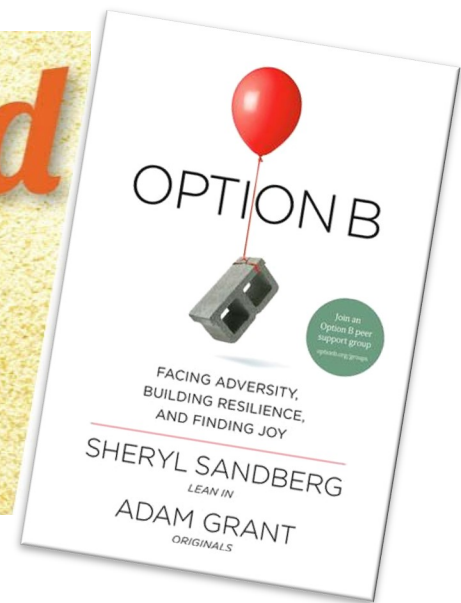


# A Summer Read

## 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](http://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 UPenn's 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.

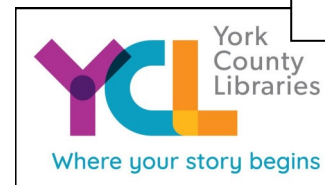
### Attend an Online Author Event & Win an Autographed Copy of *Option B*

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](http://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 building resilience and raising resilient kids.



## Community Resources for Building Resilience and Raising Resilient Kids

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

Resources	About the Program	Contact Information
Children's Aid Society—The Lehman Center	Children's Aid Society focuses on meeting children's emotional & immediate physical needs & addresses child welfare & child-parent relationships.	The Lehman Center 402 W. Market Street York, PA 717-845-5571 24-Hour Hotline: 1-800-635-6619
Choose Creativity	Curriculum for Creativity supports anyone with thriving & building resiliency in all facets of their lives. Recommended in Option B.	<a href="http://www.choosecreativity.org">www.choosecreativity.org</a>
Crispus Attucks York—Rising STARS Summer Camp	Rising STARS offers a 6 week STEAM-themed summer camp where campers visit museums & science centers in & around the York area, design robots & learn coding principles, take swimming & tennis lessons, & more!	717- 848-3610
Olivia's House—A Grief and Loss Center for Children	Olivia's House is an organization of caregiving professionals & volunteers committed to supporting grieving children. It facilitates healing through grief & loss education.	717-699-1133
United Way York—Volunteer Center	The Volunteer Center "e-Volunteer" is an online program that helps you find opportunities that best match your interests. Search nonprofits in York County by agency, keyword or location.	For more information about the Volunteer Center, please contact Bryce Kruger, Volunteer Engagement Coordinator, at 717-771-.3809.

### Selected York Libraries Resources on Building Resilience and Raising Resilient Kids

#### Becoming Resilient

Crenshaw, D. *Fortitude: American Resilience in the Era of Outrage.*

Duckworth, A. *GRIT: The Power of Passion and Perseverance.*

Seligman, M. *Learned Optimism: How to Change Your Mind and Your Life.*

Greitens, E. *Resilience: Hard-won Wisdom for Living a Better Life.*

Brown, B. *Rising Strong.*

#### You Tube Videos

McRaven, W. "Make Your Bed." <https://www.youtube.com/watch?v=pxBQLFLei70>

Hone, L. "The Three Secrets of Resilient People." <https://www.youtube.com/watch?v=NWH8N-BvhAw>

#### Raising Resilient Kids

Siegel, D., and T. Bryson. *The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child.*

Porges, M. *What Girls Need: How to Raise Bold, Courageous, and Resilient Women.*

Kennedy-Moore, E. *Kid Confidence: Help Your Child Make Friends, Build Resilience, and Develop Real Self-Esteem.*

**For more resources, check the online catalog at [yorklibraries.org/](http://yorklibraries.org/) or call your local library.**

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.

