Our 2019 Tools for Peace Fall Newsletter

As we head into autumn at Tools for Peace, we are excited to tell you about this year’s summer camp and upcoming fall programs!

The 2019 Tools for Peace Summer Teen Camp group photo

The Annual TFP Summer Teen Camp 2019

I’m so grateful for the opportunity to work as camp director. It was such a rewarding experience. Seeing the campers blossom and support one another over the course of the week definitely had me in tears. - Marilyn Rangel, Camp Director
This July and August, we hosted our 14th Annual Summer Teen Camp this summer in beautiful Big Bear! We were grateful for our new staffers: Camp Director, Marilyn Rangel and our Assistant Camp Director, Susy Gomez. Without their dedication, hard work, and grit, camp would not have been possible.

*Being a part of this summer’s 2019 Tools For Peace camp was truly spectacular. From the refreshing yoga to the daily group activities and the proactive Stop, Breathe & Think curriculum, this camp is a necessary breath of fresh air.* - Susy Gomez, Assistant Camp Director

The week was fun and fruitful. Campers and staff spent the mornings diving deep into the Stop, Breathe & Think mindfulness curriculum. Afternoons were spent creating collages, making lanyards and tie-dye shirts, playing sports, and writing the camp song. Evenings were spent relaxing with some karaoke, our annual game night, and the end-of-camp talent show. Thank you to the Big Bear Retreat Center for hosting us, where campers were able to explore nature and enjoy the peaceful atmosphere.

*Tools for Peace camp teens do brave work on their own kindness, gratitude, and compassion…[and] something much larger and more wonderful emerges—a community of mutual support and respect.* - Hope Ginsburg, Art Counselor

This year, we had just over 30 campers, and thanks to the generosity of our donors, we were able to offer scholarships to over 90% of campers who applied for them. Thank you so much for your support and for making our Inspire Kindness fundraiser such a success!
Practicing mindfulness during a workshop

Campers on a blind trust walk through nature

Reflections from a Camper and Her Parent

*Tools for Peace has helped me learn compassion for myself and others, which I will practice everyday.* - 2019 Summer Camper
I am beyond words in how grateful I feel for how much you have helped my daughter. As her mother, I cannot express how profound and amazing your program and your support has been for her, as she’s becoming stronger and more centered. - Parent of Returning Camper

Camper Take-Aways

After a week at camp practicing the Stop, Breathe, and Think Curriculum:

100% of campers said what they learned at TFP Camp was useful to them
100% of campers said they were more able to calm themselves down
96% of campers said they were more able to manage their stress
93% of campers said they were more able to focus and pay attention
96% of campers said they got less angry
82% of campers said they were able to pause before they react
93% of campers said they were more able to bounce back from a setback

At camp, I learned that other people are going through what I am going through and that I am not alone. Also, I learned to be nicer to myself. - 2019 Summer Camper
Inaugural High School Junior Facilitator Program

This year, we are excited to announce the Tools for Peace Junior Facilitator Program for High Schoolers, and it was created by one of our campers! Stacy Fonseca has attended Tools for Peace camp since the sixth grade. She is now going into her senior year of high school, and during camp she shared that she would like to lead her own TFP club. Thank you, Stacy, for co-founding the Junior Facilitator Program at Tools for Peace. You are planting many positive seeds with one inspired thought!

Junior Facilitators will lead workshops and clubs at their various high schools, which will delve into the Stop, Breathe & Think curriculum during and after school at their respective institutions. Programs will range from 5-minute exercises within a variety of different activity clubs and groups to one-hour Tools for Peace
club workshops.

Our training in mid-September was a blast! Mayme Donsker (Director of Facilitation), assisted by Melissa Ruiz (Facilitator-in-Training), trained six high school students in the Stop, Breathe & Think curriculum and helped each facilitator create a workshop/club curriculum that would work with their school's environment. Our Junior Facilitators—who range from freshmen to seniors—have been attending summer camp for many years. We are beyond thrilled to see them growing as leaders and bringing Tools for Peace into their own communities.

Partner Programs

Mayme Donsker will continue to work with our partners at L.A.C.E.R. Afterschool Programs, the Los Angeles Children’s Hospital, and Dr. Sammy Lee Medical and Health Science Magnet Elementary School, leading workshops and Tools for Peace Clubs throughout the fall and spring semesters.

*Our partner programs inspire us and give us the opportunity to reach more people, making a positive change in our schools, universities, and hospitals. - Mayme, Director of Facilitation*
Support Our Work

Donations from generous individuals keep us going!

**GIVE**
You can send your tax-deductible donation to: Tools for Peace 75 S. Grand Ave., Suite 217, Pasadena, CA 91105, or donate online.

**SHOP**
Use Amazon Smile and 0.5% of your purchases will be donated to Tools for Peace when you select the organization as your charity.

Purchase a mindfulness app subscription from our partners at Stop, Breathe & Think who donate 10% of their profits to the programs at Tools for Peace.

**SHARE**
Please share this newsletter with friends, colleagues, and organizations that would be interested in our work.

DONATE NOW

Thank you so much for your continued support. Have a wonderful autumn season!

With Gratitude,
The Tools for Peace Team