

Tides

PROGRAMS

2026 NEWSLETTER



Support For Every
Wave of Grief ~

HEARTACHE, HOPE AND HEALING

Like most Tides participants, Dustin and Ali came to Tides with overwhelming grief. They both lost their spouses to cancer in the fall of 2023 and recall vividly feeling overwhelmed in the following days, weeks and months as

grief settled in. Ali's girls were just 3 and 6 years old at the time of their dad's death, while Dustin's boys were walking through their mother's death as young adults, ages 19 and 21.

"The group at Tides has been so supportive and happy for us, and we are grateful that Tides brought us together."

-Ali and Dustin

"[My husband] had been sick for quite some time, but that didn't make it any easier," Ali says. Navigating my own loss while holding space for my

daughters' grief was an overwhelming challenge."

Thanks to caring recommendations by counselors and neighbors, Ali and Dustin both ended up at Tides.

"I remember feeling so stressed at the beginning of the night, not sure how the girls would do being away from me," Ali recalls. "That whole first night I

expected someone to come find me to tell me the girls needed me, but it never happened. I felt so seen and heard that first night."

Dustin came to Tides after Ali had been attending for a while. He remembers the comfort he felt being around the kids at Tides and at his second meeting, sitting next to Ali and hearing her story. Their connection was felt quickly.

Not long after, they went on a first date and as they say... the rest is history. Some casual walks, ice cream and silly antics later and Dustin had officially charmed both Ali and her girls.



On a chilly night in mid-February 2025, Dustin, Ali and her girls decided life from that point forward would be spent together. Dustin proposed and the girls were in full support.

"Take the ring, Mommy, take the ring!" echoed through the halls of Palmer Art Museum.

On December 6, 2025, with Tides Grief Specialist Evelyn Wald as their minister, Ali and Dustin were married.

"The group at Tides has been so supportive and happy for us, and we are grateful that Tides brought us together."





WHAT'S NEW AT TIDES

Themed Tides Nights

Beginning in mid-2025, Tides Nights took on a brand new look! Each gathering now has a theme that runs throughout the evening. Signage, decorations, themed photo areas, crafts, activities and discussion questions all include fun themes to keep participants engaged and thinking about how to process their grief in new and unique ways.

Some fun themes so far? Camping, Super Mario, Pirate Night, Outer Space Odyssey and so many more!

Bridges

You may have already heard about Bridges, our new program offering grief support to individuals living with a terminal illness and their family members. Tides started serving families in 2025 with seven families served to date.

Bridges is an opportunity for Tides to help families prepare by having important conversations before the passing of a loved one. These guided conversations and support can help families communicate clearly and lovingly amid stressful and heartbreaking circumstances.

New Website!

Tides launched a new website in 2025 thanks to help from Pearl Jade Marketing. This monumental effort gives Tides a fresh new look that matches our growing organization. Visit us at tidesprogram.org today!

New Staff! Alena Huezo

Alena is joining the Tides staff as a Development Associate beginning in May 2026. You may recognize her from Tides Nights as she is already a beloved participant and volunteer. We are looking forward to having her expertise, energy and ideas on board!

Have you heard?

Tides is thrilled to announce a transformational \$250,000 gift from The Ed and Charlene Friedman Charitable Trust. The generous contribution will fund the launch of a **new counseling program** designed to meet the needs of grieving children and families in Centre County. The expanded services will be housed in Tides' new State College office located on North Atherton Street.

Tides is Hiring

Tides is currently seeking a Licensed Therapist to practice out of the new office. This crucial addition to the team will help

Tides meet a great need in Centre County, grief counseling for children and families. If you or someone you know is interested in applying for the position, please visit www.tidesprogram.org/jointeam.



"Tides has a meaningful impact on people's lives. I am honored to support their programming to introduce counseling

services and the physical space needed to do so. It's a privilege to help ensure that local children and families have access to compassionate, professional grief care in a safe environment."
-Charlene Friedman



178 individuals supported at 19 Tides Nights



176 students supported through 27 6-week support groups



79 individuals supported through 6 community crisis cases



1,042 individuals attended grief-specific education



7 families supported by Bridges through a loved one's terminal illness



251 Bags of Hope given out to families needing resources following a death

GIFT GRIEF SUPPORT TO YOUR COMMUNITY

Our mission is to support grieving individuals of all ages by providing a healthy and compassionate support system so **no one has to grieve alone.**

We want Tides to be accessible to all individuals in need of grief support and continue to offer all peer grief support services free of charge to participants.

We invite you to partner with us in providing compassionate grief support throughout Centre County by giving to Tides.



Giving is personal. We invite you to give in the way that makes you feel connected. Here are some ways you can give to Tides:

- Give a one-time financial gift
- Become an Anchor of Support by giving monthly
- Donate items from Tides' wishlist
- Connect us to private foundations or donors that may be interested in giving

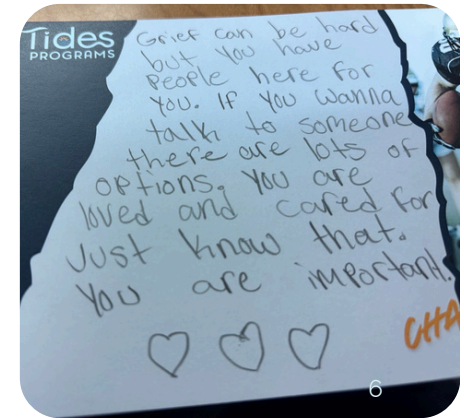
More details can be found at tidesprogram.org/make-a-difference or by scanning the QR code.

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