



Empowering grieving children in Orange County with hope, community, and resilience.



SPONSORSHIP PROPOSAL

Turning Life's Sour Lemons into Sweet Lemonade



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## OUR STORY

Hi,  
We are Sophia  
& Avery!



From Grief to a Movement of Hope

Lemons to Lemonade began with two young girls, Sophia Donald and Avery Lind, whose lives were forever changed by the loss of a parent. Sophia's father passed away from a sudden heart attack when she was five, and Avery lost her mother to cancer at three.

Both found solace in grief support programs in their hometowns—Sophia at Memphis's Camp Good Grief and Avery at New York's Compassionate Kids Club. But when their journeys brought them to Orange County, through their friendship they discovered a critical gap: no dedicated resources for grieving children.

Determined to fill this need, Sophia and Avery took action. What started with Sophia writing ***Lemons to Lemonade: A Grief Workbook*** evolved into a mission to create a grief camp, a community, and now a full-fledged 501(c)(3) nonprofit organization. Expanding on this mission, Lemons to Lemonade is also developing innovative tools like the ***LemonAid App***, which will bring critical resources to grieving kids everywhere.

Through leadership training and seed funding from the Dragon Kim Foundation and St. Margaret's Venture to Serve Project, Lemons to Lemonade has grown from one summer camp into a movement dedicated to transforming the lives of grieving children in our community.



# Our Mission

## TURNING GRIEF INTO GROWTH

At Lemons to Lemonade, our mission is to provide a safe and nurturing space for kids and teens who have tragically experienced the loss of a family member or loved one.

Our philosophy centers around embracing adversity and transforming it into something meaningful and refreshing, just like turning lemons into a delightful glass of lemonade.

Through our programs, we aim to empower them with the tools, resources, and emotional support they need to navigate their grief journey with a zest for making the best out of every situation.

We foster a community of friendship, understanding, and positivity, where they can share their experiences, find solace, and discover their own resilience.



**Join us on this empowering journey as we squeeze out the sweetness from life's lemons and discover the limitless potential within ourselves.**



# Our Mission

TURNING GRIEF INTO GROWTH



## OUR PHILOSOPHY

We believe that even in life's most difficult moments, something meaningful can emerge. Just as lemons can be turned into a refreshing glass of lemonade, adversity can be transformed into resilience and hope.

Through our programs, we foster a community of friendship, understanding, and positivity, where grieving children can share their experiences, find solace, and discover their own resilience.





# Our Mission

## TURNING GRIEF INTO GROWTH

### WHAT WE OFFER



- **Grief Camps:** Fun-filled, therapeutic environments where kids can connect and heal.



- **Support Groups:** Peer-led connections to foster ongoing support.



- **Lemons to Lemonade: A Grief Workbook;** Available on Amazon, it has already sold over 100 copies, with the goal of reaching more camps and programs nationwide.



- **The LemonAid App:** A user-friendly mobile app offering interactive coping tools, peer support forums, and access to grief-related resources.



## JOIN US

[lemonstolemonadefoundation.com](http://lemonstolemonadefoundation.com)



Our offerings are designed not just to provide resources, but to create lasting change in the lives of grieving children and their families. Help us squeeze the sweetness out of life's lemons and discover the limitless potential of what we can achieve together.

*Sophia & Avery*



# The Reality of Grief

## KEY STATISTICS



**1 in 12** children in the U.S. will lose a parent or sibling by age **18**, rising to **1 in 7** by age **25**.



Bereaved children face a **71% higher risk** of mortality within the first year of losing a sibling.



Children who lose a parent are at **increased risk** of developing depression, anxiety, and PTSD, as well as behavioral issues like **substance abuse**.



**Grieving kids** often face *academic struggles, social isolation, and delayed developmental milestones* without adequate intervention.



**More than 50%** of children who experience a loss will struggle with their mental health during their teen years.



# The Reality of Grief



## WHY GRIEVING KIDS NEED OUR HELP



Grief impacts children in profound ways, affecting their emotional, social, and academic development. The numbers tell a compelling story:

### THE BENEFITS OF GRIEF SUPPORT

Research shows early grief support can drastically improve outcomes for children. Benefits include:

#### **Improved Emotional Well-Being**

Healthy coping mechanisms for grief.

#### **Academic Success**

Reduced disruptions and renewed confidence.

#### **Stronger Social Connections**

Building Peer bonds to combat isolation.

#### **Resilience Building**

Tools to adapt and thrive.

#### **Reduced Risk of Mental Health Issues**

Lower risk of depression and anxiety.





## GAPS IN SERVICES

In Orange County, resources for child grief support are limited, highlighting the critical need for organizations like Lemons to Lemonade.



### Limited Child-Specific Programs:

Most grief services focus on adults or families broadly, leaving children without tailored, age-appropriate support.



### Comprehensive Support:

Programs that combine emotional healing with activities to build resilience and teach coping strategies are scarce.



## The Solution

**Lemons to Lemonade provides a compassionate community where grieving children can share their experiences, build resilience, and thrive.**



With tools like the **LemonAid App** and the distribution of **Lemons to Lemonade: A Grief Workbook**, we aim to expand our reach, offering a lifeline to grieving kids whenever and wherever they need it.





# Our Impact

## BUILDING SUPPORT IN ORANGE COUNTY

Sophia and Avery know firsthand how transformative grief support can be. After attending some of the best camps and programs in Memphis and New York, they were shocked to find that Orange County—a community with so much—lacked these critical resources for grieving kids.

Determined to change this, they are working to ensure that no child in their community faces loss without the same opportunities for healing and connection that helped them. Through grief camps, peer-led groups, and tools like the **LemonAid App**, Lemons to Lemonade is building a foundation of support for kids walking the same path.



**Now, they are seeking partners to help make this vision a reality and bring lasting change to Orange County.**



# Our Impact

**MAKING A DIFFERENCE, ONE CHILD AT A TIME**

At Lemons to Lemonade, we know that even small numbers can lead to a profound impact. Grieving children are an underserved population, and every child we support receives deeply personal, life-changing care.



## 2024 HIGHLIGHTS

### Grief Camps

Hosted 20 children at our inaugural grief camp, providing therapeutic activities and connection—all at no cost to families.



## PARTNERSHIPS



### Miracles for Kids

Collaborated to host 17 families and 50 individuals at their Irvine flagship, offering quarterly programs to underserved families.



### Community Health Resource Center

Volunteered counseling services at camp. Realizing that no similar grief support exists in the community for kids.



CENTERS FOR GOOD GRIEF

### Center for Good Grief (Memphis)

Provides ongoing access to their resources and mentorship, helping guide and shape our program.



# Our Impact

**MAKING A DIFFERENCE, ONE CHILD AT A TIME**

*small numbers, profound impact*

**Our programs are designed to address the unique needs of grieving children, offering deeply personal and transformative care that can change the course of their lives.**

For these kids, Lemons to Lemonade isn't just a camp—it's a turning point. It's an opportunity to feel seen, understood, and supported, changing the trajectory of their lives.



## ADDITIONAL INITIATIVES



### APP DEVELOPMENT

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Began development of the **LemonAid App**, with the goal of reaching thousands of grieving children digitally by 2025.



### WORKBOOK SALES

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A Grief Workbook on Amazon, with plans to distribute it nationally to grief programs, including through New York Life's Book Program for Bereaved Children.

**Together, we can make a profound difference—one child at a time.**

## LOOKING AHEAD



We aim to expand our reach through partnerships, digital tools, and resources, creating a brighter future for grieving children.



# Our Impact

## SHARED SUCCESSES



*“Lemons to Lemonade gave my son a place where he felt safe to talk about his dad. In our day-to-day lives, it’s hard for him to open up, but this camp helped him realize that his feelings are okay, and he isn’t alone. It’s more than a camp—it’s a true support system, and knowing it was free made it even more accessible for us.”*

**Parent of Camper**



*“Lemons to Lemonade is unlike any program we have locally. There are places where families can go together, but nothing solely for grieving children to connect with their peers. The camp is a huge benefit, and it’s clear from feedback that more frequent meetings could provide ongoing support for these kids. This program is a true gift to our community.”*

**Local Counselor**

*“Volunteering at Lemons to Lemonade was eye-opening. The kids were laughing, bonding, and sharing openly. I could see how much they valued the friendships they were making. Supporting this cause is supporting a brighter future for kids in need of comfort and fun, and I feel lucky to be part of it.”*

**Volunteer**

*“I recommend Lemons to Lemonade to families in need of grief support. The program offers not just activities, but a safe place for kids to express themselves and find friends who understand. And the fact that it’s free makes it a rare and invaluable resource in our community.”*

**School Counselor**





# Why Your Support Matters

## CHANGING THE PATH FOR GRIEVING KIDS

In Orange County, grieving children often have nowhere to turn. While other cities have established programs to support children through loss, our community has a heartbreaking gap. These kids face overwhelming emotions alone, navigating grief without the resources they need to heal.

Grieving children often face their pain alone with few local resources to guide them. Your support helps change their path, giving them the tools to heal and thrive.

At Lemons to Lemonade, we believe it doesn't have to be this way. With compassionate guidance, grieving children can find resilience, hope, and connection.

Your support makes this transformation possible—turning grief into growth and giving these children the tools to thrive!





# Why Your Support Matters

## CHANGING THE PATH FOR GRIEVING KIDS

### THE OPPORTUNITY TO HELP



**\$500**



#### **Sponsor a Child**

\$500 provides a full camp experience for one child.

**\$1,000**



#### **Support a Session**

Funds a day of camp with activities like Build-A-Bear, support animals, arts and crafts, and group support led by counselors.

**\$2,500**



#### **Fund a Program**

\$2,500 covers materials and activities for an entire camp session.

**\$5,000**



#### **Build a Community**

Support the development of ongoing programs and events that create a lasting network of connection, resilience, and healing for grieving children and their families.

**\$10,000**



#### **Expand the App**

\$10,000 supports the development of Lemons to Lemonade, including volunteer-mentored support groups modeled after successful platforms like Untangled. This provides grieving kids a safe, daily connection to peers and counselors, especially those without local resources.

**20,000**



#### **Sustain the Mission**

\$20,000 funds the entire Lemons to Lemonade program for one year, helping us sustain camps, develop digital tools, and expand our outreach to underserved families.



## JOIN US EVERY DOLLAR COUNTS

Your generosity helps us provide grieving children with the tools and connections they need to heal.

Whether it's a camp experience, a peer support group, or resources through the app, your contribution creates lasting change in their lives.

*Help us close the gap for  
grieving children.  
Together, we can turn  
their pain into  
possibility and their loss  
into resilience.*







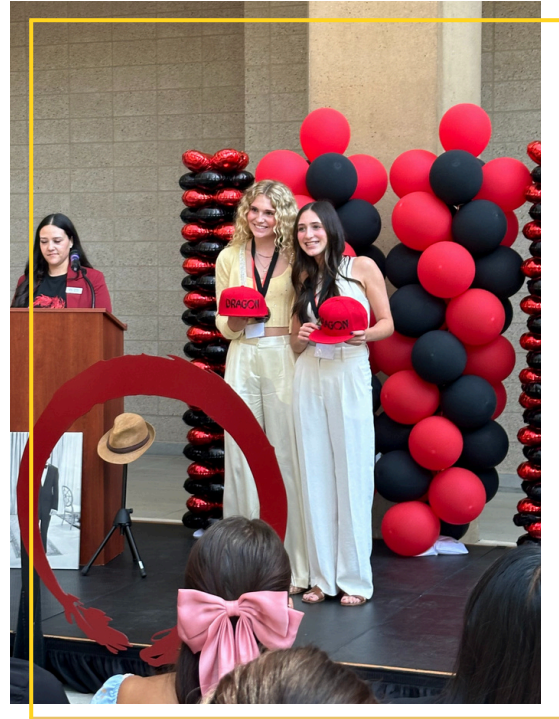
# Partnership Opportunities

## COLLABORATE TO CREATE CHANGE

At **Lemons to Lemonade**, we believe in the power of partnerships to expand our impact. By joining forces with businesses, organizations, and individuals who share our vision, we can ensure that no grieving child is left behind.

### WHAT WE OFFER OUR PARTNERS

- **Brand Visibility**  
Recognition on our website, social media, and program materials.
- **Employee Engagement**  
Opportunities for your team to volunteer and directly impact grieving kids.
- **Co-Branding Opportunities**  
Logo placement on camp materials, event banners, and digital platforms.
- **Recognition in Media**  
Acknowledgment in press releases, newsletters, and program reports.



### HOW YOU CAN PARTNER WITH US

#### **Corporate Sponsorship**

Make an annual commitment to fund programs, camps, or app development.

#### **In-Kind Contributions**

Donate supplies, services, or technology to support our camps and app.

#### **Custom Collaborations**

Work with us to create initiatives tailored to your organization's goals and values.

*"**Together**, we can create a brighter future for grieving children and establish your brand as a leader in community impact."*

# Looking Ahead

## OUR VISION FOR THE FUTURE

At **Lemons to Lemonade**, we are just getting started. Our work so far has laid the foundation, but the need is immense, and we're determined to grow.

### OUR GOALS FOR 2025

- **Host a Second Camp:** Expand our grief camps to serve more children and families.
- **Launch the *LemonAid App*:** Finalize development and bring the app to life, offering volunteer-mentored support groups for grieving children across the country.
- **Develop National Resources:** Collaborate with grief programs like New York Life's Book Program for Bereaved Children to distribute *Lemons to Lemonade: A Grief Workbook*.
- **Strengthen Local Outreach:** Expand partnerships with local organizations, schools, and counselors to provide quarterly grief sessions in underserved communities.



*By achieving these goals, we can create a nationwide network of support, ensuring that every grieving child has access to the tools they need to heal and thrive*

# Let's Work Together

WE WOULD LOVE TO CONNECT WITH YOU TO DISCUSS HOW YOU CAN BE PART OF OUR MISSION.



 [Lemons.to.lemonade\\_](https://www.instagram.com/Lemons.to.lemonade_)

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## CONTACT US

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*Sophia & Avery*



*Additional  
Resources*

SUPPLEMENTAL INFORMATION



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



# 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

## 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](http://www.DragonKimFoundation.org) and follow @DragonKimFoundation to learn more about their journey and the impact they're making alongside a cohort of passionate leaders.

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## 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.

# The Statistics

## BEREAVEMENT STATISTICS FROM SOPHIA DONALD

**Prevalence of Childhood Bereavement:** Approximately 6.3 million children in the United States will experience the death of a parent or sibling by age 18, equating to about 1 in 12 children. By age 25, this number rises to 12.8 million.

*Reference: Experience Camps (1); Eluna Network (2)*

**Increased Risk of Depression and Anxiety:** Bereaved children are at a higher risk of developing depression and anxiety disorders.

*Reference: Berkeley Public Policy Journal (8)*

**Post-Traumatic Stress Disorder (PTSD):** The sudden loss of a parent or sibling can lead to PTSD symptoms in children, affecting daily functioning and development.

*Reference: University of Pittsburgh Psychiatry (9)*

**Increased Mortality Risk:** Children who lose a sibling have a 71% higher risk of all-cause mortality, particularly within the first year after the loss.

*Reference: JAMA Pediatrics (6)*

**Accelerated Biological Aging:** Bereavement can contribute to faster biological aging and health decline.

*Reference: The Times (5)*

**Academic and Developmental Challenges:** Grieving children may struggle with academic performance and developmental milestones, impacting their relationships and career.

*Reference: University of Pittsburgh Psychiatry (9)*

**Risk of Substance Abuse and Criminal Behavior:** Unaddressed grief can lead to behavioral issues, including substance abuse and criminal behavior, as coping mechanisms.

*Reference: Berkeley Public Policy Journal (8)*

**Importance of Supportive Interventions:** Supportive counseling, peer groups, and educational resources are essential for helping grieving children develop resilience and mitigate long-term effects.

*Reference: American Psychological Association (APA) (3)*

# The Statistics

## BEREAVEMENT STATISTICS FROM SOPHIA DONALD

Here are some additional statistics and references on the effects of growing up without a father, as these experiences often overlap with bereavement impacts. Sophia is inspired to change this as these statistics are reflective of her outcome and she is determined to not be part of these statistics. Help us make that change.

**Increased Risk of Mental Health Issues:** Children growing up without a father have a heightened risk of developing mental health issues, including depression and anxiety. Father absence has been associated with a nearly 40% higher risk of depressive symptoms in adolescents.

*Reference: National Library of Medicine*

**Academic and Behavioral Struggles:** Fatherless children often experience academic difficulties, lower graduation rates, and behavioral issues. They are twice as likely to repeat a grade and have a higher likelihood of school dropout.

*Reference: U.S. Department of Education*

**Increased Likelihood of Substance Abuse:** Father absence is linked to higher rates of substance abuse. Children in father-absent homes are four times more likely to engage in drug and alcohol abuse.

*Reference: National Center for Fathering*

**Elevated Risk of Criminal Activity:** Youth from father-absent homes have higher rates of involvement in juvenile delinquency and criminal behavior. Studies indicate they are more likely to be incarcerated as adults.

*Reference: Journal of Research in Crime and Delinquency*

**Physical Health Challenges:** The absence of a father figure can lead to physical health risks, including higher rates of obesity, chronic illness, and overall lower life expectancy.

*Reference: Centers for Disease Control and Prevention (CDC)*

**Impact on Social Relationships:** Fatherless children often struggle with forming and maintaining healthy relationships, reporting more issues with trust, stability, and intimacy in adulthood.

*Reference: American Psychological Association (APA)*

These effects often compound over time, leading to an ongoing cycle of socioeconomic and psychological challenges.