

2019-2020

# GPS GLENBARD PARENT SERIES

*Navigating Healthy Families*



DuPage Medical Group  
WE CARE FOR YOU



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

## 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**

*Navigating Healthy Families*



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

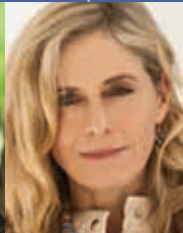
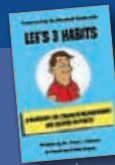
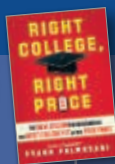
#### ***Angst: It's OK to Say - It's Treatable***

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

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**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](mailto:gilda_ross@glenbard.org)

Please visit [glenbardgps.org](http://glenbardgps.org) for all GPS programming, videos, schedule updates and parent resources.

### Connect with us

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

 [Glenbardparents.blogspot.com](http://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**   
*Navigating Healthy Families*