

"May the memories of those we love shine brightly this holiday season."  
— *Unknown*

# TAPS

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

## FAMILY NEWSLETTER

December 2024

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### HOPE



#### **A Holiday Message from TAPS**

Your TAPS Family knows your holiday season may look different after loss, but you are not alone. Throughout the holiday season — and always — your TAPS Family is here to support you.

[Find Holiday Support](#)

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# HEAL



## **Embracing Your Vulnerability During the Holidays**

Nostalgia is part of what makes the holiday season so special, but it can also make it a difficult time for the bereaved. As TAPS Advisory Board Member Dr. Alan Wolfelt shares in this article, though, embracing the grief-induced vulnerability we feel this time of year can help us face truths about our grief and open us to authentic connections.

[Read the Article](#)

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# LEARN



## TAPS Brings Holiday Grief Tips to You

Join TAPS Advisory Board Member Pamela Gabbay, Ed.D., FT for **Living with Grief During the Holidays** — a live webinar from 12 to 1 p.m. Eastern on December 10. You can also join TAPS Senior Advisor of Youth Programs, Andy McNeil, MA for a live webinar on December 17 from 12 to 1 p.m. Eastern, **Honoring the Past, Embracing the Present, and Finding Meaning During the Holiday Season After Loss**. These webinars and archived courses are available to you through the TAPS Institute for Hope and Healing.

[Register for a Webinar and Explore Archives](#)

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# HONOR



## Support TAPS This Giving Tuesday

This year, Giving Tuesday — the Tuesday after Thanksgiving dedicated to generosity — falls on December 3, a date that is also a part of Grief Awareness Week (December 2 to 8, 2024). Whether you'd like to make a one-time or recurring donation to TAPS, host a fundraiser, give back by becoming a Peer Mentor, or honor your fallen hero while supporting TAPS **by purchasing a tile for the TAPS Honor Wall**, the TAPS Family welcomes your support this Giving Tuesday and all throughout the year. Discover the many ways you can **support fellow survivors through TAPS**, or click the button below to donate today.

[Donate to TAPS](#)

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# REFLECT



## Well Done, Team TAPS Runners

Team TAPS runners have logged miles from Washington, D.C., to Germany and many spots in between this fall. We thank these athletes for helping share the TAPS story and the stories of the fallen heroes they honored. Interested in running with Team TAPS or submitting your loved one's name for the Fallen Hero Match program? [Learn more.](#)

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# REFLECT



## **TAPS Together: Friendsgiving**

From coast to coast, TAPS Together hosted Friendsgiving events throughout November. These events brought local survivors together, spreading comfort and gratitude and strengthening the support network in communities around the country. **Learn more about TAPS Together** and submit your ideas for events.

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# REFLECT



## Salute to Service

The National Football League (NFL) welcomed TAPS families at games, practices, and special experiences throughout the month of November as part of their annual Salute to Service initiative. Whether your fallen service member was a football fan or loved another sport, **let teams4taps know** about it for a chance to honor them in a unique way.

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# PLAN



## 2025 TAPS Military Survivor Seminars and Good Grief Camps

TAPS hopes to welcome you to one of our national or regional seminars and Good Grief Camps in 2025. View our 2025 seminar schedule below, and make plans to join us.

**31st Annual National Military Survivor Seminar and Good Grief Camp**  
May 22-26, Arlington, Virginia

**Northeast Regional Military Survivor Seminar and Good Grief Camp**  
July 10-13, Buffalo, New York

**Western Regional Military Survivor Seminar and Good Grief Camp**  
August 22-24, Phoenix, Arizona

**Southern Regional Military Survivor Seminar and Good Grief Camp**  
September 26-28, San Antonio, Texas

**National Military Suicide Loss Survivor Seminar and Good Grief Camp**  
November 14-16, Phoenix, Arizona  
Only for Suicide-Loss Survivors

In addition to our seminars, check [taps.org/events](https://taps.org/events) regularly to see all the unique experiences as they become available. And, for support and community close to home, explore the **TAPS Care Groups** and **TAPS Togethers** happening near you and the **TAPS Institute** for Hope and Healing webinars available each month.

[Browse Events](#)





## Online Groups

By Relationship, Peer Group, &  
Type of Loss

[Find a Group](#)



## Community Events

TAPS Together, 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](#)

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# SUPPORT



## Shop TAPS This Season for Gifts That Give Back

When you shop the TAPS Store, you help fund our mission and support fellow survivors. Check out the unique pieces below and many more at [shop.taps.org](https://shop.taps.org).

**Folded Flag Ornament** — \$24.99

**Ladies' Round Logo Full Zip Hoodie** — \$29.99

On Sale:

**Lapis Bracelet with Hand Tied Knot** — \$22.99

**Lapis Stretch Beaded Bracelet** or **Lapis Golden Globe Stretch Bracelet** — \$19.99

[Shop and Support](#)

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



**Donate**



If you no longer wish to receive the TAPS Family Newsletter, please email **[info@taps.org](mailto:info@taps.org)**.