

2024-2025 School Year Tides Night Schedule



Mount Nittany Middle School 6:00 - 7:45 PM

In person Tides Nights

- 2 { September 5
- 0 { September 19
- 2 { October 3
- 4 { October 17
- 2 { November 7
- 4 { November 21
- 2 { December 5
- 0 { December 19
- 2 { January 2
- 0 { January 16
- 2 { February 6
- 5 { February 20
- 2 { March 6
- 5 { April 3
- 2 { April 17
- 5 { May 1
- 5 { May 15

During a Tides Night, small groups provide individuals the opportunity to share or listen to others who are either close in age (such as in the children's and teens groups), or who have experienced a similar loss (spouse/partner, child, parent, and other losses). Tides does not provide grief counseling but is a safe place to be in the presence of others who are also grieving.

Timeline of a Tides Night:

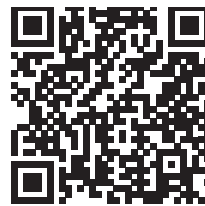
6:00 pm | Dinner - pizza, salad and drinks

6:30 pm | Break into groups

7:30 pm | Closing Circle

Tides Nights are held the first and third Thursdays of each month at Mount Nittany Middle School from September to May. Throughout the summer, we host groups once a month on the first Thursday June-August. You will receive an email reminder the Sunday prior to a Tides Night with any other information you need to be aware of. We ask that you RSVP so that we can plan for the proper amount of food as well as group activities.

Sign up to receive emails about Tides program events and meetings.



Virtual Tides Nights

- | | | | | |
|---|--------------|---|-------------|--------------|
| 2 | September 12 | 2 | January 9 | July 10 |
| 0 | October 10 | 0 | February 13 | August 14 |
| 2 | November 14 | 2 | March 13 | September 11 |
| 4 | December 12 | 2 | April 10 | October 9 |
| | | 5 | May 8 | November 13 |
| | | | June 12 | December 11 |

Summer Tides Nights

Location TBD
6:00 - 7:45 PM

- June 5
- July 17
- August 7