Dear TAPS Families,

For a quarter of a century, TAPS has warmly welcomed the families of America’s fallen heroes to the National Military Survivor Seminar and Good Grief Camp in Washington, DC over Memorial Day. I know many of you were looking forward to joining us again this year or attending our family gathering for the first time.

This year will look a little different, but we will still provide you with all the resources, love and care your TAPS family has to offer. You are lovingly invited to our Virtual National Military Survivor Seminar and Family Program as an online event available to everyone, at no cost, with all of the resources, care and love we can offer, coming to you in the comfort of your home in a way that will ensure we all stay safe and healthy.

We have an exciting program of informative sessions, engaging care groups, family programming, opportunities to honor our loved ones, and special celebrity appearances.

I’m looking forward to being with you and sharing time together with our TAPS family!

With heartfelt hugs,

Bonnie Carroll
TAPS President and Founder

GETTING CONNECTED TO THE VIRTUAL SEMINAR

Make sure to download the TAPS Events app, which all registrants will receive an email invitation for during the week prior to the seminar. You can also search for TAPS Events in your device’s app store. This mobile app puts advance details about the seminar right in the palm of your hand. You’ll be able to review the schedule, read about the presenters and featured speakers, and learn more about variety of other survivor supports and resources that can help you - wherever you are in your grief journey.

We will email the seminar access link for sessions held on TAPS.org/national closer to the event date. Please be sure to check your email. If you are registering the week of the event and have not received your access link after registering, please email us at seminarregistrations@taps.org.
I extend my greetings to those remotely attending the Tragedy Assistance Program for Survivors’ Virtual National Military Survivor Seminar and Family Program.

Memorial Day is an opportunity for our Nation to pay homage to the remarkable men and women who gave their last full measure of devotion in defense of our liberty and freedom. On this somber day, we must also honor the spouses, family members, and friends of these American heroes and remind them that we will never forget the sacrifices made by them and their loved ones. Although Gold Star families shoulder unimaginable burdens, the strength they exhibit throughout their lives embodies the resolve and courage of the American spirit.

This year’s program may be different than those of previous years, but I send my best wishes for a memorable and productive online gathering. Melania and I hold each of you in our hearts and pray for your continued comfort.

May God bless you and keep you always.
TUESDAY, MAY 19

**Rooted in Hope; Connected in Love**
Tina Barrett and Erin Jacobson  
5:00 p.m. – 5:45 p.m. ET
As we open this week of healing, connection and honor, we begin by exploring ways to remain grounded on our journeys. Join us as we share tools, ways and ideas to be rooted in hope, connected in love and to grow with strength. We encourage you to bring your creative side as we will announce an interactive art project for our TAPS family to participate in. We would love to see you and your creations posted on our Facebook link during the week.

**Goals, Grief & How Things Change**
Renee Monczynski  
6:00 p.m. – 6:45 p.m. ET
Often we find ourselves setting big goals that match our beautiful, broad, imaginative dreams. In this session, we will learn how to set realistic goals, to give ourselves credit for the small wins, to reset after lessons learned, and to achieve those wonderful dreams in realistic expectations.

**Care Groups: Separate Sessions for Siblings/Parents/Spouses, Ex-Spouses, Significant Others and Fiances without Children**
7:00 p.m. – 8:30 p.m. ET (Three Sessions)
Care Groups 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.

**TAPS Tribe for Good Grief Camp**
Military Mentors  
7:00 p.m. – 7:45 p.m. ET
This is an opportunity to connect with other TAPS Military Mentors, to share about relationships formed with mentees, challenges you have had to overcome, your own personal grief stories and for those who have never been a Good Grief Camp Mentor to learn about what that entails. Please come join us, share or just listen.

**Care Groups: Separate Sessions for Siblings/Parents/Spouses, Ex-Spouses, Significant Others and Fiances without Children**
7:00 p.m. – 8:30 p.m. ET (Two Sessions)
Care Groups 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.

WEDNESDAY, MAY 20

**The Uniqueness of Your Grief**
Dr. Kenneth Doka, PhD, MDiv  
5:00 p.m. – 5:45 p.m. ET
Every individual responds to loss in his or her unique way. This session explores the grief process, emphasizing and validating the many possible responses, which may include a range of physical, cognitive, and spiritual reactions. We’ll also review self-help strategies to help you cope with grief more effectively. This session is especially helpful for individuals beginning their grief journey.

**Integration and Inspiration:**
**Women’s Empowerment Program**
Erin Jacobson and Emily Munoz  
6:00 p.m. – 6:45 p.m. ET
In this session, program co-directors will share tools that have resonated most with Women’s Empowerment participants with the aim to educate, inspire, strengthen (and entertain). They believe that healing can be found in unexpected places; that we are in this together, and that, no matter how hurt we are, we can become stronger every day. This workshop is suitable for anyone who is looking for creative ways to cope with stress, identify emotions, and feel better about the way they’re grieving - and living.

**TAPS Tribe for Good Grief Camp**
Military Mentors  
7:00 p.m. – 7:45 p.m. ET
For those survivors who are also military veterans, this group session is where we can come together and feel the camaraderie among other veterans. This group offers an opportunity to share your own story, experiences, and feelings while listening to others who have a similar story. It is a place to recognize the grief that accompanies being a veteran. We served, too.

All sessions other than care groups will be recorded, so if you cannot attend a session, rest assured it will be available at taps.org for you to experience at a later time.
THURSDAY, MAY 21

Grief after a Death from Illness
Bill Hoy
5:00 p.m. – 5:45 p.m. ET

When your loved one is dying from an unforeseen illness, you may find yourself shocked and unprepared as you are thrown into the life of a caregiver. What happens, however, when this battle is over? In this session, we will look at different ways your body responds to the stressors of caregiving and the grief that happens before and after a death. We will also explore how one’s identity may shift as roles change from caregiver to bereaved.

Managing Day-to-Day Finances During the Coronavirus Crisis
Joseph Silva
6:00 p.m. – 6:45 p.m. ET

Joseph Silva, a Marine veteran and financial professional with The Prudential Insurance Company of America, will provide you with the information you need to navigate the financial implications of the Coronavirus and put you at ease during this time of uncertainty. He’ll provide strategies to cut expenses and stay on top of bills.

Care Groups: Separate Sessions for All Loved Ones/Suicide Loss/Illness Loss
7:00 p.m. – 8:30 p.m. ET (Three Sessions)

Care Groups 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.

FRIDAY, MAY 22

Moving Forward with a Broken Heart
Dr. Eileen O’Grady
5:00 p.m. – 5:45 p.m. ET

Explore the five elements of positive psychology and what we know leads to a great life despite getting our hearts broken. It will emphasize strategies to pursue high-level wellness, boundary setting and how self-care is not selfish. This session is designed for survivors and those caring for them who feel ready to begin rebuilding their lives after a loss.

When To Lead and How To Follow in Your Grief Journey
Gabriel Rao and Rachel Hunsell
6:00 p.m. – 6:45 p.m. ET

Discover the mile markers in this unfamiliar landscape that can help you know when to lead and when to follow. Nothing is familiar, your family, your work, even your own thoughts. Which direction should I go? In this often disorienting space called grief, how am I supposed to lead? In this workshop, we will explore what it looks like to lead in the unfamiliar spaces, follow in the familiar, and simply how to be present in the valleys. Come join us as we navigate the unfamiliar and find the new tools to forge a path ahead.

All sessions other than care groups will be recorded, so if you cannot attend a session, rest assured it will be available at taps.org for you to experience at a later time.
Opening Session
11:00 a.m. - 12:15 p.m. ET
Join us for the opening session with TAPS President and Founder Bonnie Carroll, Dr. Alan Wolfelt, General (Ret.) Dempsey and Voices of Service. Including inspirational remarks by Secretary Robert Wilkie and Chairman of the Joint Chiefs of Staff General Mark Milley and his lovely wife Mrs. Hollyanne Milley.

Out from the Shadows, My Healing Journey
Bob Delaney
12:15 p.m. - 1:00 p.m. ET
At the height of the “Godfather” era, Delaney wore a wire and infiltrated the Mob. 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 Dali 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 may cause triggers to your own experiences that may cause reactions for some attendees.

Traumatic Loss: Understanding and Healing
Kim Ruocco and Dr. Carla Stumpf-Patton
1:15 p.m. - 2:00 p.m. ET
This session will focus on various strategies that can be helpful in understanding traumatic loss such as finding an effective grief rhythm that creates a pathway for the grieving process to occur. The presentation will compare the differences between trauma and grief, review various options for treatment and trauma-informed care, and explore the hopeful concept referred to as “Posttraumatic Growth” for healing after a traumatic loss.

A Trauma Healing Diet
Dr. James Gordon
2:00 p.m. - 2:45 p.m. ET
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 session 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.

Special Guest Chef Robert Irvine
2:45 p.m. - 3:00 p.m. ET

Love After Loss
Dr. Justin Yopp and Dr. Denise Rollins
3:00 p.m. - 3:45 p.m. ET
Dr. Yopp and Dr. Rollins will discuss how surviving spouses can find ways to honor their spouse or partner who has died while also choosing to love again.

Finding the Meaning in Your Grief
Dr. Robert Neimeyer and Audri Beugelsdijk
4:00 p.m. - 4:45 p.m. ET
This session talks about hoping to find meaning in the wake of loss and striving to reconstruct a continuing bond with our loved one who is physically absent but psychologically present. Dr. Neimeyer and Audri will discuss how to help us understand how growth can come from grief, despite the emotional challenges that mourning brings. Loss and bereavement are universal, but the way we each respond to the life transitions that grief brings is varied. Some of us may adapt to the loss surprisingly well, others may struggle for a long time or feel unable to return to a normal level of functioning. Dr. Neimeyer will help survivors reconstruct rather than relinquish their relationship with the deceased.

Mental Resilience and the Courage to Be Where You Are
William Wagasy
5:00 p.m. - 5:45 p.m. ET
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.

Wrap-up with Bonnie Carroll and Dr. Frank Campbell with a Musical Performance by Voices of Service
5:45 p.m. - 6:00 p.m. ET

All sessions on Saturday will be recorded, so if you cannot attend a session, rest assured it will be available at taps.org for you to experience at a later time.
All Age-Level Virtual Gatherings for TAPS Kids
11:00 a.m. - 6:00 p.m. ET

As we host our Virtual National Military Survivor Seminar this year, we are happy to provide a welcoming place for TAPS kids! In our virtual gatherings for our TAPS children and teens, we will meet our TAPS community, will have fun while interacting through games and icebreakers, and will explore what virtual Good Grief Camp activities look like during this time. These sessions are designated by age so the children and teens will be sharing among their peer groups and each session is hosted by trained Group Leaders, Mentors and Staff. For our groups ages four to nine, we welcome guardians to join.

4-6 Year Olds
11:00 a.m. - 11:45 am ET
Virtual Access Link will be emailed separately to registered age group survivors.

7-9 Year Olds
11:30 a.m. - 12:15 p.m. ET
Virtual Access Link will be emailed separately to registered age group survivors.

Parenting Panel
Dr. Frank Campbell, Dr. Judy Mathewson, and Susan Carron
12:30 p.m. - 1:15 p.m. ET
This session will provide an opportunity for parents and guardians of grieving children to find answers to their questions on parenting a child through the grief journey, the importance of parental self-care, and how Good Grief Camp promotes healing. During this panel we will share practical ideas for enriching your time together with your child.

10-12 Year Olds
1:30 p.m. - 2:15 p.m. ET
Virtual Access Link will be emailed separately to registered age group survivors.

The Golden Sweater Book Reading
Bonnie Carroll
2:30 p.m. - 2:40 p.m. ET
In connection with the documentary and as a separate initiative, the New York Life Foundation is proud to announce the launch of a new children's book series, Kai's Journey. The first book, The Golden Sweater, tells the story of a young boy named Kai who loses his dad and begins his grief journey.

Family Project - The Legacy of Us
Kimberly Taylor and Renee Monczynski
2:45 p.m. - 3:30 p.m. ET
In this interactive session, we invite you to gather with your family to create a symbolic project that encapsulates our loved one's legacy of service, our strengths as a family, and our hopes for the future. Together as a family we will be building a family shield, creating a family time capsule, and sharing hopes for the family in the coming year.

13-15 Year Olds
3:45 p.m. - 4:30 p.m. ET
Virtual Access Link will be emailed separately to registered age group survivors.

16-18 Year Olds
4:15 p.m. - 5:00 p.m. ET
Virtual Access Link will be emailed separately to registered age group survivors.

Virtual Roundtable: Creating A Game Plan: We’re All In This Together!
NBA/WNBA Players, Coaches, Representatives
5:00 p.m. - 6:00 p.m. ET
Join our partners and good friends from the NBA and WNBA for an informal discussion about community building and social engagement during the time of the coronavirus pandemic. We'll talk about how to create strong family and communities ties during this time and build resistance to overcome future challenges. TAPS Families will also learn about some of the educational, health and wellness and youth basketball virtual activities and resources, via NBACares, NBAjrAtHome and #NBATogether. Attendees will be able to submit questions and everyone should be prepared for some light basketball skills and drills activities throughout the session!

Memorial Day Concert
8:00 p.m. ET
Please enjoy the Memorial Day Concert on PBS.

All sessions other than care groups will be recorded, so if you cannot attend a session, rest assured it will be available at taps.org for you to experience at a later time.
National Memorial Day Parade
2:00 p.m. - 4:00 p.m. ET on all major networks

“Who is Memorial Day for? It’s for all of us. It’s for all Americans to remember we enjoy our many freedoms because of a brave few who dedicated their lives to this country and who died much too soon from wounds seen and unseen.”

~ Bonnie Carroll