



"We only grieve because we love."

- Bonnie Carroll, TAPS President and Founder



Continuing the Legacy of Love

Special days such as birthdays, anniversaries, and Valentine's Day can feel especially difficult, yet they provide natural opportunities to maintain a bond to our person through intentional acts of connection. Whether a special day or every day, we can reinforce this relationship in healthy ways. Read more in our [special Valentine's Day blog](#).

National Caregivers Day is Friday, February 18

TAPS recognizes the complicated experiences and grief journey for those who were caregivers prior to their loss. The Institute webinar "[Shifting Tides: From Caregiver to Survivor](#)" recognizes the unique challenges of caregivers as they transition to survivors.

To learn more about resources and ways that TAPS supports all those grieving the loss of their loved one to illness through our [Caregiver to Survivor Program](#).



DID YOU KNOW...?

TAPS creates resources on a broad variety of relevant topics to provide tools for survivors and those who support them. Listening to survivors and other partners in care allows us to put resources such as these in the hands of those who need them. Below are two of our newest resources for your awareness.

[How to Tell The Children](#)

A one-page resource offering age-appropriate words that will help even our youngest survivors begin to understand the loss of their loved one.

[From Grief to Growth: Healing After A Suicide Loss Guidebook](#)

A guide to healing after suicide loss written by survivors, for survivors, that will give you a roadmap to guide you on your grief journey.



UPCOMING *in-person* CONNECTIONS

TAPS Young Adults Charleston Experience

April 3 - 8, 2022

Charleston, South Carolina

Applications Close on Monday, February 21

Southeast Regional Military Survivor Seminar and Good Grief Camp

In-Person and Virtual Options Available

February 25 - 27, 2022

Jacksonville, Florida

28th Annual National Military Survivor Seminar and Good Grief Camp

In-Person and Virtual Options Available

May 27 - 30, 2022

Washington, DC

Refer to the [TAPS Event Calendar](#) for information about additional upcoming events.



UPCOMING *Online* CONNECTIONS

Online Groups

by Relationship, Cause of Death & Peer Group

Click on your group below to register.

Monday, February 14
8:00 PM Eastern

**Parents
Parents of Suicide Loss
Spouses, Partners, Fiancés,
& Significant Others**

Wednesday, February 16
9:00 PM Eastern

Men

Monday, February 21
8:00 PM Eastern

**Accident Loss Survivors
Combat Loss Survivors
Illness Loss Survivors
Suicide Loss Survivors**

Wednesday, February 23
4 Times Available

ALL Survivors Welcome

Online Workshops

Wednesday, February 16
8:00 PM Eastern

Young Adults: Let's Talk Grief

TAPS Institute for Hope and Healing®

Tuesday, March 1
2:00 PM Eastern

**How To Talk To Children About
Death And Grief**

Coping Skills Workshops

Thursday, February 24
12:00 PM - 2:00 PM Eastern

Mixed Media Journaling

Thursday, February 24
7:00 PM - 8:30 PM Eastern

**What's My Story?
Challenging Your Grief Narrative**



TAPS is here for you!

[Get Help with Benefits](#) | [Connect to Peer Support](#)
[Find a Grief Counselor](#) | [Join our Online Community](#)

Subscribe to receive the TAPS Daily Reflection with Dr. Alan Wolfelt.
This daily email is subscription-based and will deliver the power of hope and comfort to you.

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