

"Honor the place between *no longer and not yet.*"
— Nancy Levin

TAPS

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

FAMILY NEWSLETTER

September 2024

HONOR



Join the September 30-Mile Challenge for TAPS

This September, we invite you to participate in the 30-Mile Challenge for TAPS. This is our chance to rally the TAPS community and spread the word about TAPS while getting outdoors.

By clicking the button below, you'll join the challenge, easily set up your Facebook fundraiser, and have the chance to share your story and progress with your family, friends, and support network on Facebook. Complete your 30 miles by walking, running, biking, swimming, or another activity of your choice. Your TAPS Family will be cheering you on with each mile!

[Join the Challenge](#)

HEAL



The Power of Play

Play and recreation are essential to physical and mental health at any time and any age, but especially in grief when it can feel most difficult to make space for them. Tune into a recent **TAPS Institute for Hope and Healing webinar** as our own Emily Muñoz reminds us — as adults — that movement doesn't have to feel like work. It can be fun, social, and equally beneficial to our mental health.

For the children and teens in our TAPS Family, Andy McNeil's latest article, *The Power of Play*, outlines all the positive ways outdoor play can impact growing bodies and minds, including less time for screens, spiritual formation, and social development. Click the button below to access the article and the positive impacts of play for your family.

[Pursue the Benefits of Play](#)

LEARN



Peer Mentor Opportunities

TAPS unveiled updated Peer Mentor training at this year's National Military Survivor Seminar over Memorial Day weekend, making this a perfect time for current Peer Mentors to refresh their training and a great time for adult survivors at least 18 months beyond their loss to **apply to become a Peer Mentor**, paying forward the support they received at TAPS. Browse the remaining online and in-person Peer Mentor training opportunities in 2024, and stay tuned for additional workshops in 2025.

[View Peer Mentor Workshops](#)

GROW



Kickin to Stay

Following the loss of their husband and father, Brian, the Milling Family became determined to support other suicide-loss survivors and further the discussion of suicide prevention and postvention in their local area. They have found meaning after their loss through a kickball tournament that rallies their community together, honors Brian Milling, and raises awareness around suicide to save lives and support survivors in the wake of suicide loss.

[Read the Blog](#)

SUPPORT



Be Part of a TAPS Together's Friendsgiving Tradition

TAPS Together are hosted by survivors just like you nationwide, all year long. These events bring the local survivor community together over a shared experience — whether meeting for coffee, white water rafting, or something in between. During the month of November, we are looking for survivors interested in hosting a TAPS Together's Friendsgiving event. Whether you invite fellow survivors over for dessert, meet up for a post-meal walk, or share the traditional Thanksgiving meal, the goal remains the same — connecting with your TAPS Family and nurturing your local support network. Email tapstogetherstaps.org or click the button below to let our team know you are interested in being a 2024 TAPS Together's Friendsgiving host.

[Host an Event](#)

SHARE



Miles and Memories

Cars don't just take us from point A to point B; we make memories through the miles that become even more precious if we lose the special person we made them with. In the upcoming fall issue of *TAPS Magazine*, four surviving families will share their stories of a special Ford car or truck. If your loved one has a special connection to a car of any make or model or if there is a car wrapped up in a special memory of your loved one, TAPS would love to hear about it.

[Share Your Car Connection](#)

REFLECT



New River Gorge Rafting with TAPS Together

TAPS Together attendees took on white water rafting at the New River Gorge National Park and Preserve in West Virginia. White water rafting is just one of the many options for TAPS Together. If you have an idea for an event or are interested in hosting a TAPS Together event for survivors near you, fill out a simple [online form](#) to get started.



Sports & Entertainment

Professional sports organizations nationwide have hosted TAPS families for incredible experiences that let them honor the heroes they've lost. Whether on the sidelines of NFL training camp, on the diamond at an MLB game, or taking the ice with an NHL team, teams4taps and supporting sports organizations brought smiles to the faces of surviving families all summer long. Did your loved one have a special connection to an athlete or team? **Let us know** by submitting your story to teams4taps.

PLAN



Connect with TAPS

Join your TAPS Family for a healing experience at an upcoming in-person or online event. Check 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](#)

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**.