

Larson invites families from throughout region to Glenbard Parent Series events

By David Larson, Ed.D.

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We are excited to welcome families from throughout the region to the [Glenbard Parent Series \(GPS\) Navigating Healthy Families](#), an award-winning program that empowers parents, guardians and educators with the knowledge and tips to help raise healthy children. GPS provides a wealth of free resources for families and those who work with young people.

Over the years, we've welcomed attendees from across DuPage County, the North Shore and even neighboring states. With a mostly online model now, GPS provides a convenient way for parents, guardians, educators and caregivers – no matter where they live – to gain insights and practices that can help them and young people.

Variety of Topics Discussed

GPS presents nationally acclaimed speakers who discuss issues facing young people and provide research-based tips to meet their needs. There are GPS events related to children as young as three and as old as high school seniors.

Gilda Ross, D87's student and community projects coordinator, does an outstanding job coordinating several free GPS events each month that school is in session. Check out the following sample of topics from this year's speaker list:

- The Quiet Power and Secret Strength of Introverts
- Caring for Ourselves and Our Children in an Unpredictable World
- More than Moody: Suicide, Let's Talk About It
- Partnerships that Build Early Childhood Success
- Test Taking Skills; SAT Updates; and Reducing Test Anxiety
- First Phone: a Pre-Tween's Guide to Digital Responsibility, Safety and Etiquette
- and more.

Convenient Access to GPS

- GPS programs are offered in the afternoon and evening.
- Most of this year's GPS events are presented as Zoom webinars. You can gain great tips from the comfort of home, while on a lunch break at work or on demand.
- Some GPS events will be presented in Spanish, Urdu and Gujarati.

Upcoming GPS Events

Check out the full lineup of programs at glenbardgps.org.

I encourage you to mark your calendar and set a reminder on your phone to attend some of the powerful GPS programs this year.