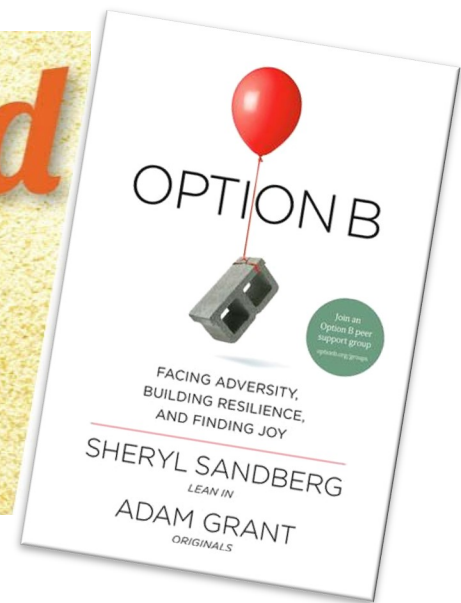


A Summer Read

OPTION B: Facing Adversity, Building Resilience, and Finding Joy

By Sheryl Sandberg & Adam Grant



Option B Online Discussions

Join York Libraries and experts from WellSpan Health for a series of online discussions about building resilience in the face of adversity.

These discussions will be held on Zoom. Registration is required. Please sign up at yorklibraries.org/events.

8/06/20—Health, Illness, & Injury

8/13/20—Becoming Resilient & Raising Resilient Kids

8/20/20—Incarceration

8/27/20—Divorce & Family Challenges

9/03/20—Grief & Loss

We've added a new event! Please join us on Thursday, Sept. 10, at 7 p.m. to attend a book discussion on *Option B*.

Option B combines stories, research, and practical advice to help you build strength for life's challenges and help your family and community do the same. This engaging and inspiring book is written by Sheryl Sandberg, business leader, philanthropist, and Facebook executive, and Adam Grant, psychologist and professor at UPenns' Wharton School.

The 8th annual Summer Read, *Option B* is an extension of Transforming Health's "Here With You" campaign designed to support communities in Central PA during and after the COVID-19 health crisis.

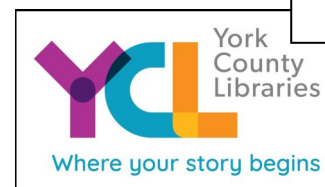
Attend an Online Author Event & Win an Autographed Copy of *Option B*

Attend a virtual author visit with Sheryl Sandberg and Adam Grant on September 29! Details TBA.

Complete a survey about the **Summer Read** program and enter to win a VIP invitation to the author event and a signed copy of *Option B*.

Go to transforminghealth.org/2020-summer-read.php or your local library to fill out your survey by September 7.

See reverse side for community & library resources on divorce and family challenges.



Community Resources for Divorce and Family Challenges

(For more Community resources, please go to: contacthelpline.org/, call 211 or text your zip code to #898-211

Resource	About the Program	Contact Information
CAP4Kids	Resources from the Children's Advocacy Project of York, including camps, afterschool programs, and mentoring.	https://cap4kids.org/york/parent-handouts/after-school-camps-mentoring/
Divorce Care Support Group	Divorce care can make a substantial difference for those considering divorce or experiencing this life change. This support group is open to the community.	Aldersgate United Methodist Church 397 Tyler Run Road, York, PA 17403 (717) 854-4276
Divorce Care Support Group	A Christian-based support group to help all individuals that are divorced/separated to grow through their divorce/separation. Group is led by a facilitator and uses a workbook and videos.	Shrewsbury Assembly of God 234 North Main Street, Shrewsbury, PA 17361 (717)235-9300
Griefshare and Divorce Support Group	Weekly support group and 13 video seminars designed to help participants learn how to deal with the pain of the loss of a loved one either through death or divorce. Evening classes. Groups alternate between grief and divorce.	Calvary Bible Church, York County 603 Wilson Avenue, Hanover, PA 17331 (717) 632-3954
Single Parents and Kids Network of the York Area	This group creates opportunities for single parents and their children to meet new single parents and their children while engaging in activities that promote physical, intellectual, and emotional growth.	Group is organized through "Meetup" at: https://www.meetup.com/Single-Parents-and-Kids-Network-of-the-York-Area/

Selected York Libraries Resources on Divorce and Family Challenges

Coates, B. *Divorce with Decency: The Complete How-to Handbook and Survivor's Guide to the Legal, Emotional, Economic, and Social Issues* (2017).

Felder, R. *The Good Divorce: How to Walk Away Financially and Emotionally Happy* (2011).

Hartley, G. *Better Apart: The Radically Positive Way to Separate* (2019).

Leach, P. *When Parents Part: How Mothers and Fathers Can Help Their Children Deal with Separation and Divorce* (2015).

Newman, J. *The New Rules of Divorce: Twelve Secrets to Protecting Your Wealth, Health, and Happiness* (2020).

Philyaw, D. *Co-Parenting 101: Helping Your Kids Thrive in Two Households after Divorce* (2013).

Riss, S. *The Optimist's Guide to Divorce: How to Get Through Your Breakup and Create a New Life You Love* (2016).

Rye, M. *The Divorce Recovery Workbook: How to Heal from Anger, Hurt, and Resentment and Build the Life You Want* (2015).

Wasser, L. *It Doesn't Have to Be That Way: How to Divorce Without Destroying Your Family or Bankrupting Yourself* (2013).

Winn, R. *One Hundred Daffodils: Finding Beauty, Grace, and Meaning When Things Fall Apart* (2020).

The Summer Read Project is a community partnership of WITF's Transforming Health, Aligning Forces for Quality-South Central PA and over 80 South Central & Central PA library systems with additional support from WellSpan Health & Capital BlueCross.

