

"Walking with a friend in the dark is better than walking alone in the light."  
— Helen Keller

# TAPS

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

## FAMILY NEWSLETTER

January 2025

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### HOPE



### Healing Together in 2025

The new year brings opportunities to grow with your grief, honor your fallen hero, and embrace your community of peers at TAPS. No matter where you are in your grief journey, we walk the path together. Discover all the ways you can connect with TAPS this year.

[Learn More](#)

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# HEAL



## **Start the New Year with the TAPS Institute for Hope and Healing**

If you've resolved to focus on grief work in 2025, you'll find informative webinars at the TAPS Institute for Hope and Healing that can help. Start the year with the upcoming online workshop series, "I Can't Fight This Feeling — Anger." The series is led by TAPS' own Andy McNiel, M.A., and Emily Munoz and meets every Wednesday from January 8 to 22 at 8-9:30 p.m. Eastern. Register now, browse other upcoming seminars, and explore the archived content to find even more courses.

[\*\*Register for the Series\*\*](#)

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# LEARN



## From Peer to Peer

Peer support is at the heart of the TAPS mission. We are grateful to all the Peer Mentors who walk alongside fellow members of the TAPS Family even though they still grieve their own loss. Read along as one Peer Mentor shares her experience transitioning from receiving support to providing it.

[Read the Article](#)

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# PLAN



## 2025 TAPS Military Survivor Seminars and Good Grief Camps

TAPS hopes to welcome you to a national or regional seminar and Good Grief Camp this year. View our 2025 seminar schedule below, and make plans to join us. Hotel rooms for both national events will be offered at a discounted group rate, and thanks to the generosity of the Fisher House Foundation, TAPS will offer a limited number of free Hero Miles flights on a first-come, first-served basis for attendees who have not previously used Hero Miles.

**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

**Registration opens January 2, 2025.**

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



**Donate**



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