

WELCOME

I am honored to welcome you to the 24th Annual TAPS National Military Survivor Seminar and Good Grief Camp.

As we spend the next few days with one another, there will be moments that will touch our hearts, moments that will prompt reflection and moments that will challenge us. Most importantly, there will be moments of pure love and compassion among kindred spirits.

This time, this place will have the comfort of home. A place that is familiar, even if you are here for the first time. A place where you can feel safe to share, to explore your journey and have the reassurance you are not alone. We will create lasting bonds and become stronger.

We come not only seeking support and understanding – we come to celebrate and remember the lives of those we love; those who have served our nation and who's legacy we now carry forward.

Workshops, activities and special events will offer you a variety of ways to learn coping skills, gather information, plan for the future and connect with peers. Whether participating in an event or sharing times of quiet reflection, you will create powerful moments that will comfort and strengthen you long after we complete our time here together.

I am honored to share this time with you and embrace you as family. Together we will Remember the Love, Celebrate the Life and Share the Journey.

With Love and Care,



Bonnie Carroll
Founder and President



TAPS MISSION



The mission of TAPS is to honor our men and women who have made the ultimate sacrifice in service to America by caring for all those they loved and left behind. TAPS offers immediate and long-term emotional help, hope, and healing to all those grieving the death of a loved one in military service to America, regardless of their relationship to the deceased or the circumstances of the death.



THE WHITE HOUSE

WASHINGTON

May 25, 2018

I send my warmest greetings to those participating in the 24th Annual National Military Survivor Seminar and Good Grief Camp hosted by the Tragedy Assistance Program for Survivors (TAPS).

On Memorial Day weekend, communities across our country gather to honor the brave men and women who gave their lives in defense of our freedom. Our Nation reflects on the courage of these American heroes, and we remember those who carry the heaviest burden of grief after the loss of a loved one in service to our country.

Gold Star families know the true meaning of sacrifice. We pledge never to forget all you and your loved ones have given, especially our Nation's youngest survivors. Through your steadfast and indomitable strength, you continually display the very best of the American spirit.

As you come together over the course of this weekend, Mrs. Trump and I hope you find joy and healing. We pray this experience brings you renewed peace and comfort knowing our Nation will forever be in your debt.

May God bless each of you, and may He continue to bless the United States of America.



24th Annual T★A★P★S National Military Survivor Seminar

WE'RE HERE FOR YOU

Survivor Sanctuary: If you're feeling overwhelmed or need extra support, the Survivor Sanctuary is located next to the Information Desk in the Arlington Ballroom foyer. This is a space where you can talk with our Survivor Care Team staff, a peer mentor, a grief specialist, or a mental health professional. Talking one on one with another person to process emotions can make a world of difference. Our caring staff are ready for you if you need us. And if you need someone to talk to when the Survivor Sanctuary is not open, please call our TAPS Helpline at 800-959-8277. Support connections available at the Survivor Sanctuary:

- **Survivor Care Team:** Survivors who are members of the TAPS staff and are here to support you.
- **Peer Mentors:** Survivors who are trained by TAPS to reach out to fellow survivors.
- **Private grief and trauma therapists**

TAPS Information Desk: Located in the Arlington Foyer, the TAPS Information Desk will be manned continuously with team members happy to answer your questions or connect you with someone who can. The Information Desk will be your go-to for lost and found, programming and workshop questions, scheduling, and anything else that may arise.

Resource Village: We have brought together the foremost experts in military benefits, advocacy, education resources, survivor services, entitlements, and veteran and military family affairs. Vendors and TAPS staff will also be taking appointments to ensure that your needs are addressed.

Mental Health Professionals: Throughout the weekend there will be grief and trauma therapists supporting our event. You will see them stationed outside workshops, in the Survivor Sanctuary, and around the hotel. They will be wearing TAPS name badges. If at any time you find yourself needing to chat with a professional, please look to TAPS staff or one of these therapists.

Family Check-in and Registration: TAPS is excited to warmly welcome you and your family to the National Military Survivor Seminar and Good Grief Camp. We will begin the weekend with early TAPS Family Check-in for adults and children on Thursday from 11:00 a.m. to 9:00 p.m. in the main lobby Rosslyn Foyer at the Crystal Gateway Marriott. You may also check in Friday morning from 7:00 a.m. to 9:00 a.m.

During check-in, you will receive all your seminar materials, including your TAPS T-shirts, tote bag, event program, and photo button. If you have children attending the Good Grief Camp, you will schedule time during check-in to meet with their Group Leaders on Thursday from 5:30 p.m. to 9:00 p.m. and drop off any medical forms. The childcare suite will also be open to register your child, meet the caregivers, and see the room where your child will be cared for during the weekend.

Our young survivors will gather Thursday from 5:30 p.m. to 9:00 p.m. at the Good Grief Camp Zone, where they will be able to choose from a variety of activities led by our experienced Senior Mentors and volunteers.

TAPS by Your Side: Getting Help With Your Seminar Schedule: Adult survivors have the opportunity to meet with key support staff, seminar presenters and TAPS Peer Mentors to review the schedule one-on-one and make a plan for the weekend based on the survivors' needs and goals. There are tables in the Resource Village where you can meet to go over the schedule and plan your weekend. We will also have Group Roadmap Sessions: Getting to Know Your TAPS Family where you will receive advice on gaining coping tools and support during the seminar.

In addition, we have included journal pages in the back of the program for your use. We have seen time and again the healing power that can come when we take an active role and set an intention for our time together. Feel free to plan your roadmap for the weekend on these pages and jot down words of healing and inspiration that you hear throughout our time together. As always, know that we are here for you.

**TAPS Helpline 24/7
800-959-8277**

GETTING THE MOST OUT OF YOUR WEEKEND

Open to All–Newcomers Guidance Workshop: Support and Tips for a Successful Weekend (a year or more from loss):

Designed to welcome survivors a year or more from loss who are attending the National Seminar for the first time, this workshop will provide support and tips for a successful weekend and help those further along in their grief journey plan a schedule to maximize their growth and healing.

Open to All–Newcomers Guidance Workshop: Support and Tips for a Successful Weekend (less than a year from loss):

This workshop is designed to welcome survivors less than a year from their loss, this workshop will help those who are newly bereaved plan their schedule to maximize their healing.

Suicide Loss Survivors: Support and Tips for a Successful Weekend:

If your suicide loss was recent, and/or this is your very first TAPS Seminar, we've got a time set aside for you to gather with us, share your story if you would like to, and get grounded for this wonderful (but also big and scary at times!) weekend. We're here for you and ready to help you connect and navigate what we hope will be your first of many healing TAPS events.

Women's Empowerment: As time goes on, the effects of grief can change. We often find that we have not only lost our loved one; we've also lost our sense of self. In this three-part workshop series designed for surviving women at least two years out from their loss, we will use a variety of activities and discussion tools to explore the lessons of the past, identify where we are in the present, and step forward into the future with intention. Topics such as identity, gratitude, and purpose will be highlighted within a sisterhood as we become more empowered to live lives of meaning and joy.

Men's Grief – A Brotherhood of Healing: These workshops are designed by men, for men. They provide a chance to come together and hear how we can best support ourselves and one another on the road ahead. No women are allowed in these workshops, but don't worry, ladies, the men have designed a workshop just for you: "What Men Want Women to Know About Our Grief."

Health and Wellness: We are excited to bring you an expanded level of programming designed to address not just your physical needs but you as a whole. Our dedicated team travels the country providing the TAPS family with ways to

find your Inner Warrior. Join the team and leading experts to get your body moving, set some goals, and find ways you may not have realized were possible to address your grief.

Sharing Groups: Sharing groups are smaller and more intimate than workshop sessions and offer an opportunity to share your own story, experiences, and feelings while listening to others who have a similar story, relationship, or sometimes both. TAPS offers a wide range of groups with something for every survivor.

Workshops: Workshops are designed to provide you information and opportunities for exploration, and to help you gain coping skills for the grief journey. Our presenters are skilled at facilitating an environment rich in fostering hope and healing, whether you are new to your loss or are quite familiar with the journey. Some workshops will note if they are sequential, or designed for specific demographic. However, all are welcome.

Did My Loved One Suffer? Medical Insight and Paperwork Review:

We know how difficult it can be to understand medical paperwork and the importance it plays for many in their grief journey. Many of us also wonder if our loved one suffered. We have a skilled physician, Dr. Charles Blankenship, here to review your questions, autopsy reports, and investigations. The private sessions are 30 minutes each and by appointment only. You can sign up on the app or at the Information Desk. Appointments are first come, first served.

TAPS Storytelling Suite: In the TAPS Storytelling Suite, our Sports & Entertainment department (teams4taps and Stars4TAPS) welcomes military survivors to stop by and share their stories related to their (or their loved one's) connections to the sports and entertainment industries. These stories will help teams4taps and Stars4TAPS create meaningful opportunities for us to work with professional sports teams, athletes, artists, celebrities, and others to honor your fallen hero in a way that is meaningful to you and to bring hope and healing for all members of the TAPS family. We would be honored to have you share your story with us.

Intention Wall: Please stop by the TAPS Intention Wall located outside the Resource Village. It is available to you day and night as a space we created for you to set a goal, share a hope, or speak a dream into the void. Even if it is simply to not feel alone, we invite you to add to this sacred space—a space open for all the hearts of our TAPS family.

24th Annual T★A★P★S

National Military Survivor Seminar

DAILY SCHEDULE HIGHLIGHTS

SURVIVOR SANCTUARY	<i>Arlington Office, Gateway Marriott</i>	Thursday, 11:00 a.m. – 9:00 p.m. Friday, 7:00 a.m. – 7:00 p.m. Saturday, 8:00 a.m. – 8:00 p.m. Sunday, 8:00 a.m. – 9:00 p.m. Monday, 7:00 a.m. – 5:00 p.m.
INFORMATION DESK	<i>Arlington Ballroom Foyer, Gateway Marriott</i>	Thursday, 10:00 a.m. – 9:00 p.m. Friday, 7:00 a.m. – 10:00 p.m. Saturday, 7:00 a.m. – 10:00 p.m. Sunday, 7:00 a.m. – 9:00 p.m. Monday, 7:00 a.m. – 9:00 p.m.
RESOURCE VILLAGE	<i>Arlington Ballroom V, VI</i>	Thursday, 11:00 a.m. – 9:00 p.m. Friday, 8:00 a.m. – 5:00 p.m. Saturday, 8:00 a.m. – 5:00 p.m. Sunday, by appointment only
TAPS STORE	<i>Arlington Ballroom VI Arlington Ballroom Foyer (Sunday and Monday only)</i>	Thursday, 11:00 a.m. – 9:00 p.m. Friday, 8:00 a.m. – 7:00 p.m. Saturday, 8:00 a.m. – 5:00 p.m. Sunday, 8:00 a.m. – 5:00 p.m. Monday, 9:00 a.m. – 2:00 p.m.
CHILD CARE	<i>17th Floor, Capitol Tower, Gateway Marriott</i>	Thursday, 11:00 a.m. – 7:00 p.m. (check-in and registration) Friday, 8:00 a.m. – 10:00 p.m. Saturday, 8:00 a.m. – 10:00 p.m. Sunday, 8:00 a.m. – 5:00 p.m.
SHUTTLES TO ARLINGTON CEMETERY	<i>Hotel Lobby, Gateway Marriott</i>	Saturday, 8:00 a.m. – 3:30 p.m. Sunday, 8:00 a.m. – 3:30 p.m.
TAPS STORYTELLING SUITE	<i>Crystal Boardroom, Gateway Marriott</i>	Thursday, 11:00 a.m. – 6:00 p.m. Friday, 11:00 a.m. – 6:00 p.m.
ONE-ON-ONE SESSIONS WITH DR. BLANKENSHIP	<i>Mt. Vernon Room, Gateway Marriott Sign up at the Information Desk.</i>	Friday, 3:00 p.m. – 5:00 p.m. (by appointment only) Saturday, 9:00 a.m. – 4:30 p.m. (by appointment only) Sunday, by appointment only
SUNRISE STRIDES: RUN/WALK THE NATIONAL CAPITAL TRAIL	<i>Meet in Rosslyn Foyer</i>	Friday, 6:30 a.m. – 7:30 a.m. Saturday, 6:30 a.m. – 7:30 a.m. Sunday, 6:30 a.m. – 7:30 a.m.
MORNING STRETCH TO WELCOME THE DAY	<i>Pentagon A/B</i>	Friday, 7:00 a.m. – 7:45 a.m. Saturday, 7:00 a.m. – 7:45 a.m. Sunday, 7:00 a.m. – 7:45 a.m.
BREATHING and STRETCHING FOR YOUR BEST REST	<i>Pentagon A/B</i>	Thursday, 8:15 p.m. – 9:15 p.m. Friday, 9:15 p.m. – 10:15 p.m. Saturday, 9:15 p.m. – 10:15 p.m. Sunday, 8:30 p.m. – 9:30 p.m.
COMBINED 12-STEP MEETINGS	<i>McLean Room, Gateway Marriott</i>	Friday, 9:15 p.m. – 10:15 p.m. Saturday, 9:15 p.m. – 10:15 p.m. Sunday, 8:30 p.m. – 9:30 p.m.
ARTFUL GRIEF OPEN STUDIO	<i>Jefferson Room, Gateway Marriott</i>	Friday, 1:30 p.m. – 9:00 p.m. Saturday, 12:00 p.m. – 5:00 p.m. Sunday, 9:00 a.m. – 5:00 p.m.
10-MINUTE CHAIR MASSAGES	<i>Resource Village Foyer Sign up at the Information Desk.</i>	Thursday, 12:00 p.m. – 6:00 p.m. Friday, 12:00 p.m. – 6:00 p.m. Saturday, 9:00 a.m. – 4:00 p.m.

SCHEDULE



THURSDAY, MAY 24

SURVIVOR SANCTUARY	<i>Arlington Office, Gateway Marriott</i>	Thursday, 11:00 a.m. – 9:00 p.m.
INFORMATION DESK	<i>Arlington Ballroom Foyer, Gateway Marriott</i>	Thursday, 10:00 a.m. – 9:00 p.m.
RESOURCE VILLAGE	<i>Arlington Ballroom V, VI</i>	Thursday, 11:00 a.m. – 9:00 p.m.
TAPS STORE	<i>Arlington Ballroom VI</i>	Thursday, 11:00 a.m. – 9:00 p.m.
CHILD CARE	<i>17th Floor, Capitol Tower, Gateway Marriott</i>	Thursday, 11:00 a.m. – 7:00 p.m. (check-in and registration)
TAPS STORYTELLING SUITE	<i>Crystal Boardroom, Gateway Marriott</i>	Thursday, 11:00 a.m. – 6:00 p.m.
10-MINUTE CHAIR MESSAGES	<i>Resource Village Foyer Sign up at the Information Desk.</i>	Thursday, 12:00 p.m. – 6:00 p.m.

ALL DAY

- 11:00 – 9:00** Family Check-in and Registration Gateway Lobby-Rosslyn Foyer
- 11:00 – 9:00** TAPS by Your Side: Getting Help With Your Seminar Schedule Arlington Ballroom V, VI

EVENING

- 5:30 – 6:30** Adult Welcome Reception Arlington Ballroom I, II
Hosted by Crystal Gateway Marriott
- 5:30 – 9:00** Good Grief Camp Zone and Dinner Buffet Arlington Ballroom III, IV
During the Good Grief Camp Zone, kids will be able to choose from a variety of activities led by our experienced Senior Mentors and volunteers. Dinner will be provided.
- 5:30 – 9:00** Good Grief Camp Parent and Group Leader Meetings Jackson, Lee, Jefferson
You will make your appointment at Family Check-in and Registration.
- 6:30 – 8:00** Group Roadmap Sessions: Getting to Know Your TAPS Family
 - ★ My loved one died by accident, *Bonnie Carroll and Franklin Cook* Salon H
 - ★ My loved one died in combat, *Kyle Harper and Terry Meyer* Skyview Terrace
 - ★ My loved one died by homicide, *Dr. Frank Campbell and Zaneta M. Gileno* Alexandria
 - ★ My loved one died due to an illness, *Carole Hilton and Lalaine Estella* Manassas
 - ★ My loved one died by suicide, *Kim Ruocco and Dr. Carla Stumpf-Patton* McLean
 - ★ My loved one died of unknown causes, *Audri Beugelsdijk and Dr. Jon Reid* Mt. Vernon
- 8:15 – 9:00** Breathing and Stretching for Your Best Rest Pentagon A/B

24th Annual T★A★P★S National Military Survivor Seminar

SCHEDULE

FRIDAY, MAY 25

SURVIVOR SANCTUARY	<i>Arlington Office, Gateway Marriott</i>	Friday, 7:00 a.m. – 7:00 p.m.
INFORMATION DESK	<i>Arlington Ballroom Foyer, Gateway Marriott</i>	Friday, 7:00 a.m. – 10:00 p.m.
RESOURCE VILLAGE	<i>Arlington Ballroom V, VI</i>	Friday, 8:00 a.m. – 5:00 p.m.
TAPS STORE	<i>Arlington Ballroom VI</i>	Friday, 8:00 a.m. – 7:00 p.m.
CHILD CARE	<i>17th Floor, Capitol Tower, Gateway Marriott</i>	Friday, 8:00 a.m. – 10:00 p.m.
TAPS STORYTELLING SUITE	<i>Crystal Boardroom, Gateway Marriott</i>	Friday, 11:00 a.m. – 6:00 p.m.
ARTFUL GRIEF OPEN STUDIO	<i>Jefferson Room, Gateway Marriott</i>	Friday, 1:30 p.m. – 9:00 p.m.
ONE-ON-ONE SESSIONS WITH DR. BLANKENSHIP	<i>Mt. Vernon Room, Gateway Marriott</i> <i>Sign up at the Information Desk.</i>	Friday, 3:00 p.m. – 5:00 p.m. (by appointment only)
COMBINED 12-STEP MEETINGS	<i>McLean Room, Gateway Marriott</i>	Friday, 9:15 p.m. – 10:15 p.m.
10-MINUTE CHAIR MESSAGES	<i>Resource Village Foyer</i> <i>Sign up at the Information Desk.</i>	Friday, 12:00 p.m. – 6:00 p.m.

MORNING

6:30 – 8:00	Family Buffet Breakfast	Arlington Ballroom at Gateway Marriott Chesapeake Foyer at Crystal City Marriott
	<i>Sponsored by Lockheed Martin Corporation</i>	
6:30 – 7:30	Sunrise Strides: Run/Walk the National Capital Trail	Rosslyn Foyer
	<i>Workout clothing recommended</i>	
7:00 – 7:45	Morning Stretch to Welcome the Day: Yoga and Intention Setting, <i>Nichole Bukowski</i>	Pentagon A/B
	<i>Workout clothing recommended</i>	
7:00 – 7:45	Energy and Endorphins, <i>Emily Muñoz</i>	Skyview Terrace
	<i>Workout clothing recommended</i>	
7:00 – 9:00	Family Check-in and Registration	Lobby, Rosslyn Foyer
8:00 – 8:45	Good Grief Camp Drop-off	Locations Below
	<i>Littles: Group Rooms; Middles: Skyview Terrace; Teens: Rosslyn Foyer; Young Adults: Rosslyn Foyer</i>	
9:00 – 10:00	TAPS by Your Side: Getting Help With Your Seminar Schedule	Arlington V, VI
9:30 – 10:45	Newcomers Guidance Workshops: Support and Tips for a Successful Weekend	
	★ Open to All (a year or more from loss), <i>Audri Beugelsdijk</i>	Salon H
	★ Open to All (less than a year from loss), <i>Dr. Frank Campbell</i>	Alexandria
	★ Suicide Loss Survivors, <i>Dr. Carla Stumpf-Patton</i>	McLean
11:30 – 12:30	National Seminar Opening Ceremony	Arlington Ballroom

AFTERNOON

12:30 – 1:30	Adult Buffet Lunch	Arlington Ballroom
12:30 – 4:30	Peer Mentor Lunch and Training Group 1	Alexandria
1:30 – 9:00	Artful Grief Open Studio	Jefferson

SCHEDULE

FRIDAY, MAY 25 (continued)

AFTERNOON (continued)

- 1:45 – 3:15** Workshops – Block 1
- ★ Grief 101: Rebalancing and Relearning, *Ben Wolfe* Arlington I
 - ★ What Should I Expect at Good Grief Camp?, *Kimberly Taylor and Karissa Kelley* Salon H
 - ★ Info Session: Concerned Over Upcoming Changes to Survivor Health and Dental Benefits?
TAPS Has Your Back!, *Jen Harlow and Kathy Moakler* Madison
 - ★ Women's Empowerment Part 1: Looking Back, *Erin Jacobson and Ashley Rao* Skyview Terrace
 - ★ How to Grieve Like a Man (*for men only*), *Dr. Frank Campbell and Don Lipstein* Lee
 - ★ Sweat Is My Grief Work (*workout clothing recommended*), *Emily Muñoz* Pentagon A/B
- 1:45 – 3:15** Sharing Groups – Block 1
- ★ Surviving Spouses Without Children, *Audri Beugelsdijk and Tabitha Bonilla* Jackson
 - ★ Surviving Adult Children, *Ashlynn Haycock and Lalaine Estella* Manassas
 - ★ I'm Married To, or I'm Dating a Survivor, *Gabriel Rao and Kristen Whitchurch* McLean
- 3:00 – 5:00** One-on-one Sessions (*Request appointment at the Information Desk.*), *Dr. Blankenship* Mt. Vernon
- 3:00 – 6:30** Pentagon and 9/11 Tour Group (*must be pre-registered*) Gateway Lobby
Depart hotel at 3:45 p.m.; return to hotel at approximately 6:30 p.m.; dinner in the Skyview Terrace at 6:45 p.m.
- 4:30** Good Grief Camp Pick-up Locations Below
Littles: Group Rooms; Middles: Skyview Terrace; Teens: Rosslyn Foyer; Young Adults: Rosslyn Foyer
- 5:00 – 6:00** Family Dinner Buffet Arlington Ballroom
- 6:15 – 10:00** Evening Parade at the Marine Barracks (*must be pre-registered*) Gateway Lobby
Depart hotel at 6:30 p.m.
- 7:00 – 9:00** TAPS Thought Talk Arlington Ballroom
Moderated by Kyra Phillips with Panelists Tessa Ojo, Chef Robert Irvine, Admiral Michael Mullen, and Teresa Carlson. The TAPS Thought Talk will feature a collection of dynamic speakers from the military, entertainment, philanthropy, and business. This 90-minute event is appropriate for adults and older children.
- 7:00 – 9:30** Family Fun Night: Movie Screening of "Peter Rabbit" Westin Ballroom
Kick back and enjoy a family movie night with music, games, popcorn, and a lot of fun! Please note that this is not a Good Grief Camp event and all children must be accompanied by an adult for the entire evening. This event is appropriate for all ages. Seating is not limited.
- 9:15 – 10:15** Breathing and Stretching for Your Best Rest Pentagon A/B
- 9:15 – 10:15** Optional TAPS Family Gatherings
- ★ Combined 12-Step Group Meeting McLean
 - ★ Knitters' Workshop Manassas
 - ★ LGBTQ Sharing Group Fairfax
 - ★ Open to All Sharing Group Madison

24th Annual T★A★P★S

National Military Survivor Seminar

SCHEDULE

SATURDAY, MAY 26

SURVIVOR SANCTUARY	<i>Arlington Office, Gateway Marriott</i>	Saturday, 8:00 a.m. – 8:00 p.m.
INFORMATION DESK	<i>Arlington Ballroom Foyer, Gateway Marriott</i>	Saturday, 7:00 a.m. – 10:00 p.m.
RESOURCE VILLAGE	<i>Arlington Ballroom V, VI</i>	Saturday, 8:00 a.m. – 5:00 p.m.
TAPS STORE	<i>Arlington Ballroom VI</i>	Saturday, 8:00 a.m. – 5:00 p.m.
CHILD CARE	<i>17th Floor, Capitol Tower, Gateway Marriott</i>	Saturday, 8:00 a.m. – 10:00 p.m.
SHUTTLES TO ARLINGTON CEMETERY	<i>Hotel Lobby, Gateway Marriott</i>	Saturday, 8:00 a.m. – 3:30 p.m.
ONE-ON-ONE SESSIONS WITH DR. BLANKENSHIP	<i>Mt. Vernon Room, Gateway Marriott Sign up at the Information Desk.</i>	Saturday, 9:00 a.m. – 4:30 p.m. <i>(by appointment only)</i>
COMBINED 12-STEP MEETINGS	<i>McLean Room, Gateway Marriott</i>	Saturday, 9:15 p.m. – 10:15 p.m.
ARTFUL GRIEF OPEN STUDIO	<i>Jefferson Room, Gateway Marriott</i>	Saturday, 12:00 p.m. – 5:00 p.m.
10-MINUTE CHAIR MASSAGES	<i>Resource Village Foyer Sign up at the Information Desk.</i>	Saturday, 9:00 a.m. – 4:00 p.m.

ALL DAY

8:00 – 3:30	Shuttles to Arlington Cemetery	Gateway Marriott Lobby
9:00 – 4:00	10-Minute Chair Massages (<i>Sign up at the Information Desk</i>)	Resource Village Foyer
9:00 – 4:30	One-on-One Sessions with Dr. Blankenship	Mt. Vernon

MORNING

6:30 – 7:30	Sunrise Strides Run/Walk the National Capital Trail	Rosslyn Foyer
	<i>Workout clothing recommended</i>	
6:30 – 8:00	Family Buffet Breakfast	Arlington Ballroom at Gateway Marriott Chesapeake Foyer at Crystal City Marriott
	<i>Sponsored by Lockheed Martin Corporation</i>	
7:00 – 7:45	Morning Stretch to Welcome the Day: Chairobics, <i>Emily Muñoz</i>	Pentagon A/B
	<i>Workout clothing recommended</i>	
7:00 – 8:30	Peer Mentor Breakfast and Meeting (<i>Sponsored by Lockheed Martin Corporation</i>)	Westin Ballroom
8:00 – 8:15	Good Grief Camp Drop-off (<i>Recommend that campers wear or bring sneakers.</i>)	Locations Below
	<i>Littles: Group Rooms; Middles: Skyview Terrace; Teens: Rosslyn Foyer; Young Adults: Rosslyn Foyer</i>	
8:00 – 9:00	Inclusive Leadership and Team Building, <i>General Martin Dempsey</i>	Arlington III, IV
	<i>Yanny or Laurel? Why it seems so difficult—and so important—to restore trust.</i>	
9:00 – 10:30	Workshops – Block 2	
	★ Looking Below the Surface of Loss, <i>Ben Wolfe</i>	Arlington I
	★ Gaining Focus and Relaxation Through Mindful Practice, <i>Heather Stang</i>	Manassas
	★ Info Session: Concerned Over Upcoming Changes to Survivor Health and Dental Benefits? TAPS Has Your Back!, <i>Jen Harlow and Ashlynn Haycock</i>	Salon H
	★ My Loved One Died in Combat. Is My Grief Different?, <i>Dr. Frank Campbell with Terry Meyer</i>	Arlington II
	★ My Loved One Died by Accident, <i>Dr. Heidi Horsley and Franklin Cook</i>	Madison
	★ Putting Up Resistance (<i>bands workout – workout clothes recommended</i>), <i>Emily Muñoz</i> ...	Pentagon A/B
	★ Mind-Body Medicine for Healing Trauma, <i>Dr. James Gordon</i>	Alexandria

SCHEDULE

SATURDAY, MAY 26 (continued)

- 9:00 – 10:30** Sharing Groups – Block 2
- ★ Suicide Loss, *Terri Jones and Susan Carron-Demoreta* Jackson
 - ★ Surviving Parents, *Sue Sawyer and Don Lipstein* Lee
 - ★ Surviving Siblings, *Deb Lucey and Gabriel Rao* McLean
- 10:30 – 11:00** Break
- 11:00 – 12:15** Workshops – Block 3
- ★ Addictive Behaviors and Healthy Coping, *Franklin Cook and Deb Lucey* Arlington I
 - ★ Transformation Through Mask Making, *Sharon Strouse* Manassas
 - ★ Info Session: Illness and the Death of My Loved One,
Kathy Moakler, Walter Sweeney, Felicia Mullaney, and Paul Tschudi Salon H
 - ★ Women's Empowerment Part 2: Looking Within, *Erin Jacobson and Ashley Rao* Skyview Terrace
 - ★ Healing Heartbreak With Action-Driven Remembering, *Allison Gilbert* Alexandria
 - For Parents: Using Breathing and Mindfulness to Support Children and Teens
Through Grief and Challenging Emotions, *Nichole Bukowski* Pentagon A/B
- 11:00 – 12:15** Sharing Groups – Block 3
- ★ Accident Loss, *Kellie Hazlett and Sarah Green* Jackson
 - ★ Open to All, *Audri Beugelsdijk and Carole Hilton* Arlington II
 - ★ For Men Only, *Don Lipstein and Gabriel Rao* McLean
- AFTERNOON**
- 12:30 – 1:30** Adult Buffet Lunch Arlington Ballroom III, IV
- 12:00 – 5:00** Artful Grief Open Studio Jefferson
- 1:45 – 3:15** Workshops – Block 4
- ★ Strengthening Relationships and Marriages After Traumatic Loss, *Shauna Springer* Madison
 - ★ Sibling Grief: The Forgotten Mourners, *Dr. Heidi Horsley, Glenn Weaver, and Gabriel Rao* Alexandria
 - ★ The 411 on Professional Grief and Trauma Counseling: Clinical Support and
Helpful Interventions, *Dr. Jon Reid, Katherine Castelo, and Stephen Stott* Salon H
 - ★ Reflections on Meaning Making: An Explorative Experience, *Franklin Cook* Arlington II
 - ★ When the Grief Wave Hits: A Survivor Perspective,
Kim Burditt and Dr. Carla Stumpf-Patton Arlington I
 - ★ Creating Ease and Space in the Body and Releasing Physical Pain and Tension,
Nichole Bukowski Pentagon A/B
- 1:45 – 3:15** Sharing Group – Block 4
- ★ Surviving Fiances and Significant Others, *Kyle Harper* Manassas
 - ★ Surviving Moms, *Terri Jones and Kristin Whitchurch* Jackson
 - ★ Surviving Spouses With Children, *Susan Carron-Demoreta and Carole Hilton* McLean
- 3:15 – 3:45** Break

24th Annual T★A★P★S

National Military Survivor Seminar

SCHEDULE

SATURDAY, MAY 26 *(continued)*

AFTERNOON *(continued)*

- 3:45 – 5:15** Workshops – Block 5
- ★ Of Metaphors and Men (for men only), *Dr. Frank Campbell* Alexandria
 - ★ A Mindful Moment, A Powerful Intention, *Heather Stang* Manassas
 - ★ The Magic of Six Piles: Sorting Through Their Belongings, *Rachel Kodanaz* Madison
 - ★ Understanding Why People Died by Suicide, *Dr. Carla Stumpf-Patton* Salon H
 - ★ What Men Want Women to Know (for women only), *Franklin Cook, Gabriel Rao* Skyview Terrace
 - ★ Pound It Out Workout (workout clothes recommended), *Emily Muñoz* Westin Ballroom
- 3:45 – 5:15** Sharing Groups – Block 5
- ★ Illness Loss, *Carole Hilton and Lalaine Estella* Jackson
 - ★ Girl Talk: Intimacy and Dating, *Jennifer Burns and Susan Carron-Demoreta* McLean
 - ★ In-Laws and Grandparents, *Dana and Linda O'Brien and Don Lipstein* Lee

EVENING

- 5:30 – 9:30** Good Grief Camp at Field Day USA Gateway Lobby
- 6:30 – 9:00** TAPS Grand Banquet “Giving Thanks” Arlington Ballroom
- 9:15– 10:15** Breathing and Stretching for Your Best Rest Pentagon A/B
- 9:15 – 10:15** Optional TAPS Family Gatherings
- ★ Combined 12-Step Group Meeting McLean
 - ★ Knitters’ Workshop Manassas
 - ★ LGBTQ Sharing Group Fairfax
 - ★ Open to All Sharing Group Madison
- 9:30** Good Grief Camp Pick-up Locations Below
Littles: Group Rooms; Middles: Skyview Terrace; Teens: Rosslyn Foyer; Young Adults: Rosslyn Foyer





THE VICE PRESIDENT
WASHINGTON

May 25, 2018

Greetings to each of you gathered at the 2018 National Military Survivor Seminar and Good Grief Camp.

For more than two decades, the Tragedy Assistance Program for Survivors (TAPS) has touched our Nation's military survivors with the gratitude and respect of the American people. My heart grieves with each of you mourning a fallen hero this Memorial Day, and I want you to know that you have the prayers and support of every American as you honor those who have given their lives in the cause of freedom.

We, as a people, pause every Memorial Day to reflect on the liberties we cherish and to remember those who have given the ultimate sacrifice for our families and future generations. Your fallen loved ones stepped forward to defend the precious gift of freedom, and their legacy lives on in the heart of a grateful Nation. Be assured that we will never forget their service or their sacrifice, and we stand with you in support as you continue to find healing and renewal within the TAPS family.

On behalf of President Trump, I send my best wishes to each of you attending this year's event. May God bless and comfort you in the days ahead.



Sincerely,

Michael R. Pence
Vice President of the United States

24th Annual T★A★P★S National Military Survivor Seminar

SCHEDULE

SUNDAY, MAY 27

SURVIVOR SANCTUARY	<i>Arlington Office, Gateway Marriott</i>	Sunday, 8:00 a.m. – 9:00 p.m.
INFORMATION DESK	<i>Arlington Ballroom Foyer, Gateway Marriott</i>	Sunday, 7:00 a.m. – 9:00 p.m.
RESOURCE VILLAGE	<i>Arlington Ballroom V, VI</i>	Sunday, (by appointment only)
TAPS STORE	<i>Arlington Ballroom Foyer</i>	Sunday, 8:00 a.m. – 5:00 p.m.
CHILD CARE	<i>17th Floor, Capitol Tower, Gateway Marriott</i>	Sunday, 8:00 a.m. – 5:00 p.m.
SHUTTLES TO ARLINGTON CEMETERY	<i>Hotel Lobby, Gateway Marriott</i>	Sunday, 8:00 a.m. – 3:30 p.m.
ONE-ON-ONE SESSIONS WITH DR. BLANKENSHIP	<i>Mt. Vernon Room, Gateway Marriott Sign up at the Information Desk.</i>	Sunday, by appointment only
COMBINED 12-STEP MEETINGS	<i>McLean Room, Gateway Marriott</i>	Sunday, 8:30 p.m. – 9:30 p.m.
ARTFUL GRIEF OPEN STUDIO	<i>Jefferson Room, Gateway Marriott</i>	Sunday, 9:00 p.m. – 5:00 p.m.
10-MINUTE CHAIR MESSAGES	<i>Resource Village Foyer Sign up at the Information Desk.</i>	Sunday, 9:00 a.m. – 4:00 p.m.

ALL DAY

9:00 – 4:00	10-Minute Chair Massages (<i>Sign up at the Information Desk</i>)	Resource Village Foyer
9:00 – 5:00	Artful Grief Open Studio	Jefferson

MORNING

6:30 – 8:30	Family Buffet Breakfast	Arlington Ballroom at Gateway Marriott
	<i>Sponsored by Lockheed Martin Corporation</i>	Chesapeake Foyer at Crystal City Marriott
6:30 – 7:30	Sunrise Strides: Run/Walk the National Capital Trail	Meet in Rosslyn Foyer
	<i>Workout clothing recommended</i>	
7:00 – 7:45	Morning Stretch to Welcome the Day: Sunrise Salutations, <i>Rayanne Hunter</i>	Pentagon A/B
7:30 – 8:15	Sunrise Christian Service	Skyview Terrace
7:30 – 8:15	A Place for Me Outside of Church	McLean
8:00 – 12:00	Peer Mentor Training Group 2	Alexandria
8:30	Good Grief Camp Drop-off	Locations Below
	<i>Little's: Group Rooms; Middle's: Skyview Terrace; Teen's: Rosslyn Foyer; Young Adults: Rosslyn Foyer</i>	
9:00 – 10:30	Workshops – Block 6	
	★ God Winks, <i>Bonnie Carroll</i>	Arlington I
	★ Covert: What Going Undercover Taught Me About PTSD (for men only), <i>Bob Delaney</i> ..	Arlington II
	★ Mindfulness and R.A.I.N. for Managing Difficult Emotions, <i>Heather Stang</i>	Manassas
	★ Supporting My School-Age Children Throughout the Grief Journey, <i>Dr. Jon Reid with Katherine Castelo</i>	Salon H
	★ Resilience After Loss: The Reflection Effect, <i>Allison Gilbert</i>	Madison
	★ Motions and Emotions: Creating Inspirational Space and Journaling the Mind/Body Connection, <i>Nichole Bukowski</i>	Pentagon A/B
	★ Utilizing a Trauma Healing Diet, <i>Dr. James Gordon</i>	McLean

SCHEDULE

SUNDAY, MAY 27 (continued)

- 9:00 – 10:30** Sharing Groups – Block 6
- ★ *Combat Loss, Terry and Genia Meyer with Chris Shank* Jackson
 - ★ *Surviving Parents, Don Lipstein and Sue Sawyer* Skyview Terrace
 - ★ *Surviving Spouses and Significant Others, Susan Carron-Demoreta and Robin Leininger* Lee

10:30 – 11:00 Break

- 11:00 – 12:15** Workshops – Block 7
- ★ *From Caregiver to Griever: Coping With Death Due to Illness, Paul Tschudi, Kathy Moakler and Walter Sweeney* Salon H
 - ★ *How Can We Turn Our Pain Into Purpose?, Franklin Cook* Madison
 - ★ *Women's Empowerment Part 3: Looking Forward, Erin Jacobson and Ashley Rao* Skyview Terrace
 - ★ *When Things Get Real: Loss and Shifting Family Dynamics, Dr. Heidi Horsley and Zaneta M. Gileno* Lee
 - ★ *Grief and the Workplace: Navigating the Waters of Employment After Deep Loss, Rachel Kodanaz* Jackson
 - ★ *Strategies, Resources, and Tools for Nutritious Fueling, Nichole Bukowski* Pentagon A/B

AFTERNOON

- 12:30 – 1:30** Adult Buffet Lunch Arlington Ballroom

- 2:00 – 3:30** Workshops – Block 8
- ★ *Sowing Seeds of Hope in the Garden of Grief, Zaneta M. Gileno* Manassas
 - ★ *Legacy Building: A Long-Term Goal for Success, Kellie Hazlett and Katherine Castelo* Alexandria
 - ★ *Crafting Your Story of Loss for the Public: Safe and Strategic Sharing, Kim Ruocco and Linda Langford* Salon H
 - ★ *TAPS, Always By Your Side: Our Core Services and the Road Ahead, Audri Beugelsdijk, Brittany Bonin-Bruder, Stephen Stott, and Dr. Carla Stumpf-Patton* McLean
 - ★ *Easy Techniques for Grief Stress Reduction, Dr. Heidi Horsley* Lee
 - ★ *Wellness Roundup, Emily Muñoz and Nichole Bukowski* Pentagon A/B
 - ★ *Finding Invictus: Conversations on Kindness, Mental Resilience, and the Courage to Be Where You Are, William Wagasy* Jackson

- 3:30 – 4:15** TAPS by Your Side: The Journey Ahead Arlington Foyer

EVENING

- 5:30 – 8:30** TAPS Graduation and Family BBQ featuring the Good Grief Camp Pomp and TAPS Salute to Military Mentors with Music by Wildefire Arlington Ballroom
- 8:30 – 9:30** Breathing and Stretching for Your Best Rest Pentagon A/B
- 8:30 – 9:30** Optional TAPS Family Gatherings
- ★ *Combined 12-Step Group Meeting* McLean
 - ★ *Knitters' Workshop* Manassas
 - ★ *LGBTQ Sharing Group* Fairfax
 - ★ *Open to All Sharing Group* Madison

24th Annual T★A★P★S

National Military Survivor Seminar

SCHEDULE

MONDAY, MAY 28

SURVIVOR SANCTUARY	<i>Arlington Office, Gateway Marriott</i>	Monday, 7:00 a.m. – 5:00 p.m.
INFORMATION DESK	<i>Arlington Ballroom Foyer, Gateway Marriott</i>	Monday, 7:00 a.m. – 9:00 p.m.
TAPS STORE	<i>Arlington Ballroom Foyer</i>	Monday, 9:00 a.m. – 2:00 p.m.

MORNING

- 6:30 – 8:00** Family Buffet Breakfast Arlington Ballroom
Sponsored by Lockheed Martin Corporation
- 7:00** Buses Depart for Arlington National Cemetery Gateway Marriott Lobby
- 8:00 – 11:00** Open Visitation and Honors Arlington National Cemetery
- 12:00 – 1:00** 150th Annual National Memorial Day Observance Arlington National Cemetery

AFTERNOON

- 12:00 – 1:30** Grab and Go Luncheon Arlington Ballroom
- 1:00 – 2:00** Return Shuttle Buses from Arlington National Cemetery
- 12:45** Buses Depart for National Memorial Day Parade Gateway Marriott Lobby
- 2:00 – 4:30** National Memorial Day Parade Washington, D.C.

EVENING

- 5:00 – 6:30** Light Buffet Dinner Arlington Ballroom
Sponsored by Crystal Gateway Marriott

150TH NATIONAL MEMORIAL DAY OBSERVANCE

The annual National Memorial Day Observance to honor America's fallen military service members marks the 150th occurrence of this honor.

The U.S. Army Military District of Washington will conduct a Presidential Armed Forces Full Honor Wreath-Laying Ceremony at 11:00 a.m. at the Tomb of the Unknown Soldier, to be followed by an observance program hosted by the Department of Defense in Arlington's Memorial Amphitheater. A prelude by the United States Navy Band will begin in the amphitheater at 10:30 a.m.

Security: Attendees will be required to pass through a security checkpoint to gain access to the cemetery and ceremony. Prohibited items include large bags or backpacks, firearms and weapons of any type, laser pointers, aerosol containers, soda cans, umbrellas, coolers, picnic baskets, tripods, lighters, screwdrivers (or similar tools), air horns, personal protection sprays, and insulated beverage containers. Clear plastic water bottles are permitted.

Dress: Feel free to wear whatever is most comfortable to you, whether your Sunday best or your TAPS T-shirt. Please remember, though, that we will be sitting outside for the duration of the event. Please bring sunscreen and dress for the weather. TAPS will provide paddle fans and water for you, as well as bus transportation to and from the ceremony. In addition, personal items will not be permitted to be left on the bus.

Transportation: Please assemble in the lobby at 7:00 a.m.; buses will load at 7:15 a.m. and will begin returning to the hotel after the ceremony. Your bus captain will give you specific instructions about where to meet the bus following the ceremonies at Arlington. If you choose to walk to Section 60, please be mindful of time, as the last bus will depart for the hotel promptly at 2:00 p.m.

Special note: You will not have time to participate in both the National Memorial Day Observance and the National Memorial Day Parade. We invite you to select one event.

NATIONAL MEMORIAL DAY PARADE

The National Memorial Day Parade in Washington, D.C., is a flag-waving event with patriotic marches and floats. The parade is sponsored by the American Veterans Center and is an annual tradition for Americans to come together to honor those who have sacrificed so much in service to our country. You will be able to walk alongside the TAPS float as a tribute to the path we are walking together, celebrating the lives of our heroes in the company of your TAPS family.

Dress: Wear your TAPS T-shirt and comfortable shoes. Buses will be available to transport you to and from the parade. Dress for the weather, since we'll be outside, and don't forget sunscreen! Your bus captain will give you specific details about where the bus will be waiting after the parade.

Special note: Marching in the parade requires registration, so we will make sure you have a large photo of your loved one to carry as you walk. There are also a limited number of ticketed seats in the viewing stands. If you have not already signed up for this event and wish to request a viewing seat or want to be added to the marching group, please be sure to stop by the Information Desk before Sunday evening so we can make sure your loved one's photo is available on Monday. You will not have time to participate in both the National Memorial Day Service and the National Memorial Day Parade. We invite you to select one event. In addition, personal items will not be permitted to be left on the bus.



THE SECRETARY OF VETERANS AFFAIRS
WASHINGTON

May 9, 2018

Greetings to everyone attending the 24th Annual Tragedy Assistance Program for Survivors (TAPS) National Military Survivors Seminar and Good Grief Camp!

On behalf of the Department of Veterans Affairs (VA), I offer my best wishes for a meaningful Memorial Day Weekend filled with workshops, small group sharing, TAPS family meals, and special events for surviving families to come together to support each other and to remember their fallen heroes. VA is proud to partner with TAPS in our shared goal of assisting and supporting families who have lost loved ones in service to our Nation.

Our Nation is grateful for her Servicemembers and Veterans and recognizes the many sacrifices made by their family members. The care we provide to surviving families reflects our Nation's gratitude.

The TAPS Survivor Seminar and Good Grief Camp reinforce our mutual belief that a grateful Nation never forgets. We are fortunate the number of service casualties has decreased; however, the need for TAPS services remains great.

I look forward to seeing thousands of surviving family members and TAPS staff throughout the Washington, DC area wearing distinctive TAPS T-shirts over Memorial Day Weekend. The TAPS family reminds us all of the answered call to service of a cause greater than self.

Sincerely,

A handwritten signature in cursive script that reads "Robert L. Wilkie".

Robert L. Wilkie
Acting



24th Annual T★A★P★S

National Military Survivor Seminar

WORKSHOP AND SESSION DESCRIPTIONS

THURSDAY, MAY 24

Group Roadmap Sessions: Getting to Know Your TAPS Family

6:30 p.m. – 8:00 p.m.

These sessions are loss-specific and intended to help you ease into the seminar, get the most out of the weekend, and begin finding your tribe. You will also have the opportunity to see and meet TAPS staff, faculty, and Peer Mentors and connect with your peers in a loss-specific way.

- ★ My loved one died by accident, *Bonnie Carroll and Franklin Cook*
- ★ My loved one died in combat, *Kyle Harper and Terry Meyer*
- ★ My loved one died by homicide, *Dr. Frank Campbell and Zaneta M. Gileno*
- ★ My loved one died due to an illness, *Carole Hilton and Lalaine Estella*
- ★ My loved one died by suicide, *Kim Ruocco and Dr. Carla Stumpf-Patton*
- ★ My loved one died of unknown causes, *Audri Beugelsdijk and Dr. Jon Reid*

FRIDAY, MAY 25

Energy and Endorphins, Emily Muñoz

7:00 a.m. – 7:45 a.m.

Hope, healing, and occasionally a dance party! Start your day with a low-impact workout that will make you feel connected, capable, and ready for whatever the day holds. All levels of fitness are welcome for this music and movement session.

Morning Stretch to Welcome the Day: Yoga and Intention Setting, Nichole Bukowski

7:00 a.m. – 8:00 a.m.

Start your day feeling connected to your breath, your body, and your mind through a guided movement, stretch, and breath class. No prior yoga experience is required to attend. Mats and blocks are provided in the class. Chairs are available too.

Newcomers Guidance Workshops: Support and Tips for a Successful Weekend

9:30 a.m. – 10:45 a.m.

These workshops will provide support and tips for a successful weekend and help survivors at all stages of loss plan a schedule to maximize their growth and healing. Whether you are a first-time attendee or newly bereaved, we're here for you.

- ★ Open to All (a year or more from loss), *Audri Beugelsdijk*
- ★ Open to All (less than a year from loss), *Dr. Frank Campbell*
- ★ Suicide Loss Survivors, *Dr. Carla Stumpf-Patton*

Block 1: Workshops

1:45 p.m. – 3:15 p.m.

★ **Grief 101: Rebalancing and Relearning, Ben Wolfe**

How do individuals and their families rebalance their lives after a loss, whether a death, traumatic event, or any crisis? The death of a family member, significant other, relative, or friend changes who we are. It provides us with a new “window” to look through, which we have never seen before. This workshop will cover transitions and what brings them about, how to rebalance and relearn our world, and strategies to help families and friends cope with the opportunities and struggles on the journeys of transition.

WORKSHOP AND SESSION DESCRIPTIONS

FRIDAY, MAY 25 (*continued*)

★ **My Child Is Attending Good Grief Camp: What Should I Expect?**, *Karissa Kelley*

This workshop gives adults with kids at Good Grief Camp a chance to hear and discuss the activities planned and the reasoning behind the framework. Our Youth Programs staff will help you learn ways to support your camper throughout the weekend, help you put some worries to rest so you can focus during your time apart, and give you practical ideas for enriching the time you have together.

★ **Upcoming Changes to Survivor Health and Dental Benefits**, *Jen Harlow, Kathy Moakler*

Big changes are coming to survivor benefits, and we have the answers you need. This workshop will let you know what changes are being made and how to adapt. If you are unable to attend, don't worry. Our TAPS Casework department will be in the Resource Village all weekend. Feel free to stop by and make an appointment.

★ **Women's Empowerment Part 1: Looking Back**, *Erin Jacobson and Ashley Rao*

As time goes on, the effects of grief can change. We often find that we've not only lost our loved one; we've also lost our sense of self. In this three-part workshop series designed for surviving women at least two years out from their loss, we will use a variety of activities and discussion tools to explore the lessons of the past, identify where we are in the present and step forward into the future with intention. Topics such as identity, gratitude, and purpose will be highlighted within a sisterhood as we become more empowered to live lives of meaning and joy.

In **Part 1**, we will look at our past through a lense of gratitude for what has brought us to this point. This workshop will focus heavily on writing and discussion.

★ **How to Grieve Like a Man (for men only)**, *Dr. Frank Campbell and Don Lipstein*

In this interactive workshop, we will discuss the ways men may reveal their grief and share our experiences. Our goal will be understanding and insight, not changing the way others grieve. This is an ideal workshop for men in attendance who may be dating a survivor, as well as for men who are actively grieving the loss of a loved one.

★ **Sweat Is My Grief Work (workout clothing recommended)**, *Emily Muñoz*

Can a good sweat help you cope with the pain of grief and loss? We think so. Come ready to explore how moving your body can help you keep going through difficult setbacks and challenging times—and how TAPS can support you as you do so.

Block 1: Sharing Groups

1:45 p.m. – 3:15 p.m.

Sharing groups are smaller and more intimate than workshop sessions and offer an opportunity to share your own story, experiences, and feelings while listening to others who have a similar story and relationship with their service member. They're structured by relationship, circumstance, or sometimes both. TAPS offers a wide range of groups with something for every survivor.

★ Surviving Spouses Without Children, *Audri Beugelsdijk and Tabitha Bonilla*

★ Surviving Adult Children, *Ashlynn Haycock and Lalaine Estella*

★ I'm Married To, or I'm Dating a Survivor, *Gabriel Rao and Kristen Witchurch*

24th Annual T★A★P★S

National Military Survivor Seminar

WORKSHOP AND SESSION DESCRIPTIONS

SATURDAY, MAY 26

Morning Stretch to Welcome the Day: Chairobics, *Emily Muñoz*

7:00 a.m. – 7:45 a.m.

Learn how to strengthen, lengthen, and stretch in this no-impact cardio and strengthening session geared toward participants with limited mobility or a desire to learn more about how to differently target the core. Come ready to learn just how much you can move by staying in one place and how much growth can happen even when you feel stuck.

Block 2: Workshops

9:00 a.m. – 10:30 a.m.

★ **Looking Below the Surface of Loss, *Ben Wolfe***

The “iceberg” theory gives us a helpful way to frame the challenges that exist prior to or after an expected, sudden, or traumatic death. We will discuss strategies and interventions that help individuals and families navigate opportunities and struggles on the loss journey. Emphasis will be on tools that help us move from coping and surviving to being transformed and thriving.

★ **Gaining Focus and Relaxation Through Mindful Practice, *Heather Stang***

In today’s world, focus is elusive—especially when you are grieving. On a good day most of us are driven to distraction by technology, external factors, and internal rumination, which contributes to stress and anxiety. During this workshop, you will learn how to focus your mind on one thing at a time to cultivate relaxation.

★ **Survivor Benefits and Education Questions, *Jen Harlow and Ashlynn Haycock***

No two stories of military loss are the same, and no two TAPS families deal with the aftermath of grief in the same way. Many of us face mountains of benefit paperwork at a time when we are still struggling to face the day. Perhaps your benefits are delayed, you are facing financial struggles, or you’re looking for education resources. Whatever the situation, TAPS Casework is here to help as you navigate complex processes and unfamiliar requirements.

★ **My Loved One Died in Combat. Is My Grief Different?, *Dr. Frank Campbell with Terry Meyer***

This workshop is designed to explore many of the confusing ways traumatic grief affects individuals and families and discusses how the violence we see in everyday life can affect us. As Dr. Campbell describes how traumatic grief has characteristics different from the more traditional grief associated with death, you will have an opportunity to ask questions and share concerns. The freedom to explore the varying emotions associated with combat-related death will be provided and supported.

★ **My Loved One Died by Accident, *Dr. Heidi Horsley and Franklin Cook***

Survivors often wonder if the way their loved one dies affects their grief journey. This workshop is designed to explore our feelings and experiences surrounding accidental death in all its forms and will provide participants with insights and practical tools for processing this type of loss.

★ **Putting Up Resistance (bands workout), *Emily Muñoz***

In this hybrid workshop and workout, we’ll explore and address the obstacles that keep us from living the lives we want. We’ll use resistance bands to work deep into our muscles and draw on guided discussion and journaling to reflect on how, and why, we resist change.

WORKSHOP AND SESSION DESCRIPTIONS

SATURDAY, MAY 26 (*continued*)

★ **Mind-Body Medicine for Healing Trauma, *Dr. James Gordon***

The sudden death of a loved one is traumatic. It often causes anxiety and agitation and fills our mind with disturbing as well as loving memories and images. Sometimes we have difficulty moving ahead with our lives and with maintaining intimate connections with other loved ones. This workshop will provide participants with practical techniques for reducing stress, moving beyond emotional and physical stuck places, and balancing love and honor for the one who has died with a mindful embrace of present reality and future possibilities.

Block 2: Sharing Groups

9:00 a.m. – 10:30 a.m.

Sharing groups are smaller and more intimate than workshop sessions and offer an opportunity to share your own story, experiences, and feelings while listening to others who have a similar story and relationship with their service member. They're structured by relationship, circumstance, or sometimes both. TAPS offers a wide range of groups with something for every survivor.

★ **Suicide Loss, *Terri Jones and Susan Carron-Demoreta***

★ **Surviving Parents, *Sue Sawyer and Don Lipstein***

★ **Surviving Siblings, *Deb Lucey and Gabriel Rao***

Inclusive Leadership and Team Building, *General Martin Dempsey (Ret.)*

8:00 a.m. – 9:00 a.m.

Yanny or Laurel? Why it seems so difficult—and so important—to restore trust.

Block 3: Workshops

11:00 a.m. – 12:15 p.m.

★ **Addictive Behaviors and Healthy Coping, *Franklin Cook and Deb Lucey***

This interactive workshop is based on Franklin Cook's article from a 2016 issue of TAPS Magazine ("How Are Pain and Love Connected?"). The article's perspective on the pain of grief is used to frame a discussion about the participants' own experiences. The workshop includes explanations of simple practices that can help people cope with the pain of grief and a helpful way for people to consider whether they might be using addictive behavior as a coping tool.

★ **Transformation Through Mask Making, *Sharon Strouse***

Back by popular demand! Did you know masks and mask making are powerful ancient tools used in the process of healing and the journey toward wholeness? Evidence of their use can be found on the walls of caves as far back as 12,000 years ago. In this session, you will harness your innate gifts of imagination and creativity and, like your ancestors, use the magic of mask making to explore aspects of your persona; find new ways to communicate hidden thoughts, feelings, and memories; reclaim joy; and reopen locked doors. Masks reveal, conceal, and forever memorialize all at the same time. During the workshop, you will create an authentic mask of your face. Vaseline will be applied to your face and then wet casting material will be overlaid. This will set and dry for a time and then be removed from your face. You will work in pairs throughout the creative process and share your experience at the end of the workshop. Your mask will dry overnight, and you will be able to decorate it the next day in the Artful Grief Studio.

24th Annual T★A★P★S

National Military Survivor Seminar

WORKSHOP AND SESSION DESCRIPTIONS

SATURDAY, MAY 26 (*continued*)

★ **Info Session: Illness and the Death of My Loved One, Kathy Moakler, Walter Sweeney, Veterans Service Officer, and Paul Tschudi**

Did your loved one's death by illness leave you with questions regarding benefits and support? Perhaps the death was due to cancer or a related illness and you are wondering if you should find out more. This workshop brings TAPS policy and casework teams together with a skilled community partner and grief expert to address your needs and share the latest information available.

★ **Women's Empowerment Part 2: Looking Within, Erin Jacobson and Ashley Rao**

As time goes on, the effects of grief can change. We often find that we have not only lost our loved one; we've also lost our sense of self. In this three-part workshop series designed for surviving women at least two years out from their loss, we will use a variety of activities and discussion tools to explore the lessons of the past, identify where we are in the present, and step forward into the future with intention. Topics such as identity, gratitude, and purpose will be highlighted within a sisterhood as we become more empowered to live lives of meaning and joy.

In **Part 2**, we will explore our present using tools for reflection, including journaling, art, and poetry.

★ **Healing Heartbreak With Action-Driven Remembering, Allison Gilbert**

Taking intentional, positive steps to remember loved ones is key to healing. Individuals who honor the memory of family and friends and proactively keep them present in their lives almost always fare better emotionally than those who don't. In this interactive presentation, Allison Gilbert will support and guide our journey toward wholeness and healing after a loved one dies, sharing new, uplifting, and creative ways to remember those we miss most. Activities will be performed during the presentation, giving participants the opportunity to build new relationships while recognizing and paying tribute to their shared losses. Participants will leave this presentation feeling stronger and more connected to loved ones lost. They will also be happier knowing that absence and presence can so easily coexist.

★ **For Parents: Using Breathing & Mindfulness to Support Children and Teens Through Grief and Challenging Emotions, Nichole Bukowski**

Breathing and mindfulness not only supports adults it can also have a profound impact on children and adults. In this workshop you will learn the reasons why it can support and multiple different techniques for doing mindfulness and breathing with your children and teens.

Block 3: Sharing Groups

11:00 a.m. – 12:15 p.m.

Sharing groups are smaller and more intimate than workshop sessions and offer an opportunity to share your own story, experiences, and feelings while listening to others who have a similar story and relationship with their service member. They're structured by relationship, circumstance, or sometimes both. TAPS offers a wide range of groups with something for every survivor.

★ **Accident Loss, Kellie Hazlett and Sarah Greene**

★ **Open to All, Audri Beugelsdijk and Carole Hilton**

★ **For Men Only, Don Lipstein and Gabriel Rao**

WORKSHOP AND SESSION DESCRIPTIONS

SATURDAY, MAY 26 (*continued*)

Block 4: Workshops

1:45 p.m. – 3:15 p.m.

★ **Strengthening Relationships and Marriages After Traumatic Loss, Dr. Shauna Springer**

Traumatic loss can severely strain committed relationships. At the same time, some couples become much closer in the wake of life-changing loss. The impact of traumatic loss on relationships will be discussed and explored using a private reflective exercise. We will examine the most common ways relationships get stuck after loss. Most important, participants will gain insights that will allow them to navigate loss in ways that may create a relationship that is stronger than ever before.

★ **Sibling Grief: The Forgotten Mourners, Dr. Heidi Horsley, Glenn Weaver, and Gabriel Rao**

Losing a sibling turns your world upside down. Your sibling is part of your past, and you expect this relationship to continue throughout your lifetime. In this interactive workshop, Dr. Horsley will discuss what helped her after the death of her 17-year-old brother and what has helped the thousands of bereaved siblings she has worked with. She will also address the unique aspects and challenges of sibling death and get feedback from participants about issues they are struggling with and ways they've found hope without their brother or sister.

★ **The 411 on Professional Grief & Trauma Counseling: Clinical Support and Helpful Interventions, Dr. Jon Reid, Katherine Castelo, and Stephen Stott**

Have you wondered if you should see a professional grief and trauma counselor? Has the therapist you are seeing or friends you have met suggested certain types of therapy? Drawing on years of experience and expertise, this workshop will explore the signs and symptoms that may warrant professional support. We will also discuss some of the most common and evidenced-based techniques of therapy to help you feel more at ease about the therapy process and make an informed decision.

★ **Reflections on Meaning Making: An Explorative Experience, Franklin Cook**

This workshop is designed for those at least a year into their grief process. After basic concepts are presented regarding the role of meaning making as part of the grief process, we will engage in writing exercises to reflect on changes we have experienced since the time of our loss. We will then be encouraged to support one another as we share our personal observations.

★ **When the Grief Wave Hits: A Survivor Perspective, Kim Burditt and Dr. Carla Stumpf-Patton**

Wherever we are in our grief journey, grief can surprise us. It can feel like ocean waves on the beach: Some waves splash our ankles a bit, startling us. Others come up a bit higher to our knees or thighs and stop us in our tracks for a moment. And some waves come out of nowhere, much bigger than they looked rolling in, and take our feet out from under us. Join us for practical, in-the-moment ideas to get through those waves, wherever and whenever they come.

★ **Creating Ease & Space in the Body & Releasing Physical Pain & Tension, Nichole Bukowski**

As we grieve our bodies can respond with tension and pain. During this workshop you will be guided through self-massage techniques, stretches, and ways of breathing that can shift how your body feels.

24th Annual T★A★P★S

National Military Survivor Seminar

WORKSHOP AND SESSION DESCRIPTIONS

SATURDAY, MAY 26 (*continued*)

Block 4: Sharing Groups

1:45 p.m. – 3:15 p.m.

Sharing groups are smaller and more intimate than workshop sessions and offer an opportunity to share your own story, experiences, and feelings while listening to others who have a similar story and relationship with their service member. They're structured by relationship, circumstance, or sometimes both. TAPS offers a wide range of groups with something for every survivor.

- ★ **Surviving Fiances and Significant Others**, *Kyle Harper*
- ★ **Surviving Moms**, *Terri Jones and Kristin Whitchurch*
- ★ **Surviving Spouses with Children**, *Susan Carron-Demoreta and Carole Hilton*

Block 5: Workshops

3:45 p.m. – 5:15 p.m.

- ★ **Of Metaphors and Men (for men only)**, *Dr. Frank Campbell*

Metaphors are one way men communicate what is going on inside their emotional response to stress. We are often more willing to describe through analogy than in terms of feelings. This can lead to challenges when others share by using emotions or appear to react emotionally to their story. This workshop will provide the opportunity for men to metaphorically "peel back the onion that is their grief."

- ★ **A Mindful Moment, A Powerful Intention**, *Heather Stang*

We are all interdependent with one another, but sometimes it's hard to get along! Together we will explore the power of intention and have the opportunity to explore how you relate to yourself and others. We will practice an ancient meditation technique designed to cultivate compassion and loving kindness for all beings—especially yourself. Come experience the many physical and emotional benefits to setting intention and practicing this type of meditation, including reduced irritability, anxiety, and fear, plus an increased sense of connection.

- ★ **The Magic of Six Piles: Sorting Through Belongings**, *Rachel Kodanaz*

This workshop offers a practical approach to sorting through our loved one's belongings. Whether you have no idea where to begin or have sorted but still run across items from time to time, this workshop is for you. Join us for a session of caring and sharing of your loved one's private and personal belongings, including clothes, workrooms, digital material, collections, and more.

- ★ **Understanding Why People Died By Suicide**, *Dr. Carla Stumpf-Patton*

When someone we love and care for dies by suicide, it can be overwhelming and call forth many emotions and questions. While we may never fully understand the exact thoughts in the mind of our loved ones at the time they died, specialists in the field do know a great deal about the suicidal mind. Understanding more about this subject can often help survivors in the grieving process as they struggle with the self-directed questions of blame, guilt, doubt, and regret. This session will address some of the prominent theories about why people die by suicide. It will also explore some of the contributing factors and risk factors that can come together in forming the "perfect storm" that leads to suicide and how survivors of loss can continue to heal with this knowledge.

WORKSHOP AND SESSION DESCRIPTIONS

SATURDAY, MAY 26 (*continued*)

★ **What Men Want Women to Know (for women only), Franklin Cook, Gabriel Rao**

If you are curious about what goes on in the “men only” workshops or find yourself wondering if men who aren’t grieving like you even grieve at all, this workshop is for you! Franklin will share the key things men would like women to know about grief and the male experience. Key staff, including our own women’s empowerment team, will support his efforts. Sorry, guys, but unless you are presenting, we are going to ask you to sit this one out.

★ **Pound It Out, Emily Muñoz**

It’s time to bring a different sound to your grief...and that is the sound of noise! We won’t be tiptoeing quietly around our feelings, we’ll be using weighted drumsticks to create a connection between music, movement, and everything you want to let go. Bring your feelings, your frustrations, and readiness to sweat. Modifications exist for all fitness levels.

Block 5: Sharing Groups

3:45 p.m. – 5:15 p.m.

Sharing groups are smaller and more intimate than workshop sessions and offer an opportunity to share your own story, experiences, and feelings while listening to others who have a similar story and relationship with their service member. They’re structured by relationship, circumstance, or sometimes both. TAPS offers a wide range of groups with something for every survivor.

★ **Illness Loss, Carole Hilton and Lalaine Estella**

★ **Girl Talk: Intimacy and Dating, Jennifer Burns and Susan Carron-Demoreta**

★ **In-Laws and Grandparents, Dana and Linda O’Brien and Don Lipstein**



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WORKSHOP AND SESSION DESCRIPTIONS

SUNDAY, MAY 27

Morning Stretch to Welcome the Day: Sunrise Salutations, *Rayanne Hunter*

7:00 a.m. – 7:45 a.m.

Get ready to face your day with a gentle yoga practice that will awaken your mind, open your heart, and get your body moving. We will use our breath to ease into simple stretches and poses. No yoga experience required. You don't even have to be fully awake to participate! Come join and breathe with us, and together we will rise and shine. Mats provided.

Faith Offerings

7:30 a.m. – 8:15 a.m.

Sunrise Christian Service: By request, we provide an opportunity for Christian worshipers to come together in fellowship on Sunday morning. Our service is a nondenominational Christian-based event led by a Chaplain and welcomes all.

A Place for Me Outside of Church, *Erin Jacobson and Dr. Jon Reid*

The TAPS family is diverse in every way, including religion and spirituality. In this inclusive space, we will begin our morning together with ritual and intention. Wherever you are in your spiritual journey, you are welcome.

Block 6: Workshops

9:00 a.m. – 10:30 a.m.

★ **God Winks, *Bonnie Carroll***

Some people call them “God Winks”; others call them signs, messages, or after-death communication. No matter what they're named, signs from our loved ones can be very present in our lives. Stories and experiences of the presence of our loved ones will be discussed in this open-minded and intimate sharing session.

★ **Covert: What Going Undercover Taught Me About PTSD, *Bob Delaney with Gabriel Rao***

At the height of the “Godfather” era, Delaney wore a wire and lived among wiseguys. His undercover work was a success, but he struggled with post-traumatic stress disorder and traces of Stockholm syndrome after getting too close to those he investigated. Therapy helped him come to terms with what he'd endured, and he later became well-known and respected as an NBA referee. Delaney hopes his presentation will exemplify the Dalai Lama's words, “There is a growing appreciation of understanding one's emotions, how they operate, and how to manage them.” Please note this session will contain stressful experiences that may be difficult for some attendees.

★ **Mindfulness and R.A.I.N. for Managing Difficult Emotions, *Heather Stang***

Difficult emotions are hard to shake. Ignoring them doesn't really make them go away, and rumination just fuels the fire of suffering. During this workshop, you will learn how the physical sensation of emotion can be your ally during tough times and even provide you with inner wisdom and insight. This technique can be applied during a regular meditation practice or on the spot in real-life situations when you feel overwhelmed. Previous meditation experience is suggested for this workshop.

★ **Supporting My School-Age Children Throughout the Grief Journey, *Dr. Jon Reid with Katherine Castelo***

Although not all bereaved children and teenagers need professional mental health care in order to cope with the death of a loved one, some will need such help in order to cope successfully. The speakers will share tools to help you support your children through their grief and practical tips for determining when professional support is needed.

WORKSHOP AND SESSION DESCRIPTIONS

SUNDAY, MAY 27 (*continued*)

★ **Resilience After Loss: The Reflection Effect, Allison Gilbert**

This session will focus on the new science of nostalgia and its surprising capacity to make us happier, less lonely, more creative, and more connected not just to the past but to family and friends in our present. The discussion stems from Gilbert's latest book, *Passed and Present: Keeping Memories of Loved Ones Alive*. This is the perfect workshop for individuals hoping to stay connected with loved ones who have died. It will follow a similar outline to her earlier session today.

★ **Motions and Emotions: Creating Inspirational Space and Journaling the Mind/Body Connection, Nichole Bukowski**

This inspirational workshop gives you the opportunity to decorate a personal yoga mat with powerful self-affirmations. Then you will be guided through yoga postures, stretches, and breathing that align with energy centers in your body. You will journal about how the postures, stretches, and breathing feel in your body and support your overall self-care.

★ **Utilizing a Trauma Healing Diet, Dr. James Gordon**

Psychological trauma disturbs every aspect of our physiology as well as our psychology. Emotional distress compounds the disturbance to our GI tract and to every aspect of digestion. This workshop provides an overview of the damage trauma does to our brain and our gut and offers practical, evidence-based ways to use food, supplements, and herbs to repair the GI tract and restore resiliency to our brains.

Block 6: Sharing Groups

9:00 a.m. – 10:30 a.m.

Sharing groups are smaller and more intimate than workshop sessions and offer an opportunity to share your own story, experiences, and feelings while listening to others who have a similar story and relationship with their service member. They're structured by relationship, circumstance, or sometimes both. TAPS offers a wide range of groups with something for every survivor.

★ **Combat Loss, Terry and Genia Meyer and Chris Shank**

★ **Surviving Parents, Don Lipstein and Sue Sawyer**

★ **Surviving Spouses and Significant Others, Susan Carron-Demoreta and Robin Leininger**

Block 7: Workshops

11:00 a.m. – 12:15 p.m.

★ **From Caregiver to Griever: Coping With Death Due to Illness, Paul Tschudi with Kathy Moakler, Walter Sweeney and Felicia Mullaney**

We will explore the factors that affect the journey following death due to illness, such as what others don't understand and the lonely and haphazard road of caregiving during a loved one's prolonged illness. We'll discuss thoughts on reconstructing life after loss and the myth of closure. Although this is a grief-specific workshop, our TAPS policy and casework staff will be on hand.

★ **How Can We Turn Our Pain Into Purpose?, Franklin Cook**

In an effort to make meaning of our loss, we are often brought to a position of wanting to help others in their pain. This workshop will explore the factors peer helpers need to be aware of as they embark on the journey of helping. Participants will be encouraged to share their concerns and struggles regarding making meaning of loss through service to others.

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WORKSHOP AND SESSION DESCRIPTIONS

SUNDAY, MAY 27 (*continued*)

★ **Women's Empowerment Part 3: Looking Forward, Erin Jacobson and Ashley Rao**

As time goes on, the effects of grief can change. We often find that we've not only lost our loved one; we've also lost our sense of self. In this three-part workshop series designed for surviving women at least two years out from their loss, we will use a variety of activities and discussion tools to explore the lessons of the past, identify where we are in the present, and step forward into the future with intention. Topics such as identity, gratitude, and purpose will be highlighted within a sisterhood as we become more empowered to live lives of meaning and joy.

In **Part 3**, we will incorporate lessons from the past and present as we look toward the future. We will explore our value system and our vision through journaling and art.

★ **When Things Get Real: Loss and the Shifting of Family Dynamics, Dr. Heidi Horsley and Zaneta M. Gileno**

Following the death of a loved one, survivors are often surprised by the fact that family dynamics change dramatically. We will explore what happens when the casseroles stop coming and the neighbors go home and how we can come together and find common ground in the face of struggle.

★ **Grief and the Workplace: Navigating the Waters of Employment After Deep Loss, Rachel Kodanaz**

Following the loss of a loved one, navigating your way through your "new life" is often emotional and confusing. Returning to the workplace means interacting with co-workers, managers, and human resources personnel. There are many tools and techniques for the griever, co-workers, and management to help the newly bereaved with their transition back to the workplace and support their often-challenging situation. Join us for an open and frank discussion of how returning to the workplace can support you in your grief and how to work your way through your daily responsibilities, engaging with co-workers and "managing" your management.

★ **Strategies, Resources, and Tools for Nutritious Fueling, Nichole Bukowski**

Sometimes we know what foods help us to feel our best but we need more support to make it happen. This workshop will support you with time-effective strategies for nutritious fueling and ways to feel less overwhelmed by eating to fuel your body and mind for health and healing.

Block 8: Workshops

2:00 p.m. – 3:30 p.m.

★ **Sowing Seeds of Hope in the Garden of Grief, Zaneta M. Gileno**

Hope is a key component to a rich and meaningful life, but what do we do when our world is turned upside down and it all seems lost? This interactive workshop will explore the value of hope, how we grow it, and the specific role it plays in our journey.

★ **Legacy Building: A Long-term Goal for Success, Kellie Hazlett**

What does it mean to leave a legacy? Can we continue the legacy of our loved one in an effort to bring deeper meaning to their death and our loss? This workshop will shed light on the role of legacy building as a goal for success and give participants an opportunity to discuss their challenges and triumphs related to establishing a life of legacy following the death of a loved one.

WORKSHOP AND SESSION DESCRIPTIONS

SUNDAY, MAY 27 (*continued*)

- ★ **Crafting Your Story of Loss for the Public: Safe and Strategic Sharing, *Kim Ruocco and Linda Langford, Sc.D.***
When a loved one dies, many times that death leaves a wake of questions, emotions, and challenges for their survivors. Many will spend a great deal of time trying to understand how this devastating event could happen to their family. Most will worry about how their loved one will be remembered and will want to find ways to honor the life lived. For many survivors, telling their story is an important first step in healing and making meaning out of the loss. Initially this storytelling may happen in more private contexts, but at some point, survivors may begin to tell their story with public audiences through speeches, presentations, media interviews, blog posts, and other means. This hands-on workshop will walk participants through a checklist tool that will help balance lessons learned on the look back: honoring the life lived and meeting the needs of the audience.

- ★ **TAPS, Always By Your Side: Our Core Services and the Road Ahead, *Audri Beugelsdijk, Brittany Bonin-Bruder, Stephen Stott, and Dr. Carla Stumpf-Patton***
Are you worried about leaving the care and comfort of the seminar and heading home? This workshop is designed to prepare participants for success after the seminar. We will share our key services, once again reminding you that we are here to support you not just today but for all the days ahead. Survivor Services, Casework, Community-Based Care, and Suicide Survivor Support staff will be your lightpost ahead and will empower you with tools and realistic expectations to set you up for success.

- ★ **Easy Techniques for Grief Stress Reduction, *Dr. Heidi Horsley***
This interactive workshop is for those who are ready to transform their losses and find hope, healing, and joy again. You will learn tools and techniques for reducing bereavement stress and develop skills for healing after loss. Heidi will share specific tips and tools they have used in own lives and with their guests. You will leave feeling more energized and equipped with techniques that can be used at home.

- ★ **Wellness Roundup, *Emily Muñoz & Nichole Bukowski***
Take some time to plan the next steps in your health and wellness journey with this potpourri session. We'll explore available programs, recap and summarize our favorite self-care tools, answer all your questions, and finish with power poses to help you claim your space, your intentions, and your stronger self.

- ★ **Finding Invictus: Conversations on Kindness, Mental Resilience, and the Courage to Be Where You Are, *William Wagasy***
Real-world examples, taken from history and from William Wagasy's experiences in training and combat as a Navy SEAL, form the basis of this interactive, introspective workshop. Participants will discover new perspectives, hidden strengths, and the power to reframe each day's "mission" as part of a larger purpose.

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MOBILE EVENT APP INFORMATION

➤ DOWNLOAD

TAPS Program & Events Mobile App AND ACCESS THE 2018 NATIONAL MILITARY SURVIVOR SEMINAR EVENT APP

Navigate the Event Like a Pro!

With the TAPS Programs & Events mobile app, you can:

- Stay organized with up-to-the-minute Session, Presenter and Event information
- Receive important real-time communications from TAPS
- Build a personalized schedule and bookmark Resource Village exhibitors
- Take notes and download event handouts and presentations
- Rate the sessions you attend and comment on them, too
- Participate in daily polls and surveys
- Locate sessions and exhibitors on the host venue maps
- Find other survivors and connect with your peers for a network of support
- Stay in-the-know and join in on TAPS social media



For questions please contact appsupport@taps.org.

➤ DOWNLOADING THE APP IS EASY!

SEARCH: The App Store or Google Play for "TAPS Programs & Events"

TYPE: **USERNAME:** The email you used for registration
PASSWORD: taps2018

This year we have a 2-step security verification process. Every adult user requires their own email to set up a profile in the app. If you are registered under someone else's email, you must request your own account and access. Please email appsupport@taps.org to initiate this process or for assistance with the mobile app.

Platform Compatibility: Android v4x+ and iOS v7x+

DAILY RECURRING ACTIVITIES

Sunrise Strides: Run/Walk the National Capital Trail:

Join the Inner Warrior Program team for a run/walk along the National Capital Trail. We will start with a purposeful movement warm-up to get our body ready to move and finish with stretching and mobility work to help our body feel its best after the run/walk. This is a great opportunity to learn more about healthy running and walking. All paces are welcome to join.

Morning Stretch to Welcome the Day: A simple and powerful routine is offered each morning as a way to help prepare the heart, body, and mind for the day.

Breathing and Stretching for Your Best Rest: Guiding our body into purposeful rest can enhance the quality of our sleep and ability to feel rested the next day. During class you will be led into stretches and ways of breathing that allow you to care for yourself and help your mind and body find ease, rest, and relaxation for quality sleep.

Artful Grief Open Studio: Intended to be a safe, sacred, and quiet space for attendees to explore their grief in creative ways, the studio is curated and hosted by a skilled and compassionate art therapist and her team. Whether you are a curious novice, a seasoned artist or someone who isn't sure where to begin, the studio aims to provide opportunities to meet your ongoing needs throughout the weekend.

Additional TAPS Family Gathering Options: The TAPS family is diverse, and we strive to create offerings that are

inclusive of all those grieving the loss of a military loved one, regardless of how the service member died or the survivor's relationship to the deceased. These additional options are offered outside standard workshop blocks to allow participants the greatest flexibility in creating their daily schedules.

12-Step Recovery Meeting: This meeting is open to members of any 12-step group and to anyone interested in recovery based on the 12-step model developed by Alcoholics Anonymous. The meeting is chaired by Franklin Cook, a longtime member of several 12-step fellowships, and designed to be welcoming and helpful to anyone attending the TAPS seminar who struggles with any kind of addiction.

Knitters' Workshop: Studies have shown that there is a relaxation response that is encouraged through knitting. The repetition of the needles has an effect similar to that of yoga and meditation. Join Claire Wudowski, who will share her knitting prowess, needles, yarn, and love for people as we spend time together in a knitters' haven.

LGBTQ Sharing Group: This group is for participants who identify as lesbian, gay, bisexual, transgender, or queer, either openly or privately. Allies are welcome.

Open to All Sharing Group: If you find yourself wanting another opportunity to share in a group format before retiring for the night, this space is for you. Open to All groups provide all survivors with an environment for sharing and the opportunity to hear and support experiences different from your own.



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FOUNDER AND TAPS PRESIDENT



BONNIE CARROLL

Bonnie Carroll is the widow of an Army general who died along with seven other soldiers in an Army plane crash in Alaska in 1992, and the daughter in law of Alaska's first Adjutant General, also killed in a National Guard crash in Alaska in 1964.

Bonnie held political appointments in the White Houses of Presidents Reagan and Bush, as White House Liaison to the Department of Veterans Affairs, and as Deputy Senior Advisor to the Ministry of Communications in Baghdad Iraq. In addition to her government appointments, Bonnie also served her country, retiring as a Major in the Air Force Reserves. In that capacity, she has held various positions

including Chief of Casualty, directing programs and policies for all surviving Air Force families, and lead in the Pentagon Family Assistance Center following the attacks of September 11, 2001. Her work has taken her to Ukraine, England, Iraq and Afghanistan where she has created programs to support the widows and orphans whose loved ones have died in the military.

In 2015, Bonnie was awarded the Presidential Medal of Freedom by President Obama and together with Dr. Alan D. Wolfelt, authored *Healing Your Grieving Heart After a Military Death: 100 Practical Ideas for Family and Friends*. A 28 year resident of Alaska, Bonnie's marriage to her husband was featured in the Universal Studios major motion picture starring Drew Barrymore and John Krasinski, titled *Big Miracle*, the story of whales trapped in the ice in Alaska.

SPECIAL GUESTS



TERESA CARLSON

Teresa Carlson is the founder and leader of Amazon Web Services (AWS) Worldwide Public Sector, and one of the most accomplished and forwarding-thinking technology leaders in the world today. Through her charismatic leadership,

Carlson has helped change mindsets of both individuals and organizations around the world, modernize policies at all levels of government and cultivate a 21st century global workforce equipped with the skillset necessary to leverage the full potential of cloud to drive innovation.

Carlson founded the Worldwide Public Sector in 2010, and since then has driven the business' growth. Today, tens of thousands of government agencies, education institutions and nonprofit organizations around the world use AWS. Additionally, Carlson advises Amazon Public Policy on global policy issues.

Prior to joining AWS, Carlson served as Vice President of Microsoft Federal Government, where she oversaw the company's US Federal Government business.

Carlson earned her undergraduate and Masters of Science degrees in Communications and Speech and Language Pathology from Western Kentucky University.



GENERAL MARTIN E. DEMPSEY, U.S. ARMY (RET.)

General Martin E. Dempsey retired as the 18th Chairman of the Joint Chiefs of Staff in September 2015, after previously serving as the Army's 37th Chief of Staff. Past assignments have taken him and his family across the globe during both peace and war from platoon leader to combatant commander. He is a 1974 graduate of the United States Military Academy and a career armor officer.

General Dempsey's awards and decorations include the Defense Distinguished Service Medal with Oak Leaf Cluster, the Distinguished Service Medal with three Oak Leaf Clusters, the Defense Superior Service Medal, the Legion of Merit with two Oak Leaf Clusters, the Bronze Star with "V" Device and Oak Leaf Cluster, the Combat Action Badge, and the Parachutist Badge. In addition to his Master's degree in English, he holds Masters' degrees in Military Arts and National Security Studies.

Dempsey now brings his extensive leadership qualities to the Chairmanship of USA Basketball. Elected to the post by the board of directors, Dempsey will lead USA Basketball through the 2020 Olympics in Tokyo, Japan.

SPECIAL GUESTS

General Dempsey and his high school sweetheart, Deanie, have three children who each have served in the U.S. Army. They have nine wonderful grandchildren.

General Dempsey joined the TAPS Board of Directors in 2017.



CHEF ROBERT IRVINE

With more than 27 years in the culinary profession, Chef Robert Irvine has cooked his way through Europe, the Far East, the Caribbean, and the Americas, in hotels, and on the high seas. Robert hosts the Food Network series *Restaurant: Impossible*, where he saves struggling restaurants across America by assessing and overhauling their weakest spots. He also previously hosted *Dinner: Impossible* and *Worst Cooks in America*. Robert has authored two cookbooks, *Mission: Cook!* and *Impossible to Easy*, and one healthy-living book, *Fit Fuel: A Chef's Guide to Eating Well and Living Your Best Life*. He tours with his interactive live show, *Robert Irvine Live*, and appears regularly as an expert guest on national morning and daytime talk shows.

In 2015, Robert launched Robert Irvine Foods, a company that offers a nutritionally improved line of food products without compromising great taste. He recently established a nonprofit organization, The Robert Irvine Foundation, in an effort to support military personnel and their families. In recent years he was honored with two distinguished recognitions for his dedication to the armed services and our country's heroes. He was first designated Honorary Chief Petty Officer by the U.S. Navy and later received the Bob Hope Award for Excellence in Entertainment and Support of our Service Members, bestowed upon him by the Congressional Medal of Honor Society. Continuing his support of the military, Robert became the first celebrity chef to open a restaurant, Chef Robert Irvine's Fresh Kitchen, at the Pentagon, in the fall of 2016. His other recent projects include launching the Robert Irvine Magazine in May 2016; the opening of a new Gold's Gym in Largo, FL, in January 2017; and the opening of a new restaurant in Las Vegas at the Tropicana in late 2017.



ADMIRAL MICHAEL MULLEN

Considered one of the most influential chairman of the Joint Chiefs of Staff in history, Admiral Mike Mullen takes a fresh approach to the most important geopolitical issues of the 21st Century, including America's position in the world and how economic health directly impacts our national security. Mullen believes our national debt is our greatest security threat.

Admiral Mullen oversaw the end of the combat mission in Iraq and the development of a new military strategy for Afghanistan, while promoting international partnerships, new technologies, and new counterterrorism tactics culminating in the killing of Osama bin Laden.

A 1968 graduate of the U.S. Naval Academy in Annapolis, Mullen sought challenging positions including command at every level to develop his leadership skills during his naval career. He rose to be Chief of Naval Operations prior to assuming duties as Chairman, Joint Chiefs of Staff. Fast Company called Mullen "not just a new model for military officers—and a new kind of business titan—but also a case study in 21st-century leadership."

Since retiring from the Navy, Mullen has joined the boards of General Motors, Sprint, and the Bloomberg Family Foundation. He teaches at the Woodrow Wilson School of International and Public Affairs at Princeton University. He is also known for his efforts on behalf of service members, veterans, and their families. He is renowned for his role in dismantling "don't ask, don't tell" and allowing gay service members to serve openly.



TESSY OJO

Tessa Ojo is the Chief Executive of the Diana Award, the only charity that bears the name of Diana, Princess of Wales. The charity benefits from the support of The Royal Highnesses, Prince William and Prince Harry, as well as the UK Prime Minister as a Patron.

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SPECIAL GUESTS

Tessy is passionate about empowering and engaging young people in social action, helping them reach their full potential by creating access and opportunities for skills development and character building. She is an inspirational speaker and regularly consults and comments on issues related to youth participation, charity growth, diversity, women in leadership, and other social issues affecting young people.

Prior to joining the Diana Award, Tessy worked in the corporate sector for more than 10 years and helped implement the robust operational planning systems for IBM UK, Borders UK, and more. Today, in addition to leading the Diana Award, Tessy serves on the boards of two charities and sits on the governing board of a chain of academies in London. Tessy has a first degree in Biochemistry, an MBA, and a post-grad diploma in counseling.



KYRA PHILLIPS

Kyra Phillips is a correspondent for ABC News, based in Washington D.C. Prior to joining ABC News, she was an award-winning anchor for "Live From," "CNN Newsroom," and "American Morning" and moved to HLN in 2012 to anchor "Raising America with Kyra Phillips," a daily

interactive program that focused on news affecting the modern American family. Most recently she was a correspondent for the CNN investigative and documentary units.

Phillips has won Peabody awards, Emmy awards, and Edward R. Murrow awards for investigative reporting. Additionally, she has won numerous Golden Microphones and earned the top documentary award from the Society of Professional Journalists.

She volunteers for a variety of organizations that help those in need. She participates on the board of The Fisher House Foundation and serves on the Honorary Board for the TAPS. She received the National Global Down Syndrome Foundation's Quincy Jones Exceptional Advocacy Award in 2013 and is now a Global Ambassador. Phillips is also the co-author of *The Whole Life Fertility Plan* published in 2015, a contributing writer on *Chicken Soup for the Soul: Billy Graham & Me*, and is a 2017 Forty Over 40 honoree. She earned a bachelor's degree in journalism from the University of Southern California.



JOHN SCHNEIDER

John Schneider is a modern American storyteller whose career spans four decades as an actor, singer, songwriter, director, and screenwriter, beginning with his television debut in 1978 as the iconic Bo Duke on CBS' *The Dukes of Hazzard*.

John starred in the CW hit, *Smallville*, as Jonathan Kent, and currently plays the powerful *Judge Jim Cryer* in *Tyler Perry's The Have and Have Nots* on OWN.

In 2018, John will release *Odyssey*, a 52-song collection encompassing "the best songs never recorded" by some of Nashville's most acclaimed and renowned songwriters. *Odyssey* melds traditional country music with Americana, Southern Rock, Blues, and a hint of R&B, with guest artists including Tanya Tucker, John Conlee, Matthew Nelson, Gunnar Nelson, Doug Supernaw, Mark Wills, Heidi Newfield, Bobby Bare, Dave Gibson, Ray Scott, T. Graham Brown, T.G. Sheppard, Jo-el Sonnier, Kelly Lang, Jim Brown, Allie Coleen, Steve Wariner, Colin Raye, Max T. Barnes, Jamie O'Neal, Kalie Rose, Danny Shirley, and Marty Raybonwith.



GENERAL PAUL J. SELVA, USAF Vice Chairman of the Joint Chiefs of Staff

In this capacity, he is a member of the Joint Chiefs of Staff and the nation's second highest-ranking military officer. /General Selva graduated from the U.S. Air Force Academy in 1980, and completed undergraduate pilot training at Reese AFB, Texas. He has held numerous staff positions and has commanded at the squadron, group, wing and headquarter levels. Prior to his current assignment General Selva was the commander of U.S. Transportation Command, Scott AFB, Illinois. /General Selva is a command pilot with more than 3,100 hours in the C-5, C-17A, C-141B, C-37, KC-10, KC-135A and T-37.

SPECIAL GUESTS



WILDEFIRE with *Tony David, Kerry Edwards, and Lindsay Solonycz*

WildeFire offers a wide variety of music, including the big band sounds of the '40s, old-time rock 'n' roll from the '50s, classic rock, country, and American standards. They perform the songs the way they were intended by the original artists, mixing it up for all types of listeners young old. Their top charitable focus is TAPS, having raised more than \$200,000 by donating their performance time and assistance to numerous fundraisers.

GUESTS



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24th Annual T★A★P★S National Military Survivor Seminar

PRESENTERS AND SPEAKERS



**KAREN ANDERSON, MA, ATR-BC, GC-C,
Art Therapist/Artful Grief**

Karen has been facilitating art therapy workshops since 2012. A graduate of the Master's Art Therapy program at Saint Mary-of-the-Woods College, she leads monthly groups about self-awareness, co-dependency, and life's challenges. Karen is part of the Artful Grief team and completed the certification program in grief counseling from the American Institute of Health Care Professionals.

**AUDRI BEUGELSDIJK
Vice President, TAPS Survivor Services**

Audri oversees operations providing immediate and long-term survivor support, including the National Military Survivor Helpline, the Survivor Care Team, the Peer Mentor Program, the Online Community, and Youth Programs. Her background includes a master's in psychology, and her work is a testament to her passion for the TAPS mission and her wish to offer a place of gentle understanding and comfort to military families. Through her dedication, Audri, a Navy veteran herself, honors the life of her first husband, CTRSN Jason Springer, USN.

**CHARLES L. BLANKENSHIP, M.D., FACS,
Captain, Medical Corps, United States Navy (Retired)**

Dr. Blankenship is the former Chief of General Surgery at the National Naval Medical Center. His three-decade military career included assignments as a general surgeon at Naval Regional Medical Center Oakland, Naval Hospital Groton, and National Naval Medical Center Bethesda and ship's surgeon on USS Coral Sea, USS Carl Vinson, USS America, and USS Kitty Hawk. He also deployed during Operations Desert Shield, Desert Storm, Enduring Freedom, and Iraqi Freedom.

**BRITTANY BONIN-BRUDER
Director, Casework and Education**

Brittany offers sustaining hope and critical assistance to survivors

by answering questions about funeral and burial benefits, survivor financial benefits, health care, education and scholarship options, and financial and legal issues. She previously served as Emergency Communications Operator at the Phoenix Police Department and served the State of Arizona as a Constituent Advocate for U.S. Senator John McCain. She holds a bachelor's in interdisciplinary studies with an emphasis in public administration and American public policy from Arizona State University.

**NICHOLE BUKOWSKI
Program Manager, TAPS Health & Wellness**

Nichole came to TAPS from Belmont High School in Massachusetts, where she was a health and wellness educator. Prior to teaching, she worked for Launch Your Future, where she developed a wellness and life-skills curriculum. Nichole was a wellness consultant for the TAPS Inner Warrior Wellness Retreat, where she taught yoga classes, fascia release training, running programs, and nutrition classes. She has a bachelor's in communications from Boston College and a master's of education from the University of Massachusetts in addition to being certified in yoga, Functional Movement Screen, healthy running, Spin, TRX, and many other disciplines.

**KIM BURDITT
Manager, Programs & Logistics, TAPS Red Team**

Kim has been with TAPS since January 2013, when she joined the Survivor Care Team to provide outreach to military suicide loss survivors. As the Manager of Programs and Logistics for the TAPS Red Team, she is responsible for the planning and execution of a wide range of events, retreats, and reunions, including TAPS' annual suicide survivor seminar. Kim has a Bachelor of Science in communications, and prior to joining TAPS she provided suicide prevention trainings throughout Massachusetts with a local suicide pre- and postvention agency. After the suicide death of her only sibling, USMC veteran Jon Hoffman, in 2010, Kim's heart is in caring for and walking alongside all loss survivors, especially those touched by suicide.

PRESENTERS AND SPEAKERS

FRANK CAMPBELL, PH.D., LCSW, CT

Suicide Loss Expert, Campbell Consulting – TAPS Seminar Faculty

Dr. Campbell is the former Executive Director of the Baton Rouge Crisis Intervention Center and the Crisis Center Foundation in Louisiana. He is currently the Senior Consultant for Campbell and Associates Consulting, where he works with communities on forensic suicidology cases. It was due to his more than 20 years of working with those bereaved by suicide that he introduced his Active Postvention Model (APM), most commonly known as the LOSS Team (Local Outreach to Suicide Survivors). The model has now been replicated in Australia, Singapore, Northern Ireland, Canada, and America. His work with survivors and victims of trauma has been featured in three Discovery Channel documentaries.

Dr. Campbell received the Louis Dublin award at the 2010 American Association of Suicidology Conference. He is a past president of AAS and received the Roger J. Tierney Award for service. He was named Social Worker of the Year in Louisiana and was the first John W. Barton Fellow selected in his hometown of Baton Rouge, LA.

KATHERINE CASTELO, LICSW, LCSW

Grief and Loss Professional

Katherine Castelo oversees a Defense Health Agency Program for transitioning service members and veterans as a defense contractor. Previously she served as the U.S. Army Reserve Psychological Health program director and served on the U.S. Army Reserve Fatality review board to provide consultation on psychological autopsies after suicide. She also has experience as a civilian employee assistance (EAP) manager for the United States Navy, a casualty assistance consultant in the civilian EAP for U.S. Naval Criminal Investigative Services, and a psychotherapist in private practice. She has conducted seminars for military service members, mental health professionals, and community providers on post-traumatic stress disorder, suicide prevention, and military sexual trauma and also provides consultation and therapy services to TAPS.

FRANKLIN COOK, MA, CPC

Author, Unified Communities – TAPS Seminar Faculty

Franklin is an Army veteran (1972-1975) whose father, an Air Force veteran (1948-1952), died by suicide in 1978. Since 1999, Franklin has used his experience as a recovering addict and as a survivor of a loved one's traumatic death to promote and implement peer support for bereaved people. He has worked as a consultant at TAPS national seminars since 2012, and he recently helped TAPS produce a booklet for people newly bereaved by suicide. At many TAPS national seminars, he facilitates a nightly sharing group based on the 12-step recovery model. His one-on-one work with the traumatically bereaved is described at personalgriefcoach.com.

BOB DELANEY

NBA Cares Ambassador – TAPS Board of Advisors

Bob serves as the NBA's Vice President of Referee Operations and Director of Officials. He previously worked 25 seasons as an NBA referee. Prior to his career in professional basketball, Delaney was a highly decorated New Jersey State Trooper who went undercover to infiltrate the mafia—a cause of his own post-traumatic stress journey. His firsthand experiences coupled with a passion to better understand traumatic stress have made him an expert on the subject. His efforts to educate and bring attention to the topic of post-traumatic stress have entailed visits to military troops around the world, including multiple trips to Afghanistan and Iraq. Described by General Robert Brown, U.S. Army Four Star Commander Pacific, as the person who "related to soldiers better than any visitor I have seen in my 36 years in the military," Delaney authored a book on the topic, *Surviving the Shadows: A Journey of Hope into Post Traumatic Stress*. He is also the author of *Covert: My Life Infiltrating the Mob*.

ALLISON GILBERT

Author – TAPS Board of Advisors

Allison Gilbert is a thought-provoking and influential writer and speaker on grief and resilience. The author of numerous books, including the groundbreaking *Passed and Present: Keeping Memories of Loved Ones Alive*, she creates stirring work that exposes the secret and essential factor for harnessing loss to drive happiness and rebound from adversity.

ZANETA M. GILENO, LMSW, CT

Director, TAPS Community-Based Care

Zaneta began her social work career as a professional in the child welfare system. Her efforts to reunite families and empower parents helped shape her as a practitioner. A graduate of the Columbia University School of Social Work and a grief professional and certified thanatologist, Zaneta offers direct survivor support, ensures the TAPS community of survivors is connected to grief counseling and support groups, establishes and maintains the network of TAPS' support group models, and supports TAPS professional development programs and webinars. She is also the liaison for the TAPS Board of Advisors.

JAMES GORDON, M.D.

Founder & Executive Director, Center for Mind-Body Medicine – TAPS Board of Advisors

Dr. Gordon is a Harvard-educated psychiatrist and a world-renowned expert in using mind-body medicine to heal depression, anxiety, and psychological trauma. He is the Founder and Executive Director of The Center for Mind-Body Medicine, a

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Clinical Professor in the Departments of Psychiatry and Family Medicine at Georgetown Medical School, and a former Chairman of the White House Commission on Complementary and Alternative Medicine Policy. Dr. Gordon has created groundbreaking programs of comprehensive mind-body healing for physicians, medical students, and other health professionals; people with cancer, depression and other chronic illnesses; traumatized children and families in Bosnia, Kosovo, Israel, Gaza, and Haiti; Syrian refugees in Jordan; people in post-9/11 New York and post-Katrina southern Louisiana; Native Americans on Pine Ridge Reservation; and veterans and active-duty military. Dr. Gordon's most recent book is *Unstuck: Your Guide to the Seven-Stage Journey Out of Depression*.

JEN HARLOW

Community Partner – TAPS Supporter

Jen has 20 years of experience providing support to military survivors and service members. She served as a Certified Military Benefit Specialist, Department of Veterans Affairs Service Officer, and Program Manager for survivor programs.

KYLE HARPER

Vice President, TAPS Health & Wellness

Kyle guides TAPS' health and wellness initiatives, coordinating and engaging the team in fostering knowledge, practical tools, self-care, and survivor empowerment for a healthy foundation of coping with grief and loss. Kyle holds a master's in women's studies from Georgetown University and has served in various capacities at TAPS, including leadership roles in developing retreats, seminars, special events, and communications. She continues to honor the life and service of her fiancé, Army SSG Michael Hullender, through her work at TAPS.

ASHLYNNE HAYCOCK

Deputy Director, TAPS Policy and Legislation

Ashlynnne is the surviving daughter of SFC Jeffrey J. Haycock, who died in an Army training accident on April 12, 2002, and Nichole C. Haycock, an Air Force Veteran who died by suicide on April 25, 2011. She graduated with a bachelor's in political science from American University in 2013. Before joining the TAPS staff, Ashlynnne attended the Good Grief Camp for seven years and volunteered as a Good Grief Camp mentor for four years. She manages TAPS Education Services, assisting survivors with access to education benefits, and also serves on the VA's Advisory Committee on Education.

KELLIE HAZLETT

Manager, TAPS Peer Mentor Program and Online Care Programs

Kellie was widowed in 1997 when her husband, Marine Corps Capt. Mark Nickles, died in an F-18 plane crash. Since then,

she has supported military families across the world through a variety of programs mentoring adults and children. Kellie holds a bachelor's degree in journalism and a master's in education. She also has advanced training in death, dying, and bereavement through the Center for Loss & Life Transition and is a licensed respiratory therapist with advanced training in critical care.

CAROLE HILTON, LCSW, CT

TAPS Survivor Care Team

Carole, a senior member of the Survivor Care Team, came to TAPS with her young children following the death of her husband, Navy LT Lawrence Hilton, in 2004. She served as a volunteer Peer Mentor before joining the staff in 2010. Prior to her life with her Navy husband, she enjoyed a career as a licensed clinical social worker and holds bachelor's and master's degrees in social work, along with certification in thanatology. She is grateful to be able to combine her professional background with her experience as a surviving widow and mother of her three bereaved children as she provides outreach and support.

HEIDI HORSLEY, PSY.D., LMSW, MS

Founder, Open to Hope – TAPS Board of Advisors

Heidi is a survivor of sibling loss and the Executive Director for the Open to Hope Foundation, an organization committed to helping people find hope after loss. A licensed psychologist and social worker and an adjunct professor at Columbia University, she hosts a weekly award-winning cable TV and Internet radio show called "Open to Hope" and has a private practice in New York City. She serves on the National Board of Directors for The Compassionate Friends and is the author of eight books.

RAYANNE HUNTER

Yoga Instructor

Rayanne is the surviving spouse of Staff Sergeant Wesley Hunter. A yoga enthusiast for 18 years, she officially certified as a yoga instructor in 2011. In addition to teaching yoga and body movement, Rayanne also received specialized training in yoga for post-traumatic stress.

ERIN JACOBSON

Senior Advisor, TAPS Outreach and Engagement

Erin is the surviving fiancée of Army Ranger Cpl. Jason Kessler. A grief professional with more than a decade of experience in the nonprofit sector, she has been leading TAPS workshops and retreats with an emphasis on empowerment, peer connection, and experiential-based grief work since 2011. Erin's undergraduate studies include art history, religious studies, and a bachelor's degree in counseling. She is completing her master's degree in nonprofit management at Fordham University.

PRESENTERS AND SPEAKERS

KARISSA KELLEY, LPC, CT

Deputy Manager, Youth Programs

Karissa first became involved with TAPS to honor the life of her brother, A1C Caleb Justin Kelley, who died in February 2014 at Osan Air Base in Korea. She has volunteered with TAPS since 2015 as a Good Grief Camp group leader and a Care Group leader and is now the Deputy Manager of Youth Programs. Prior to joining the TAPS staff, Karissa was a lead therapist at Child Guidance Resource Centers, where she worked with at-risk children and families. In addition to volunteering with TAPS, she has volunteered to work with grieving teens through Safe Harbor. Karissa holds a bachelor's degree in interdisciplinary studies from Old Dominion University and a master's in counseling from Biblical Theological Seminary.

RACHEL KODANAZ

Author – Grief & Loss Professional

Rachel Kodanaz is an author, speaker, and consultant helping her audiences embrace life's challenges at work and at home. Overcoming her own adversity following the sudden death of her husband coupled with her experience in the management of large corporations, she is fully aware of the seesaw created when personal and professional challenges collide. Rachel was instrumental in creating and supporting all programs at HeartLight Grief and Loss Center in Denver as a facilitator, board member, and executive director. She has served on the board of Soaring Spirits International (Camp Widow) and Denver Grief Network Alliance. Rachel has been speaking passionately to national audiences for 20 years, addressing all aspects of change, growth, and acceptance that come with embracing life challenges, both expected and unexpected. Rachel's work has been featured in numerous media outlets, and her books *Living with Loss*, *One Day at a Time*, and *Grief in the Workplace* have received international acclaim.

LINDA LANGFORD, SC.D.

Evaluation and Communications Scientist – Suicide Prevention Resource Center

Linda has been with the Suicide Prevention Resource Center since 2006. She supported the development of the National Action Alliance for Suicide Prevention's Framework for Successful Messaging, which aims to increase the effectiveness of public communications and help shift the focus to include hope, help, resiliency, resources, and taking positive action. She provided an April 2009 briefing on safe and effective suicide prevention messaging and stigma reduction to the Department of Defense Task Force on the Prevention of Suicide by Members of the Armed Forces and is the lead author of an American Journal of Public Health article on safe and effective communications about military and veteran suicide. She holds a doctorate in social and behavioral sciences from the Harvard School of Public Health.

DON LIPSTEIN

TAPS Survivor Care Team

Don is proud to be a TAPS Survivor Care Team advocate working to connect survivors to grief resources. He does this in honor of his son, MA2 Joshua L. Lipstein, who died by suicide while serving in the Navy in 2011. After more than 30 years in hospitality management, Don joined TAPS in 2012 as a peer mentor coordinator and transitioned to the Survivor Care Team in 2017. He will receive his Family Recovery Specialist Certification from the State of Pennsylvania in 2018.

DEB LUCEY

Deputy Director, TAPS Survivor Care Team

Deb is a licensed clinical social worker whose background includes working with children and families and with individuals struggling with substance abuse. She has also worked with victims of domestic violence and physical, sexual, or emotional abuse. She brings her professional experience as well as her personal experience as a suicide loss survivor to her role at TAPS.

TERRY MEYER

Survivor Care Team

Terry offers a voice of calm and caring support to those calling the TAPS Helpline during the night and on weekends, often critical times of need. He is the surviving father of SPC Brandon Meyer, who was killed in Iraq in 2008, and has a Master of Divinity as well as experience as a hospice chaplain and grief counselor. Terry also developed a campus ministry for West Texas A&M University, has been an adjunct professor at Concordia University, and currently serves as Pastor of Ramona Lutheran Church in Ramona, CA.

KATHY MOAKLER

Director, TAPS External Relations and Policy Analysis

Kathy has an extensive background as a survivor specialist focusing on policy and legislation, including more than two decades at TAPS and the National Military Family Association. She has represented survivors on The Military Coalition and the DOD/VA Survivor Forum and worked to ensure that surviving military families have the best benefits possible. Kathy is the spouse of an Army retiree and a Blue Star Mother to two service members.

EMILY MUÑOZ

Director, TAPS Health and Wellness

Emily spearheads the TAPS Inner Warrior Program and facilitates activities offering a healthy and active healing path for survivors. Emily came to TAPS following the death of her husband, Captain Gilbert A. Munoz, Army 7th Special Forces Group. Emily brings a strong background in event planning and execution, having served previously at the U.S. Chamber Hiring Our Heroes to promote veteran employment. She holds a bachelor's in international studies.

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PRESENTERS AND SPEAKERS

DONNA NASLUND, RN

Art Studio Assistant – Artful Grief

Donna has a Bachelor of Science in Nursing from the University of Maryland and 16 years of experience in surgical intensive care and emergency room settings. For the past five years, she has been a volunteer at Gilchrist Hospice, where her roles include end-of-life doula, monthly bereavement calls, and bereavement support group and workshop facilitator. Her personal experiences with loss include being widowed at age 27, the death of a child at birth, and the suicide of her niece.

ASHLEY RAO

Project Manager, TAPS Empowerment Retreats

Ashley, who has been connected to TAPS since the death of her husband, SSG Jack Martin, in 2009, is passionate about the transformative power of bonds created within our TAPS family. Her experience working with women who've experienced trauma, as a hospice nurse, and as a surviving spouse provide a broad foundation for our empowerment programming.

GABRIEL RAO

Manager, TAPS Community Engagement

Gabriel facilitates a broad array of events with TAPS survivors and community partners. He came to know TAPS through the service and sacrifice of his brother, SGT Elijah J.M. Rao, who died in combat in 2009. Bringing more than 12 years of experience in the hospitality industry and nearly five years across multiple teams within TAPS, Gabriel focuses his energy on providing safe, comfortable spaces for survivors to remember their hero and forge new paths.

DR. JON K. REID, PH.D., LPC, NCC

Trauma Counselor – TAPS Board of Advisors

Dr. Reid is an experienced counselor in a variety of contexts, including public schools, churches, counseling agencies, psychiatric hospitals, and private practice. For six years, he served as consultant and supervisor of grief counselors for Camp Strong Heart, a summer camp for grieving children. Jon has also consulted with earthquake survivors in Sichuan Province, China, and has made professional presentations in China, Taiwan, Hong Kong, Malaysia, Singapore and Barbados. A long-time member of the Association for Death Education and Counseling (ADEC), he served as president of the its board (2013-2014). He is a Licensed Professional Counselor in Texas and a National Certified Counselor. He has been a faculty member in the Department of Behavioral Sciences at Southeastern Oklahoma State University for more than 20 years and published in several journals.

KIM RUOCCO, MSW

Vice President, TAPS Suicide Postvention and Prevention

Kim develops comprehensive, peer-based programs that offer comfort and care to all those who are grieving the loss of a service member to suicide. Kim also provides suicide prevention education and is a national speaker, providing trainings to military audiences. She holds a bachelor's in human services and a master's in clinical social work. Her husband, Marine Major John Ruocco, was a decorated Marine Cobra helicopter pilot who died by suicide on February 7, 2005, while preparing for a second Iraq combat deployment.

SHAUNA SPRINGER, PH.D.

Suicide Postvention Senior Advisor, TAPS Red Team

Shauna joined TAPS from the U.S. Department of Veterans Affairs, where she worked as a front-line psychologist offering services to a large and diverse group of patients. She is a licensed psychologist with expertise in close relationships, stressor effects on marriage, trauma recovery, and Veterans' issues. Within the VA Healthcare System, she was the lead clinician for the VA Northern California Relationship Seminar Series. She has also worked in private practice, three university counseling centers, and a clinic specializing in the treatment of OCD and other anxiety disorders. Shauna has co-authored several publications, presented her research at multiple conferences, and received the McLaughlin Dissertation Research Fellowship for her meta-analysis of stressor effects on marriage. She received her bachelor's degree with honors.

HEATHER STANG, MA

Mindfulness Speaker and Author, Frederick Meditation Center – TAPS Board of Advisors

Heather is a thanatologist and mindfulness speaker and the author of *Mindfulness & Grief*. Her focus on teaching others to use mindfulness-based techniques to reduce stress, cope with grief, and cultivate personal growth is inspired by her own journey of love, loss, and post-traumatic growth. She is best known for using present-moment awareness to relieve suffering, cope with loss, and eventually re-engage with life. She has a master's in Thanatology from Hood College and is the founder of the Frederick Meditation Center in Maryland.

STEPHEN STOTT, MSW

TAPS Community-Based Care

Stephen is a graduate of the Columbia University School of Social Work. His passion for the area of grief and loss was set in motion following the death of his sister. Peer support and the guidance of grief professionals helped prepare him to use his story and education for the good of others. Stephen meets the growing demands of the



PRESENTERS AND SPEAKERS

program by connecting survivors to free and unlimited grief and trauma counseling. His heart for the LGBTQ community provides a drive that has informed TAPS' practices and ensured that we are present for the entire TAPS family.

SHARON STROUSE, MA, ATR-BC, LCPAT
Art Therapist, Artful Grief –TAPS Board of Advisors

Sharon is a board-certified art therapist and licensed clinical professional art therapist, author, teacher, facilitator, speaker, and survivor. Her world dramatically changed on Oct. 11, 2001, when her 17-year-old daughter, Kristin, ended her own life. Sharon's own process of meditation and collage making, in response to the trauma of loss, became a template for her work with others. She is a grief and bereavement specialist and national workshop presenter for TAPS and the co-founder of the Kristin Rita Strouse Foundation, a nonprofit dedicated to supporting programs that increase awareness of mental health through education and the arts. She is the author of *Artful Grief: A Diary of Healing*.

CARLA STUMPF-PATTON, ED.D., LMHC, NCC, FT, CCTP
Director, TAPS Suicide Survivor Services

Carla was pregnant when her first spouse, USMC Drill Instructor Sgt. Rich Stumpf, died by suicide in 1994. A Licensed Mental Health Counselor, National Certified Counselor, Certified Clinical Trauma Professional, Certified Fellow of Thanatology, and professional member of the American Association of Suicidology and Association for Death Education and Counseling, she contributes to TAPS' efforts in supporting survivors of suicide loss as the Director of Suicide Postvention. She holds a bachelor's in psychology, a master's in professional mental health counseling, and a Doctorate of Education, for which she completed her dissertation research on military families bereaved by suicide.

WALTER SWEENEY
Analyst, TAPS Casework

Walter, who focuses on survivors who have lost a loved one to cancer, joined TAPS from Telephase Corporation, where he was an Information Assurance Engineer. Prior to that, he worked as a Regional Case Manager for the Virginia Department of Veteran Services and as Transition Coordinator at George Mason University's Office of Military Services. Walter served in the United States Marine Corps as an Infantry Team Leader and currently presides over a local Veterans of Foreign Wars chapter. He has a bachelor's in conflict analysis and resolution with a concentration in group and community conflict from George Mason University.

PAUL TSCHUDI, ED.S., MA
TAPS Board of Advisors

Paul has more than 25 years of experience working with people facing grief, loss, and life transitions. He maintained a private counseling practice for more than 15 years before his faculty appointment at George Washington University. He is also the former Executive Director of The Wendt Center, a center for counseling and educating people living with loss and illness. His interest in end-of-life issues was borne out of the experience of serving as a medic in Vietnam.

WILLIAM WAGASY
TAPS Board of Advisors

A former Notre Dame football player under Coach Lou Holtz, Willikam graduated with an accounting degree and a second major in philosophy in 1996. He went on to receive his Juris Doctorate from Pepperdine University in 2000 and his master's in dispute resolution from Pepperdine in 2001. Following the attacks of 9/11, he enlisted in the Navy. He is a decorated U.S. Navy SEAL, having completed four combat tours from 2002 to 2012, three to Iraq and one to Afghanistan. After his time in the Navy, he served as the Director of Veterans Outreach for the Gary Sinise Foundation and continues to be an ambassador for the foundation. Today he is the Vice President of National Sales, National Commercial Services for Commonwealth Land Title Company as well as for Fidelity National Title Group for Home Builder Services.

BEN WOLFE, M.ED., LICSW
Thanatology Fellow, Association for Death Education and Counseling – TAPS Board of Advisors

Ben is a grief, loss, and transition trainer and consultant after 28 years as director and grief therapist of St. Mary's Medical Center's Grief Support Center in Duluth, Minnesota, where he provided life-threatening illness and bereavement counseling for all ages. He is a Licensed Independent Clinical Social Worker and Fellow in Thanatology as well as a former president of the Association for Death Education and Counseling (ADEC) and has received a number of awards, including the ADEC Service Award, the ADEC Death Educator of the Year Award, the first-ever Senator Paul Wellstone Legacy Award presented by the Minnesota School Counselors Association, and Employee of the Year at St. Mary's Medical Center. He consults and trains internationally and has given more than 2,000 presentations dealing with grief and loss.

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National Military Survivor Seminar

GOOD GRIEF CAMP SCHEDULE

THURSDAY, MAY 25

ALL DAY

11:00 – 9:00 Family Check-in and Registration Rosslyn Foyer
Parents will schedule time to meet with their child's group leader, and parents of children requiring medical attention will meet with medical staff.

EVENING

5:30 – 9:00 Good Grief Camp Zone Arlington Ballroom III, IV
Games, crafts, movies, photo booth, music, dancing, and more!

5:30 – 8:30 Parent and Group Leader Meetings Jackson, Lee, Jefferson

FRIDAY, MAY 26

MORNING

7:00 – 9:30 Family Check-in and Registrationn Rosslyn Foyer

8:30 Good Grief Camp Drop-off

Groups 1 – 7 (*Little*s) Designated Group Rooms

Groups 8 – 13 (*Middle*s) Gateway Marriott, Skyview Terrace

Groups 14 – 20 (*Teen*s) Gateway Marriott, Rosslyn Foyer

Groups 21 (*Young Adults*) Gateway Marriott, Rosslyn Foyer

9:30 – 10:30 Good Grief Camp Opening Ceremony Grand Ballroom

10:30 – 12:00 Group Time Group Room

AFTERNOON

12:00 – 1:00 Lunch Buffet Gateway Marriott, Grand Foyer
 Westin, Atrium
 Crystal City, Chesapeake Foyer

1:00 – 4:30 Group Time Group Rooms

1:00 – 2:00 Good Grief Camp Yoga, *Nichole Bukowski* Group Rooms

1:30 – 2:15 Leadership Talk with Good Grief Camp Young Adults and NBA Representatives

2:15 – 4:15 NBA Basketball Clinics Virginia Highland Park

EVENING

9:15 – 10:15 Military Mentor Troops Together Jackson

GOOD GRIEF CAMP SCHEDULE

SATURDAY, MAY 27

MORNING

- 8:00** Good Grief Camp Drop-off Locations Below
Littles: Group Rooms; Middles: Skyview Terrace; Teens: Rosslyn Foyer; Young Adults: Rosslyn Foyer
- 8:30** Good Grief Camp Begins
- 8:30** Buses Load/Depart for **Morning Adventure Group** on the National Mall Washington, D.C.
- 9:00 – 12:30** Young Adults and Graduates to Earth Treks Gym Lunch on their own

AFTERNOON

- 12:00 – 1:30** Lunch on the National Mall for **Morning and Afternoon Adventure Groups** Washington, D.C.
- 11:30** Buses Load/Depart for **Afternoon Adventure Group** on the National Mall Washington, D.C.
- 12:30** Good Grief Camp **Morning Adventure Group** Returns to the Hotel
- 1:00 – 2:00** Good Grief Camp Pound Class, *Emily Muñoz* Westin Ballroom I, II
- 1:30 – 4:45** Group Time Group Rooms
- 4:45** Buses Depart from Hotel and National Mall for Field Day USA Gateway Marriott Lobby
- 5:30 – 9:00** Field Day USA (dinner served at event location)
- 9:00 – 9:30** Good Grief Camp Returns to the Hotel
- 9:30** Good Grief Camp Pick-up Locations Below
Littles: Group Rooms; Middles: Skyview Terrace; Teens: Rosslyn Foyer; Young Adults: Rosslyn Foyer

EVENING

- 10:00 – 11:00** Military Mentor Troops Together Jackson



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GOOD GRIEF CAMP SCHEDULE

SUNDAY, MAY 28

MORNING

- 8:30** Good Grief Camp Drop-off Locations Below
Little's: Group Rooms; Middle's: Skyview Terrace; Teen's: Rosslyn Foyer; Young Adults: Rosslyn Foyer
- 9:00** Good Grief Camp Begins
- 10:30** Good Grief Camp Departs for Virginia Highland Park

AFTERNOON

- 12:00 – 1:00** Lunch at Virginia Highland Park
- 1:00** Good Grief Camp Group Photo at Virginia Highland Park
- 1:30** Ice Cream in the Park
- 2:30** Depart Virginia Highland Park
- 3:00** Group Time Group Rooms
- 5:00** Military Mentor and Good Grief Camp March to Arlington Ballroom
- 5:00 – 8:00** Parents of children in the Good Grief Camp will gather as their child and mentor parades through the ballroom for the TAPS Salute to Military Mentors. Immediately following the parade, parents will pick-up their children in either their group room or designated pick-up spot and then return to the ballroom for the TAPS Family BBQ and Good Grief Camp graduation ceremony that will begin at 6:30 p.m.

EVENING

- 8:00 – 9:00** Military Mentor Troops Together Jackson

What to Expect at Good Grief Camp

- ★ While attending Good Grief Camp, children and teens will be among their peers in designated groups that align with where they are in their grief journey.
 - ★ Each group is led by trained Group Leaders and Senior Mentors, who guide healing through activities designed to foster hope and aid in building resilience.
 - ★ There will be designated areas to drop off and pick up children before and after camp. Your program will include details on these locations. Upon pickup, ID is required for those authorized to receive campers.
 - ★ All Good Grief Camp groups will have an opportunity to explore an iconic Washington, D.C., location as they spend time with their mentors and friends.
 - ★ For our graduating high school seniors, we will celebrate this milestone with our own TAPS-style graduation from Good Grief Camp and transition into our Young Adult program during our Sunday Night Family Dinner.
-



TRAVEL INFORMATION

When it is time for us to return home, please be mindful of the noon checkout time for your room, but know that the hotel concierge can assist with holding your luggage until your actual departure time. If you forget an item in your room, you can contact the hotel directly or email lostandfound@taps.org and we will make every effort to assist you.

Complimentary airport shuttles are offered to Ronald Reagan Washington National Airport (DCA) from each of the three seminar hotels. Shuttles run every 20 minutes starting at 5:00 a.m.

For an accessible hotel shuttle, please contact the front desk of your assigned hotel or let one of the TAPS airport volunteers know upon your arrival.

Airport shuttles are not available to Dulles Airport. Estimated taxi fare is \$60-\$80 depending on travel time. Washington Flyer is \$45, and reservations are required. No complimentary shuttles are offered to BWI Airport. Estimated taxi fare is \$90. Super Shuttle is \$51, and advance reservations are required.

HOTEL INFORMATION

Crystal Gateway Marriott

1700 Jefferson Davis Highway
Arlington, VA 22202 • (703) 920-3230
Check-in at 4:00 p.m., checkout at 12:00 p.m.
Hotel Parking: \$37 daily

Crystal City Marriott

1999 Jefferson Davis Highway
Arlington, VA 22202 • (703) 413-5500
Check-in at 4:00 p.m., checkout at 12:00 p.m.
Hotel Parking: \$30 daily

Westin Crystal City

1800 Jefferson Davis Highway
Arlington, VA 22202 • (703) 486-1111
Check-in at 3:00 p.m., checkout at 12:00 p.m.
Hotel Parking: \$34 daily

24th Annual T★A★P★S National Military Survivor Seminar

SOCIAL MEDIA INFORMATION

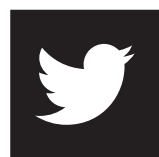
Engage with TAPS on social media and share how you are honoring your hero and spending Memorial Day weekend by using our hashtags:

#GratefulNation

#TAPSFam



facebook.com/TAPSorg



[@TAPSorg](https://twitter.com/TAPSorg)



[@TAPSorg](https://instagram.com/TAPSorg)

Thanks to our friends at Facebook, TAPS is excited to offer the Facebook Profile Picture Frame feature to all supporters! TAPS Honoring Fallen Heroes Facebook Profile Picture Frame is now available to use on your personal Facebook page. You will find the frame pinned on the TAPS Facebook Page Timeline or by going to facebook.com/profilepicframes and selecting TAPS in the dropdown menu under “Causes.” Now you can share with all your friends on your profile picture how we as a nation honor and remember our fallen heroes.

TAPS is also pleased to offer the specially designed TAPS Grateful Nation Snapchat Geofilter while you are located in the area of the hotel. To use this feature, make sure your location services are enabled on your phone.

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Point 27 ★ Redemption Plus ★ Starbucks ★ Subway ★ TMS ★ Trader Joe's ★ UPS ★ USO Metro

Special appreciation is extended to the Fisher House Miles Program.
For more information on how to donate your frequent flyer miles, go to fisherhouse.org/programs/hero-miles.



PAE'S ENDURING SUPPORT EXTENDS TO TAPS COMMITMENT OF MAKING A DIFFERENCE

PAE has a 63-year history of providing enduring support to the U.S. military in some of the world's most challenging locations. Caring for those in uniform, their families and our fallen heroes is a privilege, and PAE is honored to support the 24th Annual National Military Survivor Seminar and Good Grief Camp.

PAE



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Memory Makeover Kit

Your Memories Await

Please enjoy \$100 (up to 4 items) toward the purchase of one Memory Makeover Kit. Honor your loved one in an uplifting and meaningful way.

To Redeem:

1. Visit <https://www.legacyrepublic.com/memorymakeoverkit/landing>
2. Select your preferred Memory Makeover Kit
3. Enter the code **LEGACYTAPS** at checkout. \$100 credit will be applied towards your order
4. You will pay any applicable sales tax and shipping fees

We hope you'll find solace and joy in your Memory Makeover Kit. If you have any questions, please don't hesitate to contact wecare@legacyrepublic.com.

Offer expires September 01, 2018.



THANK YOU

To our friends at TAPS for supporting the families of our nation's fallen heroes.



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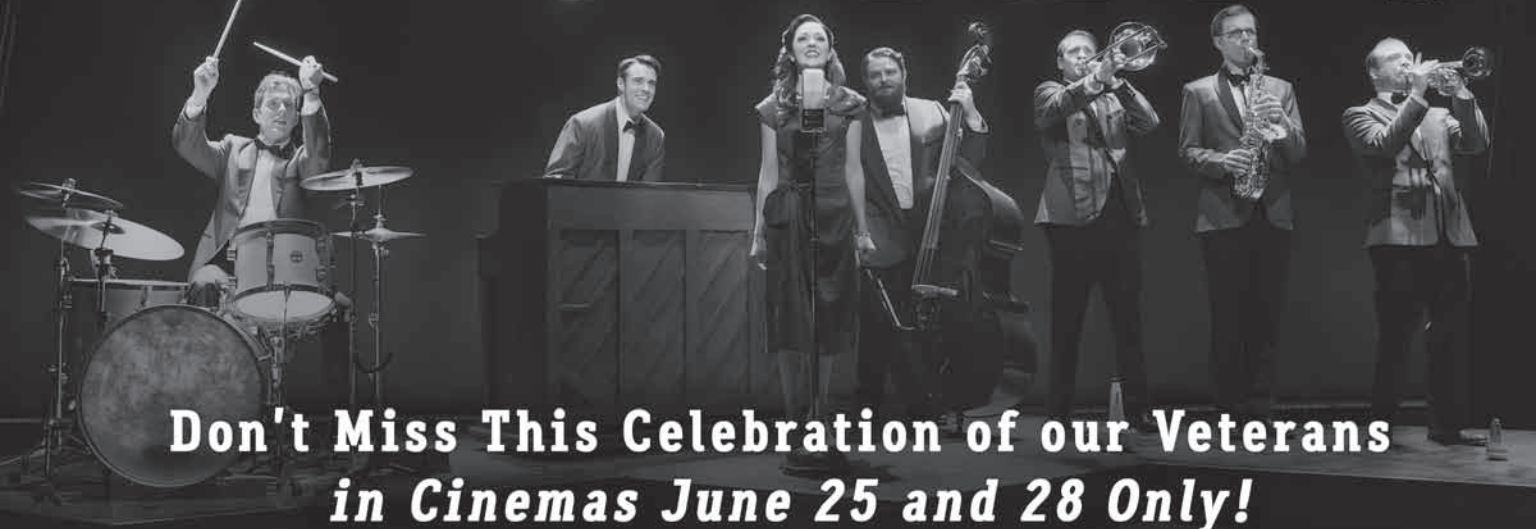
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T★A★P★S®



**Don't Miss This Celebration of our Veterans
in Cinemas June 25 and 28 Only!**

BandstandBroadway.com to find your local showing



Honor:

Dare to reach out into the darkness to pull another hand into the light.

For those who may be new to the TAPS family or new to their grief, we appreciate how difficult coming to the seminar may be for you. We honor that and have built in a variety of support options to help make your time more meaningful. We have worked with leading experts to ensure that our workshops and offerings provide something for everyone, whether small-group offerings with your peers, workshops providing tools for your use, private time with a therapist, or time for quiet and uninterrupted contemplation in our Survivor Care Sanctuary.

In addition, we have set aside some journal pages for your use. We have seen time and again the healing power that can come when we take an active role and set an intention for our time together. Whether it is to not feel alone, to find tools to help when you get home, or to reconnect with the community you have come to know and love, there is great power in setting an intention, taking notes, and having a gentle plan for the seminar. Feel free to plan your roadmap for the weekend on these pages and jot down words of healing and inspiration that you hear throughout our time together. As always, know that we are here for you.





Strength:

TAPS is a lighthouse, a beacon on the darkest days.

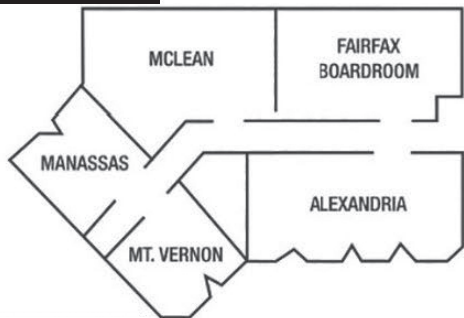
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24th Annual T★A★P★S National Military Survivor Seminar

NAVIGATING YOUR WAY AROUND THE HOTELS

CRYSTAL GATEWAY MARRIOTT

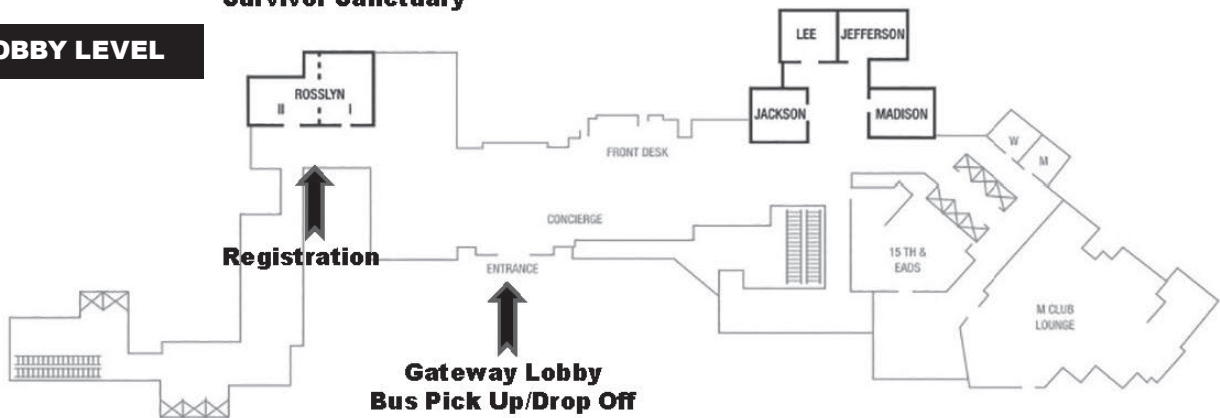
SECOND LEVEL



FIRST LEVEL

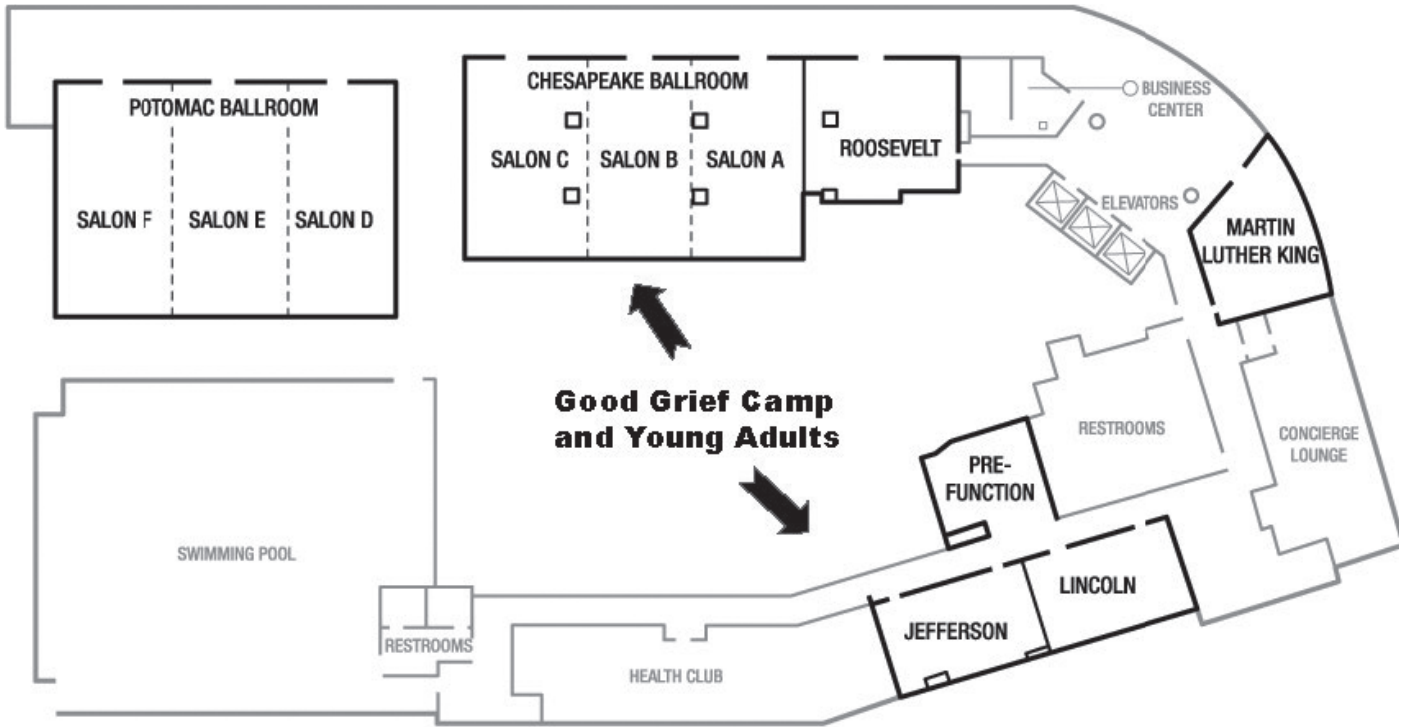


LOBBY LEVEL



SECOND LEVEL

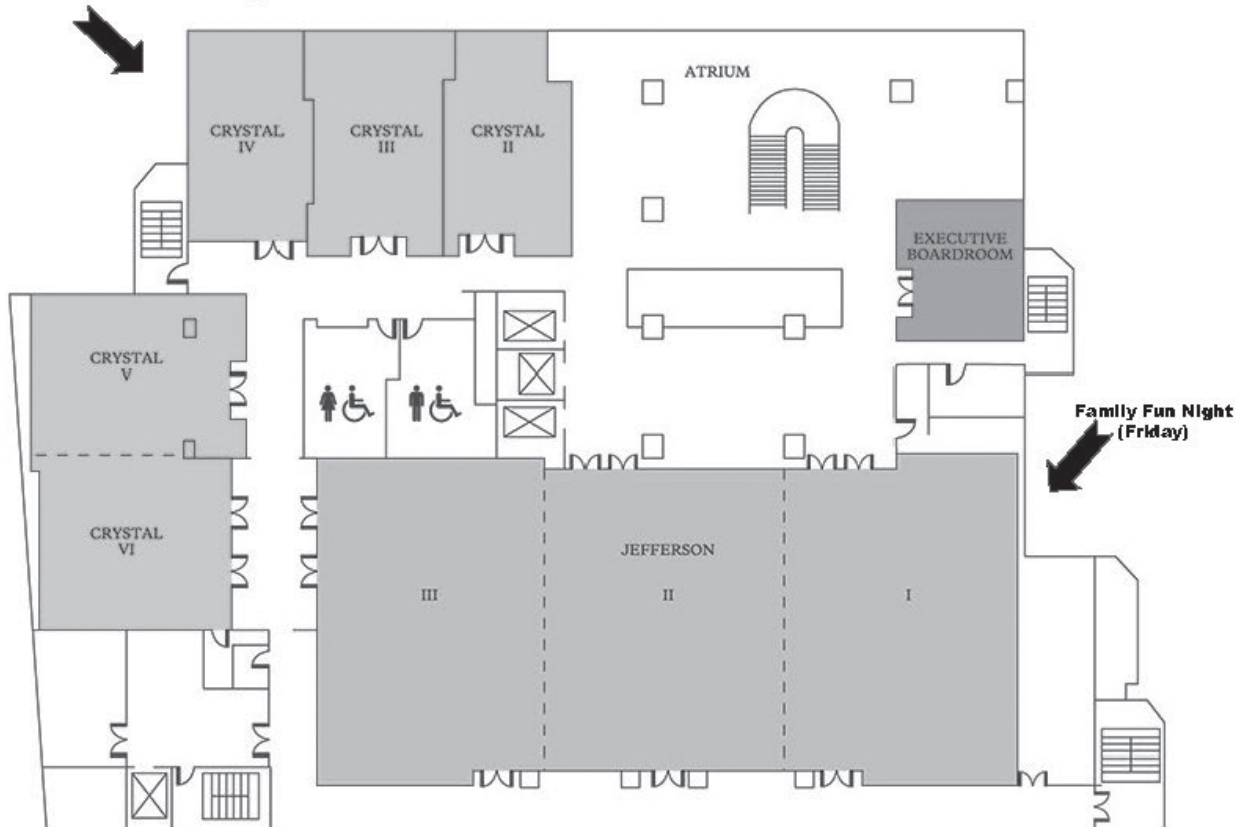
CRYSTAL CITY MARRIOTT



SECOND LEVEL

WESTIN CRYSTAL CITY

Good Grief Camp



Healing:

*I meet a better version of myself
at every event I attend.*



TAPS Helpline 24/7 800-959-8277

