



Option B

re·sil·ience
r??zily?ns/

noun: resilience; the strength and speed of response to adversity.

Resilience is like a muscle. OptionB.Org is dedicated to helping you build resilience in the face of adversity—and giving you the tools to help your family, friends, and community build resilience too. You can read and share personal stories, join groups for solidarity and support, and find information from experts.

Eluna is proud to partner with OptionB.Org to provide resources and to support the effort to build resilience for children and families facing adversity. Our Camp Programs are listed on their site as resources for families and children.

[OptionB.Org](#) has three powerful components:

1. **Share Stories:** Reading other people’s stories can inspire us. Telling our own story can help us heal. OptionB.Org offers a rich and growing collection of personal reflections from people dealing with life-changing challenges of all kinds. You are encouraged to read these stories, respond, and add your own.
2. **Connect with People who Understand:** Coming together around shared experiences can be a source of strength and hope. Whether it’s losing a loved one, dealing with trauma, or facing any challenge, OptionB.Org wants to help you find a group of people who understand what you’re going through and can offer support.
3. **Learn how to Build Resilience:** Whether for yourself or someone you love, OptionB.Org has information that can help: videos on coping with hardship, practical advice for talking about loss, recommendations on how to live with health challenges, and more.

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