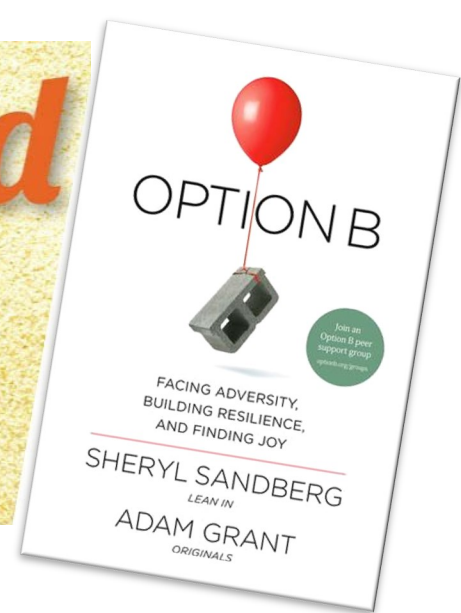


A Summer Read

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

By Sheryl Sandberg & Adam Grant



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*. Surveys available at transforming-health.org/2020-summer-read.php or your local library.

See reverse side for community & library resources on resilience in the Face of Incarceration.

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 an event! Please join us on Thursday, Sept. 10, at 7 p.m. for a discussion of *Option B*.



York
County
Libraries

Where your story begins

Community Resources for Those Who Have Been Incarcerated.

(For more Community resources, please go to: contacthelpline.org/)

Resources	About the Program	Contact Information
<i>Beyond our Walls: Read Me A Story</i> , York County Prison and Board of Inspectors and York County Libraries collaborative.	This program connects incarcerated parents to their children, educates parents about early literacy, and helps parents build a better future for themselves and their families. https://www.yorklibraries.org/2019/10/31/beyond-our-walls-program-receives-best-practices-award/	Program Coordinators: Lisa Schmittle 717-849-6964 lschmittle@yorklibraries.org Felicia Gettle fgettle@yorklibraries.org
York County Re-Entry Coalition	This collaborative effort supports reentrants and their families through risks/needs identification, education, treatment, and ongoing skill development.	Facebook— https://www.facebook.com/YorkReentry/ yorkreentry@gmail.com
LifePath Christian Ministries	Out of gratitude for the grace extended to us by Christ, our mission is to love, honor and serve our struggling neighbors at their point of need and holistically equip them to flourish in the community.	367 West Market Street, York, PA. Or call 717-472-8890 
Crispus Attucks York	Crispus Attucks helps people thrive and not just survive through education, job training, social, and housing opportunities. "We give rise to the possible."	605 South Duke Street York, PA 17401 717-848-3610 (phone) 717-843-3914 (fax) 

Selected York Libraries Resources on For Those Who Have Been Incarcerated

- ◆ Birtha, Becky. Far Apart, Close in Heart: Being a Family When a Loved One is Incarcerated. (2017).
- ◆ Bovan, Richard. The Dedicated Ex-Prison's Guide to Life and Success on the Outside: 10 Rules for Making It in Society After Doing Time. 2nd ed. (2018).
- ◆ Burton, Susan & Lynn, Cari. Becoming Ms. Burton: From Prison to Recovery to Leading the Fight for Incarcerated Women. (2017).
- ◆ Gibbs-Tolbert, Loutricia. 25 Years To My Life... Integrity, Please Take the Stand. (2017).
- ◆ Goozh, Judi & Jeweler, Sue. Tell Me about When Moms and Dads Go to Jail. (2018)
- ◆ Harding, David J. & more. On the Outside: Prisoner Reentry and Reintegration. (2019).
- ◆ Krannich Ph,D, Ronald L. The Ex-Offender's Re-Entry Success Guide. 3rd ed. (2020).
- ◆ Lewiston, Michael. Fresh Startup: 8 Businesses Felons Can Start Right Out Of Prison. (2018).
- ◆ McKay, Tasseli, & more. Holding On: Family and Fatherhood During Incarceration and Reentry. (2019).
- ◆ Stoud, Scott K. Get Out For Good: A Practical Biblical Guide For Released Prisoners and Their Families. (2020).
- ◆ Ward, Andre A. Guide to Right Thinking for Reentry: A Comprehensive Study Book for the Presently and Formerly Incarcerated. (2018)

For more resources, check the online catalog at yorklibraries.org/ or call your local

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.

