

"In their absence, you'll find a presence — something they've left behind that will stay with you forever."
— Unknown

TAPS

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

FAMILY NEWSLETTER

July 2024

HEAL



The Healing Power of Telling Your Story

TAPS Advisory Board Member Dr. Alan Wolfelt reminds us that telling our stories of love and loss helps us survive the pain of grief and begin to heal in a way that integrates our losses into our lives. At TAPS, we offer so many healing ways to share your loved one's story — whether a **TAPS Magazine article, blog**, or sharing in a group setting at a **seminar, Care Group, or Online Group**. Your story is unique, and your TAPS Family is here to support you as you share it.

[Read About Storytelling](#)

HONOR



30 Fields, 1 Dream

Air Force Colonel Ronald "Erick" Gilbert set out to see all 30 Major League Baseball parks with his wife and two sons before his oldest son's 18th birthday to create precious memories with his family around America's favorite pastime. Sadly, the Gilbert family lost their beloved husband and father with two ballparks left to see, but TAPS stepped in to make sure this surviving family not only made Erick's dream a reality, but honored him in a big way.

Meet the Gilbert Family

LEARN



Find Healing in Nature

Fresh air and sunshine benefit our minds, bodies, and spirits. On the toughest days of grief, though, we may struggle to get out of bed, let alone go outside. This webinar from the TAPS Institute for Hope and Healing® on July 9, from 12 – 1 p.m. Eastern, will explore the mental and emotional barriers that keep us from the healing power of nature and provide tools to move beyond what keeps us from stepping back out into nature.

[Register Today](#)

REFLECT



Alaska Women's Retreat

Last month, **TAPS Adult Programs** hosted widows, fiancées, and significant others for a retreat in Eagle River, Alaska. The time spent making new connections, taking in the beautiful Alaskan landscape, participating in a service project with The Alaska Project, and tuning into mental and physical wellness created a healing experience for all.



TAPS College Experience

TAPS Education Support Services welcomed surviving teens and their guardians to the Washington, D.C., area for the annual TAPS College Experience. This four-day event helped pave the way for the transition from high school to college — for both students and their guardians. Attendees enjoyed campus tours and learned all about application processes, financial assistance, school selection, and more.

Ready to take the first step toward your educational goals? Submit a **TAPS financial aid request form** to receive a specialized list of benefits and scholarships you may be eligible for.

PLAN



Register for a Military Survivor Seminar and Good Grief Camp

Join your TAPS family for a healing weekend at one of our seminars and Good Grief Camps. In addition to these core events, TAPS hosts unique experiences around the country throughout the year. Check taps.org/events regularly for new opportunities to connect with your TAPS family, and check out the **TAPS Care Groups** and **TAPS Togethers** happening near you for support close to home.

Western Regional Military Survivor Seminar and Good Grief Camp
July 26-28, Scottsdale, Arizona

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

Southern Regional Military Survivor Seminar and Good Grief Camp
October 4-6, San Antonio, Texas

Southeast Regional Military Survivor Seminar and Good Grief Camp
November 15-17, Destin, Florida

[Register for a Seminar](#)



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](#)

SUPPORT



TAPS Peer Mentors

At this year's TAPS National Military Survivor Seminar, we trained 90 survivors through our updated Peer Mentor training program. Each of these 90 Peer Mentors represents comfort and support to a fellow survivor. Peer support is at the core of TAPS programming, and we are grateful to all of our Peer Mentors who lean in and embrace other survivors while embracing their own healing. Whether you are a current TAPS Peer Mentor wanting to deepen your knowledge and involvement or you're ready to pursue Peer Mentor training for the first time, the TAPS Family welcomes your compassionate support.

[Learn About TAPS Peer Support](#)

Compassionate TAPS support is available 24/7 via our National Military Survivor Helpline: **800-959-TAPS** (8277).



[Donate](#)



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