

GPS *Parent Series*

Navigating Healthy Families

The GPS Parent Series: Navigating Healthy Families invites you to partner with them to amplify mutual efforts; publicize free GPS webinars; and host a viewing party of GPS' online presenters who address issues that are a shared priority in our community.

November and December are strong months of content and we encourage you to tune in for these important and valuable topics.

Examples of upcoming GPS events

- **Nov. 9** at noon and 7 p.m. - **Congratulations, You're Having a Teen!: The Guidebook You Always Wanted!**
- **Nov. 14** at noon and 7 p.m. - **Update on Social Media and Teen Mental Health**
- **Nov. 29** at noon and 7 p.m. - **Screenagers Under the Influence: Vaping, Marijuana & Alcohol**
- **Dec. 5** at noon and 7 p.m. - **Eight Failures/Setbacks That Can Make a Child a Success**
- **Dec. 12** at noon and 7 p.m. - **It's OK to Not Be Okay: Solutions to Help You Heal**

Ideas to Consider

- Share GPS events with families and school staff.
 - As a promotional partner, the name of your school or district will be noted on the GPS brochure.
- Host a community watch party or administrators' coffee the day of a GPS event.
- Invite your families to an on-site gathering to view a GPS presentation followed by a conversation facilitated by someone on your staff.
- Host a GPS viewing party as part of a PTA/PTO meeting.
- GPS can provide free copies of the authors' books for a prize drawing as an incentive to participate in-person.
- To partner with GPS, contact Student and Community Projects Coordinator Gilda Ross at 630-942-7668 or gilda_ross@glenbard.org.

GPS Details

- Visit glenbardGPS.org
- No registration is required for GPS events.
- Free webinars are presented weekly at noon and 7 p.m. in English, Spanish, Gujarati and Urdu/Hindi.
- Audiences include parents/caregivers of children from infancy through high school, students, school staff, mental health professionals, youth organizations and community members at large.

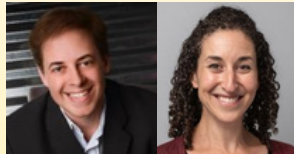
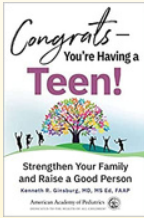
Upcoming Events



Congratulations, You're Having a Teen!: The Guidebook You Always Wanted – Special two hour event

Ken Ginsburg, MD
 Thursday, November 9 at noon and 7 pm

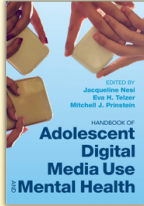
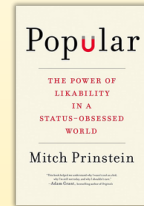
NOON: <https://glenbard.zoom.us/j/89359465278>
 7 p.m.: <https://glenbard.zoom.us/j/85467443543>



Update on Social Media and Teen Mental Health

Mitch Prinstein PhD and Eva Telzer PhD
 Tuesday, November 14 at noon and 7 pm

NOON: <https://glenbard.zoom.us/j/84653247789>
 7 p.m.: <https://glenbard.zoom.us/j/85838583220>



Consejos de comunicación para hablar con los adolescentes/ Communication Tips for Talking to Teens

BPAC event presented in Spanish only
 Dr. Ferney Ramirez

Thursday, November 16 at 6 pm in person at Glenbard East



Under the Influence: Addressing Vaping, Alcohol and Cannabis

Film Screening with Dr. Timothy Fong
 Wednesday, November 29, zoom at noon and 7 pm
 Hybrid Event at COD at 11 am and Glenbard South at 6 pm

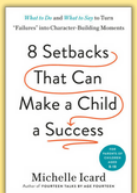
NOON: <https://glenbard.zoom.us/j/84047294675>
 7 p.m.: <https://glenbard.zoom.us/j/89329389944>



8 Failures/Setbacks That Can Make a Child a Success

Michelle Icard
 Tuesday, December 5 at noon and 7 pm

NOON: <https://glenbard.zoom.us/j/88069854050>
 7 p.m.: <https://glenbard.zoom.us/j/88530957150>



First a Dream: Find Your Future at College Night/ Primero un sueño: Encuentra tu futuro en la Noche Universitaria

Special FUSE event in English; BPAC event in Spanish
 Timothy Fields, Susanna Melon and Distinguished Panel
 Thursday, December 7 at 7 pm

7 p.m. FUSE: <https://glenbard.zoom.us/j/86571506891>
 7 p.m. BPAC: <https://glenbard.zoom.us/j/88968241736>



The Power of Words and the Power of Love It's Ok to Not Be Okay: Solutions to Help You Heal

Christine Crawford, MD
 Tuesday, December 12 at noon and 7 pm

NOON: <https://glenbard.zoom.us/j/82797331561>
 7 p.m.: <https://glenbard.zoom.us/j/83936821362>

