



WEEK OF JUNE 17 2024



LEMONS TO LEMONADE

SUMMER CAMP 2024

Lemons to Lemonade is a 4-day Grief Camp designed to empower kids who have faced any type of grief from the loss of a loved one

SPONSORED BY

The Dragon Kim Foundation and The St. Margaret's William N. Moseley Venture to Serve Project

WHEN

June 17th Week - Monday, Tuesday, Thursday & Friday
(No camp on Wednesday in observance of Juneteenth holiday), 9:30am-12:30pm

LOCATION

St. Margaret's Episcopal School,
San Juan Capistrano

HOSTED BY

Sophia Donald and Avery Lind

When Sophia and Avery were very young, they both experienced profound loss: Sophia's dad passed away when she was just 5 years old, and Avery's mom died of cancer when she was only 3.

Now, they are hosting Lemons to Lemonade to share their own coping strategies through fun activities and creative outlets. Their goal is to let kids know that they are not alone in their journey. That grief is big, very real, and is best when shared!

Grab your lemons because together we will create something sweet!



LEARN MORE



SIGN UP HERE



Themed Days Fun Filled with Arts and Crafts that intertwine the memory of their loved one



Fun Games and Outdoor Activities



Lemons to Lemonade Carnival on Friday



Days are intended to be light and fun, making new friends that share their grief experiences



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LEMONS TO LEMONADE GREW THE SAME WAY THAT ACTUAL LEMONS DO—ORGANICALLY.

Avery and Sophia forged their friendship from shared experiences of loss. Avery lost her mother at the age of three, while Sophia's father passed away when she was only five. They bonded over their stories of grief, the support systems they leaned on, and the coping mechanisms they developed to navigate their worlds without their loved ones.

Despite their different paths, Avery and Sophia discovered a common emotion: Gratitude. They were immensely thankful for the people and programs that provided them with solace and a sense of belonging during times when their peers couldn't comprehend their pain. Sophia found support at Camp Good Grief in Memphis, a sanctuary where she could process her emotions in a nurturing environment. Meanwhile, Avery sought solace in New York's Compassionate Kids Club, a haven for students who had lost a parent. Recognizing the pivotal role of such programs in their lives, they searched for similar support systems in Orange County but found none. Determined to fill this gap, they pooled their insights and experiences to create Lemons to Lemonade.

Their dream began to take shape when they applied to both the Dragon Kim Foundation and The St. Margaret's William N. Moseley Venture to Serve Project, and were thrilled to be accepted by both. Through the Dragon Kim Fellowship Program, they received invaluable support in the form of leadership training, funding, and mentorship. This summer, they will bring their vision to life with the Lemons to Lemonade Grief Camp. St. Margaret's is generously sponsoring the event on campus, and Lemons to Lemonade is honored to participate in their first-ever Venture to Serve Project, aimed at addressing local community needs. Lemons to Lemonade firmly believes they have achieved this goal, and they are confident that this is just the beginning of their efforts to help local children cope with grief. They are forever inspired by Sophia's Dad, Jerry Donald, and Avery's Mom, Holly Lind, and they hope that the campers will feel that their loved ones will always be remembered.

CAMP GOAL

At Lemons to Lemonade, we turn sour lemons into sweet lemonade! Our mission is to guide children through their grief with zest and creativity, helping them embrace its uniqueness while discovering uplifting ways to thrive. We honor memories while forging new paths. St. Margaret's and The Center of Good Grief Memphis have graciously mentored and reviewed our program, ensuring it meets the highest standards. For this, we are so GRATEFUL!

Visit www.DragonKimFoundation.org and follow @DragonKimFoundation to learn more about their journey and the impact they're making alongside a cohort of passionate leaders.

www.dragonkimfoundation.org
lemonstolemonade@gmail.com

 [lemons.to.lemonade_](https://www.instagram.com/lemons.to.lemonade_)
949-615-0516



CAMP DESCRIPTION

Lemons to Lemonade began when Sophia felt compelled to create a Grief Workbook for Kids experiencing the loss of a loved one. Drawing inspiration from her time at Camp Good Grief, she wanted to share many of the activities, strategies, and insights she learned. The "Lemons to Lemonade" Grief Workbook is available on Amazon and will also be provided to campers attending the program. It has evolved into a four-day summer camp for children coping with loss. What sets Lemons to Lemonade apart is its incorporation of fun and educational grief mechanisms, discovered through Avery and Sophia's personal journeys. Days are designed to be fun and light, filled with an abundance of arts & crafts, and outdoor activities. Grief is so much better when shared with others! The week will culminate in a joyous "Lemons to Lemonade" Carnival on Friday, celebrating new beginnings for campers.