



GRIEF SUPPORT PROGRAMMING
FOR CHILDREN, TEENS,
AND ADULTS

Community Newsletter

for friends, families, and supporters of Tides

2024



Michelle and Thomas

"Tides school support programming was an overwhelmingly positive experience for Thomas... the more indirect and expressive outlets Tides provided Thomas taught him ways to grieve and cope that worked for him." - Michelle Yarwood

Thomas attended Tides School Programming in Fall 2023 after the death of his baby cousin, Rosalie. Thomas experienced many of the common responses to grief—he was angry, avoidant, and uninterested in talking about it. Tides School Programming provided him artistic outlets for him to express his grief, which helped him cope with Rosalie's death. At her memorial service, Thomas played "Twinkle, Twinkle Little Star" on his electric guitar to honor her life while continuing to heal his hurting heart.

To read Michelle and Thomas's full story, visit www.tidesprogram.org/thomas.



Tides Programs

Ashley Lopes



Ashley Lopes, BSW, CPD | Tides Nights

Ashley joined Tides staff in January 2024. She is a social worker with experience in various family and community-based programs as well as serving as a teacher and director in the early childhood education space. Ashley comes to Tides with a passion for supporting families, connecting them to community resources, and expanding Tides' reach.

In her spare time, Ashley enjoys taking weekend adventures with her husband and three kids, soon to be four in April 2024.

Tides Nights | Tides Nights is the foundational program of Tides. We meet at the Mount Nittany Middle School from 6:00 – 7:30 p.m. on the first and third Thursday of each month during the school year. These evenings are built around creating a safe, welcoming environment for attendees to build relationships with others who are grieving.

They allow the entire group to share a meal (pizza!) before breaking out into grief support groups for children, teens, and adults. These groups are led by qualified, outstanding volunteers, as well as Tides staff. Children and teens often make crafts and play games to help them learn healthy coping mechanisms. Adults engage in meaningful conversation while also learning about healthy ways to cope with their grief.

Angie Kempf



Angie Kempf | School Programming

Angie joined Tides staff in January 2022. Her background in mental health case management and nonprofit work, and her genuine desire to see Tides reach students across the county is driving Tides' mission forward.

"Before I was hired at Tides, I knew I only wanted a job that would be meaningful. I'm so grateful I can genuinely say I love my job."

Angie enjoys volunteering for her daughter's swim teams and cheering them on in the stands at basketball.

School Programming |

In 2022, Tides launched school-based programming to provide grief support to students in Centre County. Programming is offered in every school district throughout Centre County. These school-based support groups provide students the opportunity to meet with peers who are grieving, learn healthy coping

mechanisms, and participate in crafts and activities. They also take home loss-specific Bags of Hope to share with their families, which include an invitation for the whole family to Tides Nights.

Crisis Support | Tides is one of the few organizations in Centre County specifically designed for community crisis support in response to a death. When a group of individuals experience a shared loss, we work with the group to assist them in addressing and working through the trauma of the death. Evelyn Wald, Tides Grief Support Specialist has over 30 years of experience facilitating these groups. Through this program, we have been able to serve several community groups to help children, teens, and adults through their individual response to grief.

Evelyn Wald, MS, MDiv, LPC | Crisis Response and Education

Evelyn has been played an important role with Tides since it began in 2003. Starting as a volunteer, then led Tides Nights, and now leads Crisis Support and Education. She is a self-proclaimed kid-in-a-grown-up-body.

"I can't imagine my life without Tides in it... It's just a pleasure being with the kids and being with the volunteers and honoring the courage that all of our families have to come and engage in their grief journey."

Evelyn is an avid walker, usually two walks a day no matter the weather.

Evelyn Wald



Grief Education | Grief education is an important part of the resources provided through Tides. We offer an annual event, Grief Matters, which is a one-day seminar designed to educate school counselors, psychologists, and other interested attendees on how to effectively support grieving individuals. In addition, we offer individualized grief training sessions by request. These grief support trainings are typically hosted in local schools for counselors and mental health professionals, or other local nonprofit organizations. Grief support trainings cover common grief responses of children, teens, and adults; age-appropriate activities; appropriate things to say or avoid saying; and the impact a positive support system has on someone who is grieving.

Tides Team


Staff


Christen Bell <i>Development Writer</i>	Ashley Lopes <i>Program Manager, Tides Nights</i>
Danielle Kaniecki <i>Finance Manager</i>	Holly Oxendale <i>Executive Director</i>
Angie Kempf <i>Program Manager, School Programs</i>	Evelyn Wald <i>Grief Support Specialist</i>


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@ 2023
a glance

Tides™ 
in the Community

 **165** children, teens, & adults served at **19** Tides Nights

150 BAGS OF HOPE DISTRIBUTED  **60+** received crisis care support

 **OVER 150** STUDENTS SUPPORTED THROUGH SCHOOL-BASED PROGRAMMING

 **600** professionals and students received GRIEF-SPECIFIC EDUCATION

Make an impact

Join us in our mission to provide essential grief support to our community. Your involvement can truly make a difference in the lives of those who are navigating loss and healing. Here's how you can help:



Donate Items | Our shelves are constantly in need of replenishment due to the high demand for our programs and resources. Check out our wish list at tidesprogram.org/wishlist and donate items to support our school programming, Tides Night events, and new initiatives.



Volunteer | Join our team as a volunteer! We're in need of group facilitators for children, teens, and adults (training provided), as well as photographers and event support. Your time and skills can truly make a difference in the lives of those we serve.



Financial Contributions | Your financial support is vital in allowing us to expand our grief support programs and services. Over the past five years, our budget has doubled, reflecting the increasing need in our community. You can make an impact through:

- One-time donations of any amount
- Monthly recurring donations to provide ongoing support
- Multi-year leadership gifts, raising the bar for our programming and outreach efforts

Together, we can continue to provide essential grief support to those who need it most. Thank you for your generosity and dedication to making a difference with Tides.

Support Tides Programming



Save the Dates

HAPPY VALLEY'S GOT TALENT
A Night with the Stars
 benefiting *Tides*™ 

May 18, 2024
 Mount Nittany Middle School Auditorium

Purchase Tickets or Sponsor Event 



Ca night at the
Barn
a cocktail gala

August 9, 2024
 Robbins Paradise Ranch

Register 

Sponsor 





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FOR CHILDREN, TEENS, AND ADULTS

P.O. Box 1251 • State College, PA 16804

For more information visit us
at tidesprogram.org

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Address
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Tides is a proud partner of



McKenzie Holderman (formerly Millward), a State College native and lifetime lover of Happy Valley, is the lead realtor at The McKenzie Holderman Group with RE/MAX Centre Realty. Like many in the Tides family, McKenzie attended an event and grew to know the more intimate stories of those connected to Tides. The hardship endured by so many local families because of the death of a loved one can leave you feeling helpless to do anything to make a difference. But McKenzie graciously used the opportunity to get more involved and her generosity of both time and financial support have made a significant difference to the organization.

"Tides has touched so many people in our local community. They're an easy organization to support!" - McKenzie Holderman

