



November is a month to share gratitude, but that may feel hard to do when we are grieving. At TAPS, we are a family forever bonded by the love we have for a precious life that included service in our military. This November, I am grateful for the life and service of my husband, and I'm hopeful you will join me in remembering the love, celebrating the life, and sharing this journey.

A TAPS child shared this simple poem at a Thanksgiving dinner many years ago: "Thank God for the little while." The time we had with those we love would never have been long enough, but we are forever grateful for each one of those precious moments shared together. We are rich beyond measure because our beautiful, extraordinary, amazing loved one was in our life, and for that we will always be blessed.

November is also Children's Grief Awareness Month, a time to show the children in our lives how much they are cared about and loved. We've learned that the most important factor for good health in a grieving child's life is having at least one adult who tells them and shows them that they are loved unconditionally. Let's put that into action and show our children how much we love them and how glad we are to have them in our lives. It will not only change their life, it will change the world.

This month, let's find hope and comfort in the gifts we receive - a warm hug felt, a smile exchanged, a kind word offered, an unexpected message received, an opportunity to reflect, or a moment of insight and inspiration. This is the strength of our TAPS family, to hold each other close, reach out a hand in fellowship, and share our journey together. You are never alone, and this November, we are grateful to count you as part of our family.

Much love,

A handwritten signature in cursive script that reads 'Bonnie'.

Bonnie Carroll
TAPS President and Founder



TAPS 2022 SURVIVOR SEMINARS & GOOD GRIEF CAMPS

We are excited to release our 2022 Seminar and Good Grief Camp Schedule!

In 2022, TAPS will host 5 Regional Military Survivor Seminars and Good Grief Camps at locations throughout the country, along with our annual National Military Survivor Seminar in Arlington, Virginia, and our National Military Suicide Survivor Seminar in Dallas, Texas. We hope to see you at an event in 2022!

Registration is open now for the following:

Northeast Regional Military Survivor Seminar and Good Grief Camp

January 28 - 30, 2022
Hershey, Pennsylvania

Southeast Regional Military Survivor Seminar and Good Grief Camp

February 25 - 27, 2022
Jacksonville, Florida



Young Adults: Let's Talk Grief

Wednesday, November 10
8:00 PM Eastern

TAPS wants our young adults (ages 18-30) to know that you are not alone in your journey. Please join us in our "Let's Talk Grief" chat, a safe space to share, learn, grow, heal, connect and even laugh together. In monthly virtual gatherings, we will explore topics such as: emotional and social expressions of grief, changes in family dynamics, expectations of self and others, challenges of grief, and the journey through it all.

[Learn more and sign up to join us on November 10!](#)

Host a Starbucks Meet and Greet in Your Community

Are you interested in meeting other survivors in your community this fall and winter? TAPS Together can help you organize a meet and greet at your local Starbucks. Powerful experiences, meaningful conversations, and growing in relationships with other military survivors encourage hope and healing. If you are interested in hosting a Starbucks meet and greet, please **[connect with the TAPS Together team.](#)**





Go Team TAPS!

Team TAPS provides a healthy outlet for movement and an opportunity to remember our loved ones while raising awareness for the needs of TAPS families. Join Team TAPS virtually in November and December as we mark TAPS' 27th Anniversary and remember those we love so dearly. Whether you choose to participate in an organized virtual race - run, walk, bike, swim, dance or create your own unique challenge - let's work together to honor the lives of our fallen heroes—and support the mission of TAPS! [Learn more and get started.](#)



Tuesday, November 2: Navigating Conversations Around Grief And The Holidays

NOON - 1:00 PM Eastern

Tuesday, November 16: Helping Grievors Draw Boundaries

NOON - 1:30 PM Eastern



TAPS is here for you!

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

Support and care are available to you 24/7/365.

Call our Helpline at 202. 588.TAPS (8277) and visit us at [TAPS.org](https://www.taps.org)

Follow us on social!

