

Tides Night Schedule Spring/Summer 2026

In Person Meetings

January 15
February 5
February 19
March 19
April 2
April 16
May 21
June 4
July 16
August 6

Virtual Adult Meetings

January 8
February 12
March 12
April 9
May 14
June 11
July 9
August 13



What is Tides Night?

Tides Night is peer-to-peer grief support. We help individuals of all ages journey through their individual healing process after the death of a loved one. Participants are met by a welcoming, safe and judgement-free atmosphere with consistent and committed volunteers. Attendees are supportive of one another and often form lasting relationships outside of Tides Night programming.

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).

Timeline of a Tides Night

6:00 pm | Families meet for social gathering time and pizza
6:30 pm | Age-appropriate/loss specific group meetings
7:30 pm | Closing Circle
7:45 pm | Dismissal

Tides Night programming is 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 in June-August at Wasson Farm.

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.



Scan
for more
information

 814-692-2233

 info@tidesprogram.org