

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

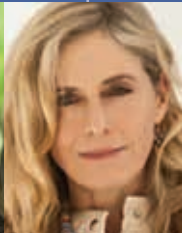
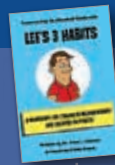
Noon, CCSD93 Administration Center

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

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.

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

 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*

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