

MARCH 2021

TAPS®

Tragedy Assistance Program for Survivors
FAMILY NEWSLETTER



The TAPS Family is diverse and beautiful. And while we each began our journeys in different ways and from different points around the world; our paths have converged at this loving place called TAPS. A place where we have found the support and care we need. We have found encouragement and hope as balms for our hearts. And we have found courage - courage to place one foot in front of the other, knowing we do not have to travel alone.

We have found a place to not only soothe our souls and honor our loved ones; we have found a place to honor ourselves as well.

Connect with others. Find strength and hope. Opportunities await you as we *Remember the Love and Share the Journey*.



TAPS National Military Survivor Seminar

May 28 to 31, 2021

Arlington, Virginia

Gather with your TAPS Family in our nation's capital for a weekend of honor, hope, and healing. *If you are unable and/or have concerns to attend in-person, we encourage you to participate virtually in our live workshops.* Discover more information and [register today!](#) We look forward to hosting you.

A Breath of Fresh Air – Season 2

Launching March 3

Warmer days offer us more opportunities to get outdoors. Join with TAPS Outdoors for season 2 of the interactive series - A Breath of Fresh Air. We are "Sowing Seeds" for Spring with bi-weekly activity videos, downloadable content and cozy Campfire Chats! You can even [subscribe](#) to receive this in your inbox! In this season, we will utilize the skills we developed over winter to plant seeds of hope for the summer ahead. Join us this season as we plant the seeds of hope.



The Love Work Virtual Retreat

April 20 to May 19

Registration opens March 26

The Women's Empowerment team invites you to attend [The Love Work Virtual Retreat](#). We often call the process of coping with loss as "grief work." Through group discussions, activities, and self-reflection, you will participate in "love work," addressing questions of self-worth, intimacy, expectations, fears, and more. This retreat is especially suited for female survivors whose loss occurred more than three years ago.

The Power to Choose Hope

Grief can bring anxiety and a sense of helplessness. And yet in the midst of grief, we can find hope. Hope from the kindness and care of others, hope in the love we were blessed to receive, and hope within ourselves. We invite you to read ["The Power to Choose Hope"](#) from the archives of the TAPS website. Articles from a wide range of topics are available to you anytime at taps.org.



Join Us - Mountain Regional Seminar and Good Grief Camp

April 16 to 18, 2021

Colorado Springs, Colorado

Whether you recently lost your loved one, have lived many years without them, or are somewhere in between, this TAPS Seminar and Good Grief Camp is designed to meet you where you are in your grief journey. Programming for adults and young survivors offers a dynamic curriculum where you can learn from grief experts, gain vital resources, and connect with other survivors. In-person and virtual options are available.

[Learn More and Register Today](#)

Free Webinars

Gain valuable information and coping strategies through the TAPS Institute for Hope and Healing. In March, you have two opportunities to participate in free online sessions. On March 16: [Coping with Guilt When You Are Grieving](#); and on March 23: [Grieving Styles and Family Dynamics-Communicating with Children and Teens](#). Build a strong foundation for continuing your grief journey through these free sessions. We also have an extensive library of previous webinars you can view on-demand.

[Check Out Our On-Demand Library](#)



The Saturday Morning Message (SMM) is a weekly communication written and contributed by survivors. Responding to a weekly question, survivors share their journey and their memories. Open to all survivors, this message is sent to your inbox each Saturday morning. So, pour a cup of coffee and visit with your TAPS Family. To receive the Saturday Morning Message, send an email to online@taps.org.



TAPS is here for you!

[Get Help with Benefits](#) | [Connect to Peer Support](#)
[Find a Grief Counselor](#) | [Join our Online Community](#)

Support and care are available to you 24/7/365.

Call our Helpline at 202. 588.TAPS (8277) and visit us at [TAPS.org](https://www.taps.org)

Follow us on social!

