

Tides[™]



A SUPPORT PROGRAM FOR
GRIEVING CHILDREN AND
THE PEOPLE WHO LOVE THEM.

The morning of Thursday, January 5, 2012 changed my life and my son's life forever. I woke up in the morning and went downstairs to find my son's father lying face down on the ground lifeless in our family room. The devastation and shock that went through my body was overwhelming.

I wasn't sure if I was going to be able to make it without him, but more importantly I became more concerned with how my son was going to survive this. I wasn't sure how to tell my son that his father had passed away and that he wouldn't have a father anymore...not an easy thing to do.

I was handed a brochure about Tides at my son's school. I held onto the brochure not knowing exactly what it was about and if I should reach out to them. I typically am not one who likes to sit in groups and talk about my feelings; I usually try to figure things out on my own. As I sat at home, I kept wondering how we were going to make it through this tragedy. That is when I decided to call Tides. The initial reason I called Tides was more for my son than for me, but now I know it was for the both of us. I remember barely getting a word out because all I could do was cry. I was told about the next meeting and that I could go if I wanted to and not say a word; I could just sit and listen. I reluctantly agreed to go.

I didn't tell my son we were going until we were in the car because I thought he would be against it. Needless to say the meeting was extremely difficult for us, but very much a relief to talk to others about our loss. Who would have thought? On our way home I asked my son what he thought and he liked it. He felt better when he saw that there were other people who had lost a parent. From that point on we have made as many meetings as our schedule allows and look forward to going.

Tides has been instrumental in our grieving process. It has opened our eyes to how people deal with grief; which is different for every person. I have heard some terrible stories on how kids have coped and acted out from the grief of losing a loved one and now I know that if they had an organization like Tides when their loved one passed away, things may have turned out differently.

I can honestly say that Tides has really put us on the right path to dealing with our grief. One important thing that I have learned is that I can't tell my son how he should grieve; he needs to go through the process on his own and all I can do is be there to support him. We are truly blessed to have Tides in our lives!