My daughter was 6 years old when she lost her grandmother. That loss, coupled with the anxiety of moving to a new area, devastated my little girl. She became an angry little girl who would throw temper tantrums and act out. I didn’t know where to turn. Thankfully, I found the help my family needed at Tides – a support group for grieving children and their families. Since attending Tides, her temper tantrums and acting out have slowly become replaced with appropriate ways to express her loss. Tides saved our family!

I am a Penn State student who volunteers as a Big Brother to a young boy. My Little Brother was distant and had a lot of anger bottled up when we were first matched. Making friends was not easy for him as he often had trouble managing his emotions and would express his anger in disrespectful and inappropriate ways. But I didn’t let my Little’s reluctance and apparent disinterest discourage me. I proved to my Little that I was in it for the “long haul.” Two years later my Little has become a young man who initiates conversations, is eager to be involved and participate in sports and is a happy and friendly young man. Without the opportunity to participate in the Youth Service Bureau’s Big Brothers Big Sisters Program both of our lives would be less fulfilled and happy.

I am a single man with primary custody of my 10 year old son. I was arrested for a drug related offense and have struggled with drug use most of my adult life, but I never did time in jail. After being placed on supervised bail with the Center for Alternatives in Community Justice for 14 months, I was able to attend counseling for my drug use and other issues, and find and maintain a job at which I have received several promotions. I am committed to staying clean and sober and being a good role model.

After 20 years of employment in the manufacturing industry I lost my job. Desperate to find work I realized that job searching has changed over the past 20 years. With no computer at home, no internet access and no idea where to begin, I turned to the Centre County Library. The staff worked with me for 7 weeks to help me build the skills I needed to compete in this new economy. No one was happier than the staff, except me, when I rushed in to the library and announced – “I found a job!” I still visit the library on a regular basis and will never forget how the library helped me in my time

These are real stories from real people who live in Centre County, however the photos are United Way stockart.