**Glenbard Parent Series (GPS): *Navigating Healthy Families***

**THURSDAY, AUGUST 18 at 7pm**

Sarah Ward

***Executive Functioning Skills for Success: Organizing, Prioritizing, and Planning***

**TUESDAY, AUGUST 23 at 7pm**

Dana Suskind MD

***Parent Nation: Unlocking Every Child's Potential***

**THURSDAY, AUGUST 25 at 7pm**

Frank Palmasani

***Financial Aid Workshop: Discovering the Best College Fit at the Best Price***

**TUESDAY, AUGUST 30 at 7pm**

Summer Read Highlight

Dan Pink in conversation with Julie Lythcott-Haims, author of “How to Raise an Adult”

***The Power of Regret: How Looking Backward Moves Us Forward***

**WEDNESDAY, SEPTEMBER 7 at 7pm**

Anya Kamenetz

***The Stolen Year: How COVID Changed Children's Lives and Where We Go Now***

**WEDNESDAY, SEPTEMBER 14 at 7pm**

Fall Community Read

Dr. Jamil Zaki

***War for Kindness: Building Empathy in a Fractured World***

**WEDNESDAY, SEPTMEBER 21 at noon & 7pm**

Suicide Prevention Month event

Dr. Harold Koplewicz

***More Than Moody: Suicide, Let’s Talk About It***

**TUESDAY, SEPTEMBER 27 at noon & 7pm**

Roni Cohen-Sandler

***Anything But My Phone Mom! Raising Resilient Girls (and Boys) in the Digital Age***

**THURSDAY OCTOBER 6 at 7pm**

Becky Munsterer Sabky

***Valedictorians at the Gate: Standing Out, Getting In, and Staying Sane While Applying to College***

**THURSDAY, OCTOBER 13 at noon & 7pm**

Dr. Madeline Levine

***Preparing Our Kids for the Future in an Uncertain & Rapidly Changing World***

**TUESDAY, OCTOBER 18 at noon & 7pm**

Susan Cain

***The Quiet Power of Introverts in a World That Won't Stop Talking***

**TUESDAY, OCTOBER 25 at noon & 7pm**

Dr. Catherine Pearlman

***First Phone: A Pre-Tween’s Guide to Digital Responsibility, Safety and Etiquette***

**TUESDAY, NOVEMBER 1 at 7pm**

Matthew Pietrafetta

***Test Taking Strategies: Update on the SAT***

**WEDNESDAY, NOVEMBER 2 at noon & 7pm**

Early Childhood event

Dr. Stephanie Carlson

***Roots of Success: Shaping Executive Functioning Skills in the Early Child***

**WEDNESDAY, NOVEMBER 9 at noon & 7pm**

Dr. Shauna Shapiro

***Rewiring the Teen Brain for Motivation and Calm***

**WEDNESDAY, NOVEMBER 16 at noon & 7pm**

Dr. Kelly McGonigal with Dr. John Duffy ***Nurturing the Joy of Movement: How Exercise Helps Us Find Happiness, Hope and Courage***

**WEDNESDAY, NOVEMBER 30 at noon**

Anna Lembke MD with Jessica Lahey, author of “The Addiction Inoculation,” and “The Gift of Failure.”

***Dopamine Nation: Why We’re Addicted, Finding Balance in the Age of Indulgence***

**WEDNESDAY, NOVEMBER 30 at 7pm**

Timothy W. Fong MD—Glenbard alum

***Cannabis and the Developing Brain: What’s Lying in the Weeds***

**TUESDAY, DECEMBER 6 at noon & 7pm**

Cathy Cassani Adams

***Zen Parenting: Caring for Ourselves and Our Children in an Unpredictable World***

**THURSDAY, DECEMBER 8 at 7pm**

Dr. Gholdy Muhammad

***Cultivating Genius and Joy: A Framework to Ensure All Children Thrive***

**THURSDAY, JANUARY 5, 2023 at noon & 7pm**

Carla Naumburg

***You Are Not a Bad Parent: How to Practice Self-Compassion and Give Yourself a Break***

**TUESDAY, JANUARY 10 at 7pm**

Distinguished Panel

***The Varied Paths to 21st Century Careers***

**WEDNESDAY, JANUARY 18 at 7pm**

Andrew Solomon

***Noonday Demon: An Anatomy of Depression***

**WEDNESDAY, JANUARY 25 at noon & 7pm**

Michelle Garcia Winner

***Strategies to Foster Tweens’ and Teens’ Social Skills***

**WEDNESDAY, FEBRUARY 1 at 7pm**

Black History Month event

Zaretta Hammond

***Responsive Learning and the Brain: Promoting Partnerships for Engagement***

**WEDNESDAY, FEBRUARY 8 at noon & 7pm**

Catherine Newman

***Essential Life Skills: A Kid’s Guide to Growing Up***

**WEDNESDAY, FEBRUARY 15 at noon & 7pm**

Gina Biegel

***Take in the Good: Skills for Staying Positive, Reducing Stress and Living Your Best Life***

**THURSDAY, FEBRUARY 23 at noon & 7pm**

Josh Shipp

***The Grownup’s Guide to the Human Teenager: How to Decode Their Behavior and Develop Their Trust***

**TUESDAY, FEBRUARY 28 at noon & 7pm**

Early Childhood event

Dr. Iheoma Iruka

***Family Engagement and Support: An Essential Component for Childrens’ Wellbeing and Learning***

**THURSDAY, MARCH 2 at 7pm**

Jimmy Casas

***Live Your Excellence: Bring Your Best Self to Work and Home Every Day***

**TUESDAY, MARCH 7 at noon & 7pm**

Devorah Heitner

***Growing Up Public: Helping Kids Navigate Privacy and Reputation***

**TUESDAY, MARCH 14 at noon-2:00pm\* & 7:00-9:00pm\***

**\****Note: Presentations will run 2 hours.*

Jessica Minahan

***Practical Strategies for Reducing Anxiety and Challenging Behavior in Students***

**TUESDAY, MARCH 21 at noon & 7pm**

Young Adult Author Fred Aceves

***The New David Espinosa (Body Image, Bullying, and Anabolic Steroid Misuse)***

**TUESDAY, APRIL 11 at noon & 7pm**

Rosalind Wiseman

***Supporting Our Kids Through the Inevitable Ups and Downs of Teen Relationships***

**WEDNESDAY, APRIL 26 at noon & 7pm**

Carl Erik Fisher MD

***The Urge: A Personal Story of Struggle from an Addiction Psychiatrist***

**TUESDAY, MAY 2 at noon & 7pm**

Phyllis Fagell

***Middle School Superpowers***

**B-PAC and GPS in Spanish**

**THURSDAY, SEPTEMBER 15 at 7pm**

Lissete Ochoa, Lizette Ramirez and Luz Luna

***Preparing the Path for High School and College Success: The College Application Process***

**THURSDAY, OCTOBER 20 at 7pm**

Dr. Martha Angel

***Wellness Tips to Help Teens Thrive***

**THURSDAY, NOVEMBER 17 at 7pm**

*Held in person at Glenbard East.*

Dr. Ferney Ramirez

***Fostering Motivation and Resilience to Achieve***

**THURSDAY, DECEMBER 1 at 7pm**

Distinguished Panel and Susanna Melon, Assistant Director for Student Services, English Learners & District Equity

***Find Your Future at College Night***

**THURSDAY, DECEMBER 15 at 7pm**

*Held in person at Glenbard North Library.*

Dr. Ferney Ramirez

***The Power of Influence: Communication Techniques to Connect***

**THURSDAY, FEBRUARY 16 at 7pm**

Ana Mandujano, YWCA Educator/Trainer

***Teen Relationships Today***

**THURSDAY, MARCH 16 at 7pm**

Dr. Lourdes Allen Ferrer

***In The Driver’s Seat Parent Academy***

**THURSDAY, APRIL 20 at 7pm**

*Held in person at Glenbard West Library.*

Dr. Ferney Ramirez

***Understanding Teen Mental Health****:* ***What You Need to Know***

**B-PAC and GPS in Gujarati**

**THURSDAY, SEPTEMBER 29 at 7pm**

Tina Shah and Dr. Krishna Bhagat

***How to Support Your Child’s Physical and Mental Health for School Success***

**B-PAC and GPS in Urdu**

**THURSDAY, JANUARY 19 at 7pm**

Dr. Krishna Bhagat

***Positive Parenting Strategies for Success***

**FUSE and GPS**

***FUSE: Families United in Support of Excellence and Equity for all, especially students that identify as African-American or Black***

**THURSDAY, SEPTEMBER 8 at 7pm**

*Held in person at Glenbard South Little Theatre.*

Ava Blalark and Dr. Dwayne Williams

***Celebrating and Supporting our Students’ Success***

**THURSDAY, DECEMBER 1 at 7pm**

Distinguished Panel and Susanna Melon, Assistant Director for Student Services, English Learners & District Equity

***Find Your Future at College Night***

**THURSDAY, DECEMBER 8 at 7pm**

Dr. Gholdy Muhammad

***Cultivating Genius and Joy: A Framework to Ensure All Children Thrive***

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Black History Month event

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