"Though they're not with us in person, they live in every story shared, every tear shed, and every smile they inspired." — Unknown



TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

### FAMILY NEWSLETTER

August 2024

### HEAL



#### Honoring Heroes in Special Ways

Cars can be much more than a way to get from one place to another. Families make memories in cars, and these memories carry on even after the loss of our loved ones. Thanks to generous support from Ford Motor Company, several TAPS families with meaningful connections to Ford cars and trucks participated in the exciting Ford Off-Roadeo experience in central Texas.

Throughout the year, and in partnership with our supporters, TAPS connects survivors like you to incredible opportunities to grow, heal, and honor fallen heroes. Were cars special to your loved one, or was it a certain sports team, a special place, a favorite food, or something else? Tell us about it for the chance to participate in unique events or to be published in our magazine or blog.

#### **Share Your Story**

### LEARN



#### **Building Resilience**

TAPS is proud to offer the Building Resilience workshop series for military and veteran survivors through the TAPS Institute for Hope and Healing®. Participants will meet virtually every Tuesday from August 6 to September 17 from 6 to 7:30 p.m. Eastern to learn what resilience looks like, why it's so valuable in grief and everyday life, and how to cultivate it. Sign up by August 5 to attend.

**Register for the Workshop** 

# G R O W



#### The Cabin of Reconciliation

At TAPS events, even the downtime between events can be a powerful opportunity for growth and healing. TAPS Men's Program Manager and Surviving Father Jon Ganues shares how this quiet time at a 2017 Men's Retreat allowed him to reconnect with his younger son. Find inspiration in Jon's story that may help you nurture the important relationships in your life after loss.

#### Read the Blog

# BOND



#### Pets and Grief: Can Our Animals Help us Heal After Loss?

TAPS survivors have a long history of sharing touching stories about their love for their dogs, cats, horses, reptiles, hamsters, pot-bellied pigs, or other critters they have welcomed into their hearts and homes. Learn why the bond we form with these honorary members of the TAPS Family helps us cope and heal after the death of a loved one.

**Read the Article** 

# REFLECT



Lake of the Ozarks Events

In July, both our **TAPS Young Adults Program** and **TAPS Men's Program** hosted events in Lake of the Ozarks in partnership with Operation Barbecue Relief (OBR). Attendees shared culinary experiences and adventures in the scenic setting of Camp OBR while making meaningful connections and embracing healing.



#### Western Regional Military Survivor Seminar and Good Grief Camp

TAPS welcomed survivors of all ages, types of loss, and phases in the grief journey to Scottsdale, Arizona, last month. While surviving adults learned from grief experts and made connections with fellow survivors, children found fun and healing at Good Grief Camp. View our **remaining 2024 seminars** in Buffalo, New York, San Antonio, Texas, and Destin, Florida, for more information.

## PLAN



#### Join Us

Connect with your TAPS Family at an upcoming event by visiting **taps.org/events** for a current list of our in-person and online events or by exploring **TAPS Care Groups** and **TAPS Togethers** happening near you.

Northeast Regional Military Survivor Seminar and Good Grief Camp August 23-25, Buffalo, New York

Join Us in Buffalo, New York



#### **Online Groups**

By Relationship, Peer Group, & Type of Loss

**Find a Group** 



**Community Events** 

TAPS Togethers, Care Groups, & Events Happening Nationwide, Year-Round

**Find an Event** 



#### **Team TAPS Events**

Honoring Loved Ones at Events Nationwide

Join the Team



#### **Young Adults Events**

In-Person & Online Events Survivors Ages 18-30

**Find an Event** 



#### **Youth Programs**

In-Person & Online Events School-Aged Survivors and Parents

**Browse Events** 



#### **TAPS Institute**

Workshops, Seminars, & Discussions for the Bereaved and their Supporters

**Browse Courses** 

### SUPPORT



#### **Bring Survivors Together**

TAPS Togethers are organized, one-day social events led by survivors like you that help build and nurture a peer-support network in your local area. If you have an idea for a TAPS Togethers event in your area — a nature walk, afternoon tea, seasonal event, or truly any other event that provides a backdrop for hope, healing, and community building — we want to hear from you.

Host a TAPS Togethers Event

Compassionate TAPS support is available 24/7 via our National Military Survivor Helpline: **202-588-TAPS** (8277).

