Relationships
7 p.m., Glenbard South

WEDNESDAY, OCT. 30

Dr. Wendy Mogel
Voice Lessons for Parents/How and Why and When to Listen
Noon, Marquardt Administration Center



Dr. Ross Flowers | David Grann | Dr. Jean Twenge | Dr. Sonya Whitaker | Rachel Simmons | Dr. Wendy Mogel | Jess Shatkin, M.D., MPH | Erika Sánchez | Dr. Michele Borba

November 2019

TUESDAY, NOV. 12

Jess Shatkin, M.D., MPH
Parenting Young Children to Thrive: Healthy Body and Healthy Brain
7 p.m., Glen Ellyn Public Library

WEDNESDAY, NOV. 13

Jess Shatkin, M.D., MPH
Are Teens Born to Be Wild? Why Teens Take Risks and How We Can Keep Them Safe
Noon, Marquardt Administration Center
7 p.m., Glenbard North
A Community Conversation to follow

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

WEDNESDAY, NOV. 20

Author Event
Erika Sánchez
I Am Not Your Perfect Mexican Daughter
7 p.m., Glenbard South

***For parents of children ages 3 to 8**

December 2019

TUESDAY, DEC. 3

Dr. Michele Borba
UnSelfie: The Empathy Advantage to Succeed in Our "All About Me" World
7 p.m., Glenbard East

WEDNESDAY, DEC. 4

Dr. Michele Borba
No More Misbehavin': Difficult Behaviors in Young Children and How to Stop Them
9:30 a.m., CCSD93 Administration Center

WEDNESDAY, DEC. 11

Dr. David Jernigan
The Media, the Marketing and Teen Drug Use: An Update
Noon, Marquardt Administration Center

January 2020

WEDNESDAY, JAN. 15

Dr. Paul Corona
Lee's 3 Habits: A Workshop for Stronger Relationships and Greater Happiness
7 p.m., Glenbard West

THURSDAY, JAN. 16

Documentary Film Screening

The Kids We Lose: Lives in the Balance
Noon, Glenbard South



WEDNESDAY, JAN. 29

Amy Morin
13 Things Mentally Strong Parents Don't Do: Raising Self-Assured Children and Training Their Brains for a Life of Happiness, Meaning, and Success
7 p.m., College of DuPage, McAninch Arts Center (MAC)

THURSDAY, JAN. 30

Amy Morin
13 Things Mentally Strong People Avoid and How You Can Become Your Strongest and Best Self
Noon, Marquardt Administration Center

GPS GLENBARD PARENT SERIES
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Amy Morin | Andrew Solomon | Jennifer Abrams | Dr. Ross Greene | Dr. Chris Willard | Qasim Rashid | Dr. Francesca Gino | Ben Glenn | Julissa Arce

February 2020

TUESDAY, FEB. 11

Andrew Solomon
The Secret Sadness of Depression
7 p.m., Glenbard West
A Community Conversation to follow

WEDNESDAY, FEB. 12

Cathy Adams, LCSW, CPC
Self-Awareness/Self-Compassion/ Self-Care
Noon, CCSD93 Administration Center

WEDNESDAY, FEB. 19

Live Life Well Week Speaker
Ben Glenn, the Chalkguy
Simply Special: Learning to Love Your ADHD
7 p.m., Glenbard North

WEDNESDAY, FEB. 26

Jennifer Abrams
Finding Your Voice Around What Matters: Successful Teacher/Parent Conversations/Advocacy
7 p.m., Glenbard East

THURSDAY, FEB. 27

Dr. Ross Greene
Parenting the Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated Chronically Inflexible Children
7 p.m., Glenbard South

March 2020

TUESDAY, MARCH 3

Documentary Film Screening Premiere

Amanda Lukoff, Film Director
The R Word: The Power of Words and the Power of Love
7 p.m., Glenbard West



WEDNESDAY, MARCH 4

Amanda Lukoff, Film Director
The R Word: The Power of Words and the Power of Love
*9:30 a.m., District #41 Central Office
Noon, Glenbard South

TUESDAY, MARCH 10

Dr. Chris Willard
Growing Up Mindful, Capable and Resilient
7 p.m., Glenbard West

WEDNESDAY, MARCH 11

Dr. Chris Willard:
****Mindfulness Practices to Foster Focused, Relaxed and Happy Children***
9:30 a.m., Marquardt Administration Center
Growing Up Mindful, Capable and Resilient
Noon, Marquardt Administration Center

MARCH - TBA

Author Event, 7 p.m., Glenbard North

April 2020

THURSDAY, APRIL 9

Distinguished Roundtable on Social Justice

Qasim Rashid, author
Talk to Me

Jonathan Mendoza, Spoken Word Poet
7 p.m., Glenbard North

WEDNESDAY, APRIL 22

Dr. Francesca Gino
Rebel Talent: Finding Success in Life-Why It Pays to Break the Rules
7 p.m., Glenbard South

May 2020

TUESDAY, MAY 5

Documentary Film Screening

Angst: It's OK to Say - It's Treatable
Discussion to follow - Dr. Karen Cassiday
Noon, CCSD93 Administration Center

Angst: It's OK to Say - It's Treatable
Discussion to follow - Dr. Danielle Black
7 p.m., Glenbard East





Dr. Michael Allen | Jonathan Singer | Frank Palmasani | Jackie Rhew | Dr. Lourdes Ferrer | Dr. Ferney Ramirez | Dr. Paul Corona | Cathy Adams | Delaney Ruston, MD

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

Co-sponsored by the DuPage County Branch NAACP

SATURDAY, SEPT. 21

Dr. Sonya Whitaker
In the Spirit of Excellence / Achieving the Dream / Academic Recognition Event
11:30 a.m., Marquardt Administration Center

WEDNESDAY, DEC. 4

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 21

Dr. Michael Allen
Translate Your Vision into Reality and Leadership Recognition Ceremony
11:30 a.m., Glenbard South

B-PAC/GPS Programs in Spanish

THURSDAY, AUG. 22

Susanna Melon, *ELL Coordinator*
The Technology and Training to Help Your Child Thrive
6 p.m., Glenbard North

THURSDAY, SEPT. 12

Sarah Espinosa ISAC and
Dr. Ferney Ramirez
Transitions Toolkit and Minimizing College Debt
6 p.m., Glenbard North

THURSDAY, OCT. 17

Norma Vega-Rodriguez
Preparing the Path for High School and College Success: The College Application Process
6 p.m., Glenbard North

THURSDAY, NOV. 14

Dr. Lourdes Ferrer
Grooming for Excellence Parent Academy
7 p.m., Glenbard North

WEDNESDAY, DEC. 4

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

THURSDAY, DEC. 12

Dr. Ferney Ramirez
Secrets of Successful Parents
Holiday Gathering
6 p.m., Glenbard North

THURSDAY, FEB. 13

Avelira Gonzales and W. Daniel Perez, M.D.
Failure Is Not an Option and Teen Health Update
6 p.m., Glenbard North

THURSDAY, MARCH 12

Dr. Ferney Ramirez
Raising 21st Century Teens
6 p.m., Glenbard North

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

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: 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 Central Services Office: 793 N. Main Street, Glen Ellyn, IL 60137
Glen Ellyn Public Library: 400 Duane Street, Glen Ellyn

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

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

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

Connect with us

glenbardparentseries
D87_GPS
Glenbard Parent Series
Glenbardparents.blogspot.com

Glenbard Township High School District 87

Check out our *Take 5*:
Teen Talk series and videos of previous programs at Glenbard Parent Series YouTube Channel

GPS GLENBARD PARENT SERIES
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