

GPS

Parent Series



Navigating Healthy Families

2026-27



30+
Years

Weekly lineup of renowned speakers with proven strategies to help families thrive!

- Free and Open to All
- No Registration Required
- Multiple Languages
- CPDUs/CEUs Available*

Zoom links at GPSParentSeries.org



Dr. Meredith Elkins Matt Richtel Dr. David Yeager Dr. Nick Epley Dr. Angela Duckworth Dr. Richie Davidson Dr. Lisa Damour Jennifer Wallace Blaise Aguirre, MD

Join the GPS Parent Series to learn practical, actionable strategies from distinguished presenters, helping every student cultivate a healthy, purposeful, and successful future.

Jessica Santee, Superintendent, Glenbard Twp HS District 87
Gilda Ross, Student and Community Projects Coordinator

CONNECT INFORM EMPOWER

AUGUST 2026

THURSDAY, AUG. 20, NOON & 7 P.M.

Dr. David Yeager
Start the School Year Strong: The Science of Motivating Young People

WEDNESDAY, AUG. 26, NOON & 7 P.M.

Dr. Meredith Elkins
in conversation with Lynn Lyons
Parenting Anxiety: Breaking the Cycle of Worry and Raising Resilient Kids

THURSDAY, AUG. 27, NOON & 7 P.M.

Dr. Michaela Douclev
in conversation with Hunter Clarke-Fields
Dopamine Kids: Understand Addictive Triggers and Rewire Young Brains



WEDNESDAY, SEPT. 9, NOON & 7 P.M.

Matt Richtel, Pulitzer Prize Winner
Understanding Adolescence: A Complex Journey of Growth and Transformation

TUESDAY, SEPT. 15, NOON & 7 P.M.

Angela Duckworth, author of *GRIT*
in conversation with TBD
Situated: Find the People and Places That Bring Out Your Best

WEDNESDAY, SEPT. 23, NOON & 7 P.M.

Suicide Prevention Month Event
Blaise Aguirre, MD
in conversation with Ross Szabo
When Kids Say "I Hate Myself": How to Respond

SEPTEMBER 2026

TUESDAY, SEPT. 1, NOON & 7 P.M.

Dr. Richard Davidson and Dr. Cortland Dahl
in conversation with Judson Brewer, MD
Born to Flourish: Science and Ancient Wisdom Reveal a Simple Path to Thrive

WEDNESDAY, SEPT. 30

IN-PERSON OPTION

GREAT READ!
Noon: Zoom/at COD
7 p.m.: Zoom/at Glenbard West HS
6 p.m. Community Resource Fair
Dr. Nicholas Epley
A Little More Social: Small Choices Create Unexpected Happiness and Connection

OCTOBER 2026

THURSDAY, OCT. 1

IN-PERSON OPTION

Noon: Zoom/at COD
7 p.m.: Zoom
Dr. Ari Tuckman
Preparing Students with ADHD for Success

WEDNESDAY, OCT. 7, NOON & 7 P.M.

Katie Rose Guest Pryal, JD
Your Kid Belongs Here: Insights on Parenting Neurodiverse Children

THURSDAY, OCT. 8, NOON & 7 P.M.

Stephanie Malia Krauss
in conversation with Dr. Tony Wagner
Next Steps: What Today's Kids Need for Tomorrow's World of Work



TUESDAY, OCT. 13, NOON & 7 P.M.

Jennifer Breheny Wallace
in conversation with Dr. Lisa Damour, author of "Under Pressure"
Mattering: The Tension Between a "Never Enough" Mentality, Purpose, and Student Well-being
A conversation will follow with D87 Asst. Supt. for Student Services, Janet Cook



JANUARY 2027

TUESDAY, OCT. 20, NOON & 7 P.M.

Dr. Katie Hurley
The New Bully: Confronting Online Conflict, Rumors, and Social Exclusion

WEDNESDAY, OCT. 28

IN-PERSON OPTION

Noon: Zoom/at COD

7 p.m.: Zoom

Dr. Corinne Low - Glenbard Alum
Having It All: What Data Tells Us About Women's Lives and Getting the Most Out of Yours

MONDAY, NOV. 23, NOON & 7 P.M.

American Education Week Event
 Dr. Anthony Puliafico
Understanding School Avoidance: Beyond "Just go to School"

THURSDAY, JAN. 7, NOON & 7 P.M.

Dr. Marc Brackett
 in conversation with TBD
Dealing With Feeling: Harness the Power of Emotions to Create a Life You Love

DECEMBER 2026

WEDNESDAY, DEC. 2, NOON & 7 P.M.

Dr. Aliza Pressman
 in conversation with Dr. Tina Payne Bryson,
 author of "The Whole Brain Child"
The Orchid Code: How Temperament Shapes Who We Become

WEDNESDAY, JAN. 13, NOON & 7 P.M.

Dr. Jean Twenge
 in conversation with Dr. Rebecca Winthrop,
 author of "The Disengaged Teen"
10 Rules for Raising Kids in a High-Tech World

NOVEMBER 2026

THURSDAY, NOV. 5, NOON & 7 P.M.

Ana Homayoun and Panel
Purposeful Paths: Connecting College Opportunity and Career Discovery



THURSDAY, DEC. 3, 7 P.M.

Susanna Melón and Panel
From Here to Higher Ed: Get Future Ready with our College Panel



TUESDAY, NOV. 10, NOON & 7 P.M.

Dr. Ellen Hendriksen
How to Be Enough: Social Anxiety, Perfectionism, and How to Quiet Your Inner Critic

TUESDAY, NOV. 17, NOON & 7 P.M.

Ron Lieber and Jeff Selingo
Selecting and Paying for College: The Nuts, Bolts, and Secrets



TUESDAY, DEC. 8, NOON & 7 P.M.

Eli Harwood
How to Deal With Your \$#!% So Your Kids Don't Have To

THURSDAY, DEC. 10, NOON & 7 P.M.

Dr. Ann-Louise Lockhart
Love the Teen You Have: It's Never Too Late to Transform Conflict into Connection

TUESDAY, DEC. 15, NOON & 7 P.M.

Bobbi Rebell
Nurturing Money-Smart and Independent Teens



WEDNESDAY, JAN. 20, NOON & 7 P.M.

Dr. Ross Greene
Impulsive and Explosive: Keeping Calm When Kids Can't

THURSDAY, JAN. 21 NOON & 7 P.M.

Bruce Feiler
 in conversation with Gretchen Rubin
A Time to Gather and Connect: Simple Rituals That Strengthen Family Bonds

THURSDAY, JAN. 28, NOON & 7 P.M.

Stuart Slavin, MD
The Success Trap: Helping Youth Find Balance in a Competitive, High-Pressure World

WEDNESDAY, NOV. 18, NOON & 7 P.M.

Dr. Sheryl Gonzalez Ziegler
 in conversation with Catherine Price,
 author of "The Amazing Generation"
Crucial Years: The Essential Guide to Mental Health and Modern Puberty in Children 6-12



College/Career Program

Early Childhood Program



Dr. Adam Grant Dr. Marc Brackett Brandon Fleming Dr. Jean Twenge Bruce Perry, MD David Epstein Dana Suskind, MD Jodi Kantor Bobbi Rebell

FEBRUARY 2027

TUESDAY, FEB. 2, NOON & 7 P.M.

Nir Eyal
Beyond Belief: The Science-Based Way to Unlock Hidden Potential

WEDNESDAY, FEB. 3, NOON & 7 P.M.

Nefertiti Austin
in conversation with Debbie Reber
She's Just Spirited and "Differently Wired": The Highlights and Complexity of Raising Neurodivergent Children

WEDNESDAY, FEB. 10, NOON & 7 P.M.

Bruce Perry, MD
What Happened to You? A Shift from "What is Wrong with You?"
Oprah Winfrey, co-author

THURSDAY, FEB. 18, NOON & 7 P.M.

Dr. Sonja Lyubomirsky
in conversation with Dr. Eli Finkel
Peak Happiness: How to Feel Valued and Loved

TUESDAY, FEB. 23

IN-PERSON OPTION - LIVE LIFE WELL WEEK

7 p.m.: Zoom/at Glenbard South HS
6 p.m.: FUSE Awards
Brandon Fleming
Further Together: Modern Strategies for Future Success



MARCH 2027

MONDAY, MARCH 1, NOON & 7 P.M. GREAT READ!

Adam Grant
in conversation with TBD
Vibe: The Secrets of Strong Connections in a Lonely World

WEDNESDAY, MARCH 10, NOON & 7 P.M.

Donna Jackson Nakazawa
in conversation with Dr. Ethan Kross
Mind Drama: How to Shift and Outwit Your Inner Defeatist

THURSDAY, MARCH 11, NOON & 7 P.M.

Joanna Schroeder and Christopher Pepper
How to Talk to Teens: Conversations That Build Connection, Confidence, and Capability

WEDNESDAY, MARCH 17, NOON & 7 P.M.

David Epstein
in conversation with Daniel Pink
Inside the Box: How Limitations Surprisingly Make Us Better

WEDNESDAY, MARCH 24 IN-PERSON OPTION

Noon: Zoom/at COD
7 p.m.: Zoom
Dana Suskind, MD
Is AI Your Teen's New Best Friend? The Case for a Human-Raised Childhood

APRIL 2027

WEDNESDAY, APRIL 7, NOON & 7 P.M.

Jodi Kantor
in conversation with Lori Gottlieb
How to Get Started: Discovering Your Life's Work in Uncertain Times



WEDNESDAY, APRIL 14, NOON & 7 P.M.

Vanessa Kroll Bennett
Teenhood: Confessions and Lessons for the Trickiest Phase of Parenting

FRIDAY, APRIL 16, NOON IN-PERSON ONLY: COD

Elliot Regenstein, JD
Readiness: Practical and Positive Changes for Early Childhood Systems



TUESDAY, APRIL 20, NOON & 7 P.M.

Ethan Sawyer
Demystifying the College Application Process: How to Successfully Showcase Yourself



THURSDAY, APRIL 22, NOON & 7 P.M.

Dr. Robert Turrissi
in conversation with Jessica Lahey
Brief Parent Efforts Matter: Small Actions That Can Lead to Better Teen Decisions and Outcomes

WEDNESDAY, APRIL 28 IN-PERSON OPTION: BRING YOUR TEEN

Noon: Zoom
7 p.m.: Zoom/at Glenbard West HS
Liz Repking
Digital Safety Essentials for Teens and Adults: Cyberbullying, AI, and Social Media

MAY 2027

TUESDAY, MAY 4, NOON & 7 P.M.

Alyssa Campbell
Tiny Humans, Big Emotions: How to Navigate Meltdowns and Defiance to Raise Emotionally Intelligent Kids





Dr. Ross
Greene

Stuart
Slavin, MD

Dr. Ellen
Hendriksen

Nefertiti
Austin

Nir Eyal

Dr.
Sonja
Lyubomirsky

Bruce Feiler

Donna
Jackson
Nakazawa

Vanessa
Kroll
Bennett

B-PAC / GPS Programs in Spanish

Bilingual Parent Advisory Council

THURSDAY, SEPT. 17, 7 P.M.

Erika Quezada
**Parents Under Pressure: Practical
Tools for Navigating Life's Challenges**

THURSDAY, OCT. 15, 7 P.M.

Amairany Arzeta and Erika Williams
**Thriving in High School and
Beyond: Navigating College
Admissions**



THURSDAY, NOV. 19, 6 P.M.

IN-PERSON AT GLENBARD EAST LIBRARY

Dr. Ferney Ramírez
**Decoding Your Teen's Developing
Brain: The "Why" Behind Behavior**

THURSDAY, DEC. 3, 7 P.M.

Also presented in English
Susanna Melón and Panel
**From Here to Higher Ed: Get
Future Ready with Our College Panel**



THURSDAY, DEC. 17, 6 P.M.

IN-PERSON AT GLENBARD NORTH LIBRARY

Dr. Ferney Ramírez
**Breaking Patterns: Modeling a
Growth Mindset for your Family**

THURSDAY, FEB. 11, 7 P.M.

Elizabeth Gomez de la Casa
**After High School:
Charting a Course for
Future Career Success**



THURSDAY, MARCH. 18, 6 P.M.

IN-PERSON AT GLENSIDE PUBLIC LIBRARY

Salvador Mora
**Healthy Decision Making for Wellbeing:
Social Media, Vaping, and More**

THURSDAY, APRIL. 15, 6 P.M.

IN-PERSON AT GLENBARD NORTH LIBRARY

Dr. Ferney Ramírez
**Build a Culture of Kindness at Home:
Practical Strategies for Mutual Respect**

GPS Program in Spanish

THURSDAY, SEPT. 24, 7 P.M.

Mariana Proske Gutierrez
**The Power of Play: Nurturing
Essential Skills in Early Childhood**



B-PAC / GPS Program in Ukrainian

THURSDAY, NOV. 12, 7 P.M.

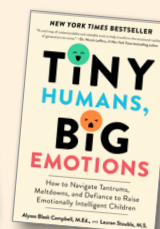
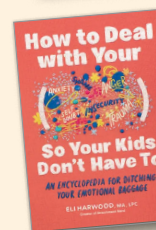
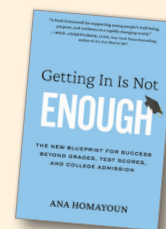
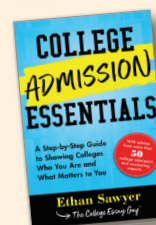
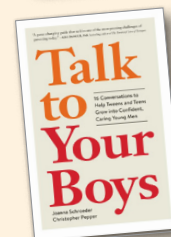
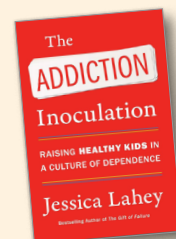
Esteemed Panel
**Navigate the American Education
System to Help Your Child Thrive**

B-PAC / GPS Program in Urdu & Hindi

THURSDAY, JAN. 14, 7 P.M.

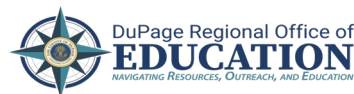
Saleha Jawaid
**Strategies for Building a Lasting
Connection With Your Child**

Additional Featured Authors



GPS Parent Series events are free, virtual, and open to the public. We welcome all families, students, school staff, professionals and members of any community. Visit GPSParentSeries.org for Zoom links and to find program details, view past programs, or be placed on the reminder list.

**Continuing Professional Development Units are available for school staff, and no registration is required. Clinicians seeking CEUs must register in advance at www.casedupage.com under Professional Development I Events.*



Thank you, GPS Partners!

School Districts

CCSD 89

CCSD 93

Glen Ellyn SD 41

Lombard SD 44

Lyons Township HSD 204

Marquardt SD 15

New Trier Township HSD 203

Queen Bee SD 16

School District U-46

Wilmette Public SD 39

Addison SD 4

Arlington Heights SD 25

Barrington CUSD 220

Batavia Public SD 101

Benjamin SD 25

Bensenville SD 2

Bloomington SD 13

Brookwood SD 167

Burr Ridge CCSD 180

Butler SD 53

Carmel Catholic High School

Cass SD 63

Center Cass SD 66

Champlain Valley SD, VT

Columbia Union SD 49, CA

Community HSD 99

Community HSD 117

Community HSD 128

Darien SD 61

Downers Grove Grade SD 58

DuPage HSD 88

East Moline SD 34 & 37

Elmhurst CUSD 205

Fenton CHSD 100

Fox River Grove SD 3

Geneva CUSD 304

Glencoe SD 35

Gower SD 62

Grayslake CCSD 46

Grundy/Kendall ROE

Hinsdale CCSD 181

Hinsdale Township HSD 86

Indian Prairie SD 204

Itasca SD 10

Kane County ROE

Keeneyville SD 20

LaGrange SD 102

Lake Park HSD 108

Lake Zurich CUSD 95

Lemont Township HSD 210

Leyden HSD 212

Lisle CUSD 202

Maercker SD 60

Medinah SD 11

Morris CHSD 101

Naperville CUSD 203

Nazareth Academy

Niles Township CHSD 219

Nippersink SD 2

Notre Dame College Prep

Oak Lawn CHSD 229

Plainfield CCSD 202

Proviso Township HSD 209

Richmond-Burton CHSD 157

Riverside Brookfield HS 208

Roselle SD 12

Round Lake Area CUSD 116

Salt Creek SD 48

School District 45

St. Charles CUSD 303

Technology Center of DuPage/DAOES

Township HSD 211

Township HSD 214

Valley View SD 365U

Warren Township HSD 121

West Aurora SD 129

West Chicago CHSD 94

West Chicago Elementary SD 33

Westchester SD 92-5

Westmont CUSD 201

Will County ROE

Winfield SD 34

Wood Dale SD 7

Woodridge SD 68

Wheaton Warrenville CUSD 200

Zion-Benton Township HSD 126

Zionsville Community Schools, IN

Community Organizations

B. R. Ryall YMCA

Glenbard Education Association

Kiwanis

APPLE

Birth to Five Illinois

Bright and Early DuPage

Branch Moms

Candor Health Education

Chicago Gifted Community

DC Council Strengthen System DCSS

DCHD Behavioral Health Collab.

DuCAP

DuPage Early Childhood Collab.

Elmhurst Youth Commission

GE Unplugged

GE Youth & Family Counseling

Glenbard Early Childhood Collab.

Glendale Heights Youth Commission

Glen Ellyn Chamber of Commerce

Growing Resiliency in Teens 2

ICNA Relief

IL 708 Boards/ACMHAI

IL CASA

IL Counselors Assoc.

IL Human Performance Project

IL Mental Health Co. Assoc.

IL PTA

IL School Counselor Assoc.

IL Student Asst. Commission

Innovation DuPage

League of Women Voters

Link Together Coalition

Lombard Chamber of Commerce

Lombard Junior Women's Club

Municipalities: Carol Stream, Glendale

Heights, Glen Ellyn, Lombard,

Wheaton, Arlington Heights,

Needham, MA

NAMI DuPage

NuPage Communities

One Community

Public Libraries: Addison,

Bensenville, Bloomington, Carol

Stream, Elmhurst, Glen Ellyn,

Glenside, Helen Plum, Wheaton,

Westchester, Woodridge

SASED

Stand Strong Coalition

Teen Parent Connection

The Bookstore Glen Ellyn

Tri-Town YMCA

WeGo Together for Kids

West Nation D87

Willowbrook Early Childhood Collab.

WW Early Childhood Collab.

YPRC at Prevention First

YWCA Metropolitan Chicago

360 Youth Services