

"Your memory feels like home to me. So whenever my mind wanders,  
it always finds its way back to you."

— Ranata Suzuki

# TAPS

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

## FAMILY NEWSLETTER

October 2024

### HONOR



#### Advocating for Survivor Benefits in Congress

Surviving families from all over the country joined TAPS on Capitol Hill from September 23 to 26 for TAPS Gold Star Families Advocacy Week. The group met with legislators from both the Senate and House of Representatives, and their powerful stories shed light on issues impacting military and veteran survivors. See how our dedicated team works alongside lawmakers year-round to advance policy that directly impacts surviving families.

[Learn More](#)

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# HEAL



## Letting Pain Go, Taking Hope Home

We often talk about the things we gain at TAPS events that we can carry home with us, but one surviving father reminds us that TAPS events offer such healing environments that we may be able to leave heavy things we carry along with our grief — like anger, bitterness, or resentment. Read more about this healing experience at a recent Men’s Program retreat, and consider if there are emotions you are ready to unpack and leave behind as you continue your walk with grief.

[Read the Blog](#)

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# LEARN



## Learn Something New

Join the TAPS Institute for Hope and Healing as it kicks off **Cohort 18 of the Dare to Lead** series on October 18. The series meets virtually each Friday from 12 p.m. to 1:30 p.m. Eastern through April 18. This popular series will tackle our vulnerability and teach us to prioritize our values, build trust, and rise above setbacks.

You can also join the October 15 live webinar, **Building Emotional Resilience: Nurturing Inner Strength** from 12 to 1 p.m. Eastern, to gain tools to help you thrive in the face of difficulties, including loss, and prioritize self-care, grace, and compassion.

[Register for a Webinar](#)



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# GROW



## Where Every Day is Memorial Day

We often say that grief is the love we still carry for the loved ones we lost. Without our loved ones here to receive our love, we often show it in gestures great and small around birthdays, anniversaries, holidays, and other significant dates. But, as one TAPS Peer Mentor shares, some days — some years — it's hard to find the strength when every day feels like Memorial Day, and that's OK because we honor and miss our loved ones every day.

[Keep Reading](#)

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# SUPPORT



## Be Part of a TAPS Together's Friendsgiving Tradition

Next month, in the spirit of Thanksgiving, we will offer a series of TAPS Together's: Friendsgiving events across the country. Each event is an opportunity for survivors in a local area to come together, support each other during the holiday season, and share compassion and gratitude over anything from coffee and pie to the traditional Thanksgiving spread. If you would like to host a TAPS Together's: Friendsgiving event this year, complete **this form** to let our team know you're interested. Be sure to check **[taps.org/friendsgiving](https://taps.org/friendsgiving)** often; events will be added as details become available.

**Make Friendsgiving Plans**



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# REFLECT



## 30-Mile Challenge

It was inspiring to follow along as so many of you participated in the September 30-Mile Challenge for TAPS. You honored your fallen hero while helping us share the TAPS mission. We are grateful for your support and proud of each mile you conquered. If you missed September's challenge, explore other ways **you can support** fellow survivors and honor your hero's legacy.



## Football Season Kicks Off With teams4taps

Thanks to the ongoing generous support of the NFL and its teams, athletes, and coaches, teams4taps is once again creating special moments for surviving families at NFL games, practices, and special events nationwide. Don't forget to **tell us** about your loved one's special connection to a sport, team, or athlete.

# PLAN



## Connect with TAPS

Join your TAPS Family for a healing experience at an upcoming in-person or online event. Check [taps.org/events](https://taps.org/events) regularly to see all the unique experiences as they become available. 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**



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