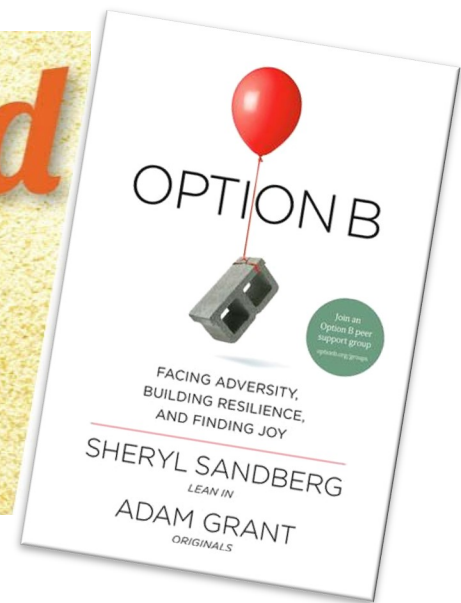


A Summer Read

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.

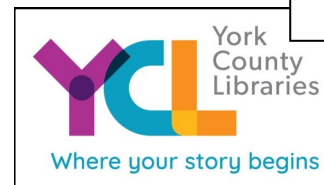
Attend an Online Author Event & Win an Autographed Copy of *Option B*

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 and library resources on building resilience when faced with grief and loss.



Community Resources for Building Resilience When Faced with Grief and Loss

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

Resources	About the Program	Contact Information
Empty Arms	Perinatal (pregnancy and newborn) loss support group.	Apple Hill Medical Center, York 717-870-0369
In Between (Support Group for Young Adults)	Support group for young adults.	Olivia's House, York 717-699-1133
Olivia's House, A Grief and Loss Center for Children	Support services for children.	Olivia's House, York 717-699-1133
Pathways Center for Grief & Loss	Hospice and community care, grief and loss.	The Ann B. Barshinger Hospice Center-York Phone: (717) 793-2113 Toll Free: (888) 236-9563 www.hospiceandcommunitycare.org/grief-and-loss/
Pet Loss Support Group	PetFriends online resources and grief counselor by phone.	www.petloss.com
S.O.S. Support Group (Survivors of Suicide)	Support for survivors of suicide.	St. Mark Lutheran Church, Hanover 717-633-1227

Selected York Libraries Resources on Building Resilience When Faced with Grief and Loss

Beattie, M. *The Grief Club: The Secret to Getting Through All Kinds of Change.*

Devine, M. *It's Ok That You're Not Ok: Meeting Grief & Loss in a Culture That Doesn't Understand.*

Hone, L. *Resilient Grieving: Finding Strength and Embracing Life after a Loss That Changes Everything.*

Media, R., ed. *Aftermath: Explorations of Loss & Grief.*

Noel, B., and P. Blair. *I Wasn't Ready to Say Goodbye: Surviving, Coping, & Healing After the Sudden Death of a Loved One.*

Seymour, J. *The Road Ahead: Inspirational Stories of Open Hearts & Minds.*

Soffer, R., and others. *Modern Loss: Candid Conversation About Grief: Beginners Welcome.*

TerKeurstIt, L. *It's Not Supposed to Be This Way: Finding Unexpected Strength When Disappointments Leave You Shattered.*

Van Praagh, J. *Healing Grief: Reclaiming Life After Any Loss.*

Virtue, D., and J. van Praagh. *How to Heal a Grieving Heart.*

Welshons, J. *Awakening From Grief: Finding the Way Back to Joy.*

Wright, N. *Recovering From Losses in Life.*

For more resources, check the online catalog at 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.

