

The Community Speaker Series

Nationally renowned experts informing and inspiring families in the K-12 community about important issues in education, wellness, and parenting.

2025-2026

Ethan Kross, PhD

Shift: Managing Emotions So They Don't Manage You. Staying Regulated and Confident - A Guide for Parents and Kids

Wednesday, October 8, 2025

7:15pm - 8:30pm

Hinsdale Middle School



Ethan Kross is a professor at the University of Michigan, where he leads the Emotion and Self-Control Lab studying how people can manage their thoughts and feelings to live healthier, more balanced lives. In his talks, Ethan connects science to real life, showing parents, teachers, and kids how small shifts in perspective can reduce stress, boost confidence, and strengthen relationships.

Jonathan B. Singer, PhD, LCSW

Youth Mental Health: Signs, Safety, and Success

Wednesday, November 5, 2025

7:00pm - 8:30pm

Webinar



Today's adolescents are facing more mental health challenges than any previous generation. In this webinar, parents and caregivers will gain insight into the challenges adolescents face today. Dr. Singer will discuss how to tell the difference between everyday stress and more serious conditions like anxiety or depression, how to recognize warning signs of crisis, and how to talk with kids about these sensitive topics. He will also share resources and strategies for finding the right professional help when needed.

Katie Hurley, DSW, LCSW

Breaking the Boy Code: The New Playbook For Raising Resilient Boys

Wednesday, February 11, 2026

7:00pm - 8:30pm

Webinar



Child and adolescent mental health expert and psychotherapist Dr. Katie Hurley shines a light on the urgent mental health crisis facing boys in her latest book, *Breaking the Boy Code*. She explores how societal pressures and toxic masculinity undermine boys' emotional well-being, academic performance, and relationships, while also offering practical strategies to build resilience, foster empathy, regulate emotions, and create healthy connections.

Jeff Selingo

Your Perfect Fit: Navigating the Path to Your Dream School

Tuesday, April 28, 2026

7:00pm - 8:30pm

Hinsdale Central Auditorium



In his latest book, *Dream School*, New York Times bestselling author Jeff Selingo helps families reimagine the college search process. At a time when admissions rates are historically low and the pressure to get into "top" schools feels overwhelming, Jeff offers a refreshing perspective: the best-fit college isn't defined by rankings, but by the opportunities it provides.



For more information or to register for a program, visit www.d181foundation.org