



From Bonnie Carroll, TAPS President and Founder:

TAPS is our family, a safe space where we honor our loved ones and remember lives lived in selfless service to America. While it is a folded American flag that brought us together, now it is an outstretched hand, a newfound friend, a caring voice on the phone, an encouraging text, or a reunion at a TAPS event that lets us know we are not alone.



November Is National Children's Grief Awareness Month



"Let's stand in solidarity with our children and teenagers grieving the death of an important person in their lives. Grief is a life-long journey for them and walking this road with the adults in their lives is an important part of coping. Recognize that, though they may not always acknowledge it, the children and teens in your life need you to see them, acknowledge their pain, and validate their grief experiences."

~ Andy McNiel, MA - Senior Advisor, TAPS Youth Programs

Throughout November, we will share stories and many resources for those supporting grieving children and teens across our social media channels and our website at taps.org/youthprograms.

**Read Our Latest Blog on
Child Grief Awareness**



This November, **connect with survivors in your local area and online** at TAPS Friendsgiving! Wherever you are, you can embrace other TAPS survivors and lean into this supportive community that encourages your healing - to share a meal or dessert and "break bread" with others who understand.

All **online groups** will be TAPS Friendsgiving Dessert and Coffee Events in November, and there are many **in-person** TAPS Friendsgiving gatherings being offered in communities nationwide.

Find And Register For An Online TAPS Friendsgiving

Find And Register For A TAPS Friendsgiving Event Near You



Team TAPS



As we close out our running season, we would like to thank all our Team TAPS runners who took part in events throughout the country in 2022. Thank you for honoring your loved ones with us with each and every step.

We are grateful to those survivors who shared their running journeys with us, including Shelley Keas who recently ran the Army Ten-Miler with Team TAPS, in honor of her husband, U.S. Army SSG Jeffrey Keas. She shared her running story through **Faces of TAPS**.

Run With Team TAPS in 2023



Bank of America Chicago Marathon

Chicago, Illinois

Sunday - October 8, 2023

Applications Are Now Open

Stay Tuned For More Information On The Following 2023 Team TAPS Events:

- New York City Marathon
- New York City Half Marathon
- Army Ten-Miler
- Marine Corps Marathon/10K/50K



UPCOMING *in-person* CONNECTIONS

We hope to see you at one of our many TAPS Events!



Western Regional Military Survivor Seminar and Good Grief Camp

(In-Person and Virtual Options Available)

Los Angeles, California
November 18 - 20, 2022



Self-Funded TAPS 7-Night Mexican Riviera Cruise

Los Angeles, California
January 20 - 27, 2023



Sedona Women's Empowerment Retreat

Sedona, Arizona
February 8 - 12, 2023
Applications Are Now Open



Self-Funded TAPS 7-Night Women's Empowerment Caribbean Cruise and Color & Flow Retreat

Miami, Florida
April 22 - 29, 2023

TAPS

2023 SEMINAR & EVENTS SCHEDULE

We are excited to share our 2023 Event Calendar with you!

2023 Seminars and Good Grief Camps Schedule

Southeast Regional Military Survivor Seminar and Good Grief Camp

Destin, Florida
February 3 - 5, 2023

Northeast Regional Military Survivor Seminar and Good Grief Camp

Buffalo, New York
August 25 - 27, 2023

Mountain Regional Military Survivor Seminar and Good Grief Camp

Denver, Colorado
March 31 - April 2, 2023

Southern Regional Military Survivor Seminar and Good Grief Camp

San Antonio, Texas
September 15 - 17, 2023

29th Annual National Military Survivor Seminar and Good Grief Camp

Arlington, Virginia
May 25 - 29, 2023
Registration Will Open Soon

15th Annual National Military Suicide Survivor Seminar and Good Grief Camp

Boston, Massachusetts
October 6 - 8, 2023
Registration Will Open Soon

Northwest Regional Military Survivor Seminar and Good Grief Camp

Spokane, Washington
July 7 - 9, 2023

Western Regional Military Survivor Seminar and Good Grief Camp

Long Beach, California
October 27 - 29, 2023

[Learn About Additional 2023 TAPS Events](#)

Additional events will be added to the [TAPS Events Calendar](#) in the coming months and throughout 2023



UPCOMING *Online* CONNECTIONS

Online Groups

By Relationship, Cause of Death & Peer Group

Online Workshops

Learn Together & Have a Shared Experience

Women's Empowerment Online Programming

We are excited to once again offer surviving women many ways to come together and connect online in a safe, supportive, understanding, enriching and healing environment.



INSTITUTE FOR HOPE AND HEALING

At the Institute, practical information on coping with loss is accessible to all who seek current strategies, the most effective tools, and best practices for supporting those who are grieving and those who serve the grieving.

Upcoming Webinars

Grieving Families And The Holidays: Cherished Memories, New Traditions

Wednesday, November 9
12:00 PM Eastern

Loss and Loneliness at the Holidays

Wednesday, November 16
12:00 PM Eastern

Webinar Archives

Missed a webinar?

Visit our **free on-demand library** 24/7 to access recorded TAPS Institute webinars on a variety of topics, including:

Choosing Wellness

Supporting Our Kids, Supporting Ourselves
Finding Your Voice Through Writing

TAPS *is here for you*



TAPS will always be here for you 24/7.
There are so many ways to connect with your peers and professional support - to connect with someone who cares.

TAPS National Military Survivor Helpline
800.959.TAPS (8277)

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.

Follow us on social!

