

TAPS®



**31ST ANNUAL NATIONAL MILITARY
SURVIVOR SEMINAR AND GOOD GRIEF CAMP**

MEMORIAL DAY WEEKEND ★ MAY 22–26, 2025

Arlington, Virginia ★ Crystal Gateway Marriott

#HonorThem

REMEMBER THE *Love* ★ CELEBRATE THE *Life* ★ SHARE THE *Journey*



Welcome

Dear TAPS Family,

Welcome to the TAPS 31st Annual National Military Survivor Seminar and Good Grief Camp!

This weekend — held during our nation's time of honor and remembrance — is a testament to love that endures, service that inspires, and a community that holds one another with tenderness and strength. We are honored that you have chosen to spend this Memorial Day weekend with us, surrounded by those who truly understand the depth of your loss and the power of your love.

Whether this is your first time with TAPS or you've returned year after year, know that you are part of a family that embraces you exactly where you are. Here, we gather not as strangers defined by loss, but as kindred spirits bound by love, courage, and the legacy of those we carry in our hearts.

This year, we are all together — every survivor, every child, every family member — united not by how our loved ones died, but by how they lived, and by the immeasurable impact they had on this world. In this space, there is only shared understanding and profound compassion.

Over the coming days, you'll find moments of quiet reflection and joyful celebration. You'll hear your loved one's name spoken with reverence. You'll meet others whose hearts recognize your pain. You'll laugh, you may cry, and you will be reminded — again and again — that you are not alone.

Here at TAPS, this is your home away from home. A place where grief is met with compassion, where healing is nurtured, and where stories are honored. Whatever you need this weekend — a warm hug, a listening ear, a moment of peace — we are here for you. Always.

We are so grateful to walk beside you, and so deeply honored to have you here. This is more than a seminar. It's a homecoming. It's a family reunion. It's a sanctuary where love lives on.

With all my love,

Bonnie Carroll

Bonnie Carroll
TAPS President and Founder



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.

We're here for you!

TAPS 24/7 HELPLINE ★ 202.588.8277 (TAPS)

TAPS PRESIDENT AND FOUNDER

Bonnie Carroll established the Tragedy Assistance Program for Survivors (TAPS) in 1994, creating a vital support network for those mourning the loss of a military loved one. Motivated by the tragic death of her husband, BG Tom Carroll, in a 1992 Army plane crash, along with seven other soldiers, Bonnie transformed her personal loss into a purposeful mission. Today, TAPS stands as the leading national organization dedicated to offering compassionate care to those grieving the death of a hero who served their country selflessly.

Since its inception, TAPS has extended its care to hundreds of thousands of bereaved family members, providing a robust network of peer-based emotional support, around-the clock assistance through a 24/7 helpline, and connections to community-based care nationwide. The organization also offers comprehensive casework assistance, helping families navigate the complexities of available resources and benefits.

In addition to founding and serving as the President of TAPS, Bonnie has also held appointments in the government, including White House Liaison to the Department of Veterans Affairs (VA) under President George W. Bush; Executive Assistant to the President for Cabinet Affairs under President Reagan; and in Baghdad, Iraq, as the Deputy Senior Advisor for Programs in the Ministry of Communications. During her earlier career in Washington, D.C., Bonnie lived and worked on Capitol Hill as a political consultant on Presidential and Congressional campaigns and consultant on national defense issues. Today Bonnie also serves as Senior Advisor to TAPS Ukraine, the sister organization she co-founded following the 2014 Russian invasion, headquartered on the front lines of Ukraine's fight for freedom.

Bonnie retired as a major in the Air Force Reserve, where her career included service as Chief, Casualty Operations, HQ USAF and within the Pentagon's War Plans and

Mobilization Office following 9/11. Prior to joining the reserves, Maj Carroll served 16 years in the Air National Guard as a Transportation Officer, Logistics Officer, and Executive Officer.

Bonnie has also served on the Defense Health Board; VA Advisory Committee on Families, Caregivers and Survivors; Board of Directors of the Association of Death Education and Counseling; the Department of Defense Military Family Readiness Council; the VA Advisory Committee on Disability Compensation; the Board of the Iraq and Afghanistan Veterans of America; and she served as co-chair of the Department of Defense Task Force on the Prevention of Suicide by Members of the Armed Forces. She is co-author of *Healing Your Grieving Heart After a Military Death*, and she has published numerous articles on grief and trauma following a military death. She has appeared on CNN, FOX, PBS, BBC, NBC's *The Today Show*, and other national programs speaking about military loss.

In addition to receiving the 2015 Presidential Medal of Freedom from President Barack Obama, Bonnie was featured in *People* magazine as a Hero Among Us; was named a recipient of the Community Heroes Award by the Military Officers Association of America; has been recognized by the Defense Department with the Office of the Secretary of Defense Medal for Exceptional Public Service; and has received the Army's Outstanding Civilian Service Medal and the Navy's Distinguished Public Service Award.

Bonnie holds a degree in public administration and political science from American University and has completed Harvard University John F. Kennedy School of Government's Executive Leadership Program on International Conflict Resolution. She is a graduate of several military service schools, including the U.S. Air Force Logistics Officer Course, Squadron Officers School, Defense Equal Opportunity Management Institute, Academy of Military Science and U.S. Air Force Basic Training (Honor Graduate).

SPECIAL PERFORMANCES BY

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ THE U.S. ARMY BAND DOWNRANGE ★ ★ ★ ★ ★ ★ ★ ★ ★ ★



THE U.S. ARMY BAND DOWNRANGE:

Downrange supports the men and women of the armed services through popular music while reaching all audiences, young and old, with their continuously up-to-date repertoire of rock, pop, country, R&B, and inspirational signature patriotic arrangements that are popular with all listeners.

** Special preformance for Good Grief Camp on Saturday*

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ THE U.S. MARINE DRUM AND BUGLE CORPS ★ ★ ★ ★ ★ ★ ★ ★ ★ ★



THE U.S. MARINE DRUM AND BUGLE CORPS:

The United States Marine Drum and Bugle Corps, "The Commandant's Own," provides music and drill ceremony to the Commandant of the Marine Corps and the commanding officer of Marine Barracks Washington, D.C. Founded in 1934 as an augmentation to the United States Marine Band, "The Commandant's Own" is the only active-duty drum and bugle corps currently serving in our armed forces.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ GOLD STAR MENTORS ★ ★ ★ ★ ★ ★ ★ ★ ★ ★



Caring for the Families of America's Fallen Heroes Since 1994

SPECIAL GUESTS



HONORABLE DOUG COLLINS
Secretary of Veterans Affairs

The Honorable Douglas A. Collins was sworn in as the 12th secretary of Veterans Affairs on Feb. 5, 2025, following his nomination by President Donald J. Trump. A native of Gainesville, Georgia, Mr. Collins saw public service modeled by his father, a Georgia State Trooper, and mother, who provided care to local senior citizens. He earned a degree in political science and criminal justice from the University of North Georgia. Secretary Collins earned his master's degree in divinity from New Orleans Baptist Theological Seminary, and his community roots deepened in the 11 years he pastored Chicopee Baptist Church. In 2006, the people of Georgia's 27th State House District elected Mr. Collins to represent them. During his first term in the state legislature, Collins graduated from Atlanta's John Marshall Law School and established his own legal practice. As a U.S. Air Force Reserve chaplain, Mr. Collins has ministered to our country's military since 2002. He completed a 2008-2009 deployment to Iraq while stationed at Balad Air Base. He remains a colonel in the Air Force Reserve. Secretary Collins served as a U.S. representative for Georgia's 9th Congressional District from 2013-2021. While he is a public servant, attorney, and practicing military chaplain, he remains foremost a husband to Lisa and father to daughter Jordan and sons Copelan and Cameron. Lisa was a lifelong educator in Georgia's public schools, and together she and Doug are actively involved at Lakewood Baptist Church.



GENERAL MICHAEL GUETLEIN
Vice Chief of Space Operations

Gen. Michael A. Guetlein is the Vice Chief of Space Operations, United States Space Force. As Vice Chief, he is responsible for assisting the Chief of Space Operations in organizing, training and equipping space forces in the United States and overseas, integrating space policy and guidance, and coordinating space-related activities for the U.S. Space Force and the Department of the Air Force. The U.S. Space Force organizes, trains, equips and maintains mission-ready space forces that provide missile warning, space domain awareness, positioning, navigation and timing, communications and space electronic warfare for North American Aerospace Defense Command, U.S. Strategic Command, U.S. Space Command and other combatant commands. Gen. Guetlein was commissioned through the ROTC program at Oklahoma State University in 1991. His acquisition experience spans air and space capabilities and systems across special operations, global power projection, missile warning and detection, and counterspace mission areas. The general has commanded and led at the flight, squadron, division, directorate, Program Executive Officer and Field Command levels. Notable assignments include serving as the Commander, Space Systems Command; Deputy Director of the National Reconnaissance Office and Commander of the Air and Space Force Element; Program Executive for Programs and Integration at the Missile Defense Agency; Director of Remote Sensing Systems; Commander of the Rapid Reaction Squadron; the Military Assistant to the Assistant Secretary of the Air Force for Acquisition; and a Secretary of Defense Corporate Fellow.



SPECIAL GUESTS



CHEF ROBERT IRVINE
TAPS Honorary Board of Directors

Robert Irvine is a 16-year Navy veteran, world-class chef, fitness authority, and philanthropist. He seeks to inspire people to live better through all his endeavors. A tireless supporter of our veterans, he gives back to those who defend our freedoms. Robert pioneered a new genre of programming for Food Network with his extreme cooking challenge show, *Dinner: Impossible*, which ran for seven seasons and over 100 episodes. He parlayed that success into the even more popular *Restaurant: Impossible*, which ran for 13 seasons and 160 episodes. Robert didn't just renovate restaurants and retrain staff in record time, he counseled owners through personal problems that were destroying their businesses. At its peak, 1.2 million viewers tuned in on a weekly basis. Robert has also hosted or appeared on Food Network's *Worst Cooks in America*, *Next Iron Chef*, *Restaurant Express*, *Chopped: Impossible*, *Guy's Grocery Games: Impossible*, *A Hero's Welcome*, *Food Network Star*, ABC's *Body of Proof*, ABC Family's *Melissa and Joey*, among others.



BRIANNA KEILAR
CNN News Central

Brianna Keilar is co-anchor of CNN News Central, airing weekdays from 1-4 p.m. ET from CNN's Washington, D.C. bureau. She previously anchored *New Day* and *CNN Right Now*, and is the author of *Home Front*, a column focused on military families that aims to bridge the military-civilian divide. Throughout her career, Keilar has brought critical national issues to the forefront—from expanded coverage of the COVID-19 pandemic to holding government officials accountable through her "Roll the Tape" segments. She has reported extensively on major political events, serving as CNN's senior Washington correspondent and lead reporter covering Hillary Clinton's 2016 campaign, as well as a senior White House correspondent during the Obama administration. Keilar has received several prestigious awards, including the Aldo Beckman Memorial Award from the White House Correspondents' Association and the Everett McKinley Dirksen Award for Distinguished Reporting of Congress.

Her work also contributed to CNN's Emmy Award-winning 2012 election night coverage. Before joining CNN in 2006, she held anchor and reporter roles with CBS and mtvU, and earlier began her journalism career in Yakima, Washington. A graduate of the University of California, Berkeley, Keilar earned degrees in mass communications and psychology, graduating Phi Beta Kappa. Brianna is a passionate advocate for military families and brings both personal insight and journalistic expertise to stories that matter to those who serve—and those who grieve.



ADMIRAL KEVIN LUNDAY
*Acting Commandant,
U.S. Coast Guard*

Admiral Kevin Lunday serves as the Acting Commandant of the United States Coast Guard, leading 56,000 active duty, reserve, civilian, and auxiliary personnel in safeguarding America's maritime interests. A key member of the Department of Homeland Security and the Joint Force, he oversees efforts to secure U.S. maritime borders, critical infrastructure, and strategic sea lanes, while leading lifesaving missions, environmental protection, and maritime law enforcement operations worldwide. Admiral Lunday previously served as the 34th Vice Commandant and Commander of Coast Guard Atlantic Area, where he led operations across the eastern U.S., Atlantic Ocean, and Arctic. His leadership extended globally during his tenure as Commander of the Fourteenth District, overseeing operations throughout Oceania—including Hawai'i, Guam, and the Commonwealth of the Northern Mariana Islands—with responsibilities in Japan and Singapore. With deep expertise in cybersecurity, Admiral Lunday commanded U.S. Coast Guard Cyber Command and served as Director of Exercises and Training at U.S. Cyber Command, strengthening national cyber defense capabilities and training the Department of Defense's Cyber Mission Force. A career national security attorney and judge advocate, Admiral Lunday earned a Bachelor of Science in Marine Engineering from the U.S. Coast Guard Academy, a Juris Doctor with high honors from George Washington University Law School, and a Master of Science in National Security Strategy from the National War College. Throughout his 38-year career, he has remained steadfast in the Coast Guard's core mission: *Semper Paratus—Always Ready*.

Caring for the Families of America's Fallen Heroes Since 1994

SPECIAL GUESTS



GENERAL JAMES J. MINGUS
Vice Chief of Staff of the Army

General James Mingus enlisted in the Iowa National Guard in 1981 and earned his commission through ROTC at Winona State University. In 1987, he entered Active Duty as an Infantry Officer, beginning a distinguished career of service and leadership. He served in Germany with the 3rd Infantry Division and later commanded units in the 82nd Airborne Division, including B Company and the Division's Long Range Surveillance Detachment. At Fort Bragg, he led the XVIII Airborne Corps' Long Range Surveillance Company before teaching at the University of Tennessee as an assistant professor of military science. In 2000, he joined the 1st Battalion, 75th Ranger Regiment, and held operational leadership roles with Joint Special Operations Command. He later commanded the 4th Ranger Training Battalion and Regimental Special Troops of the 75th Ranger Regiment. After attending the Army War College, he led the 4th Brigade Combat Team, 4th Infantry Division, and held senior positions at U.S. Central Command. He returned to Fort Carson as Deputy Commanding General and later directed the Mission Command Center of Excellence. In 2018, he took command of the 82nd Airborne Division and in 2020 transitioned to the Pentagon as Director for Operations (J3) and later Director of the Joint Staff. General Mingus is a devoted husband to Amy Hedgepeth and father to Nathan, Zoe, and Luke. His career reflects a lifelong dedication to service, leadership, and family.



ROBERT PATRICK
Actor

Robert Patrick has worked with the top actors and directors in his field for the last 20 years. His breakthrough role came as the legendary T-1000 in *Terminator 2*. He was the first actor in the history of motion capture and since then, he has worked on iconic films and television shows, including *Die Hard 2*, *Wayne's World*, *Last Action Hero*, *Fire in the Sky*, *Cop Land*, *The Faculty*, *Walk the Line*, *Bridge to Terabithia*, *Spy Kids*, *Flags of Our Fathers*, *The Sopranos*, *The Outer Limits*, *Elvis*, *The Unit*, *The X-Files*, *Sons of Anarchy*, and *True Blood*. He starred as Agent Cabe Gallow in *Scorpion* for CBS for four seasons and most recently was seen in *The Laundromat*, *Perry Mason* and co-stars in *Peacemaker*. Look for him in season three of *Tulsa King*. Patrick is a lifelong supporter of the military and the USO. The grandson of an Army veteran, who served during World Wars I and II and the Korean War, Patrick grew up with a profound respect for troops. He regularly goes on USO hospital visits and has participated in four USO tours to seven countries since 2008, visiting more than 8,100 service members and military families. As a longtime motorcycle enthusiast and Booze fighter, Patrick served for years as an Honorary Grand Marshall for the famed Love Ride which benefited veterans. He became the proud co-owner of Harley-Davidson of Santa Clarita.



SPECIAL GUEST

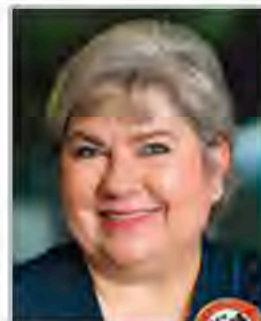


PAWS FOR SURVIVORS: Our TAPS certified therapy dogs can be found on the first level located in the Rosslyn Foyer Friday - Sunday. We encourage you to visit with our comfort dogs as they are here for you to pet and love. The official TAPS therapy dogs will be distinguishable by the "I Love TAPS" buttons worn by their handlers.

All other animals onsite should be for service only and we would request that you refrain from petting or interrupting service animals at work or at rest. Under the ADA, a service animal is defined as an animal that has been individually trained to do work or perform tasks for an individual with a disability. If you are attending TAPS with your service animal, please do not allow anyone to interact with them.

LOCATION: Rosslyn Foyer

SESSION PRESENTERS



AUDRI BEUGELSDIJK, M.S.
TAPS Vice President, Development

Audri Beugelsdijk, M.S., is the TAPS Vice President of Development, leading strategic fundraising efforts to secure resources and support for military families of fallen heroes. With her educational background in psychology, specialized training in bereavement, and 10 years leading TAPS Survivor Services, Audri brings expertise in addressing the needs of bereaved military survivors. A Navy veteran and widow of CTRSN Jason Springer, U.S. Navy, Audri's commitment to TAPS is both personal and professional. She has dedicated her life to advocating for military families, creating networks of care for those navigating grief and loss, and treating others with love and compassionate curiosity.

SESSIONS: *Coping When Memories Hurt* – Saturday, 3:00 p.m. - 4:15 p.m. | *Creating Meaning After Loss* – Sunday, 9:15 a.m. - 10:30 a.m.



BONNIE CARROLL
TAPS President and Founder

Bonnie Carroll is a recipient of the Presidential Medal of Freedom, a retired U.S. Air Force Reserve Officer, the surviving spouse of Brigadier General Tom Carroll, a former staffer in the Reagan and Bush White Houses, and the President and Founder of the Tragedy Assistance Program for Survivors, the leading national military service organization providing comfort, care, and resources to all those grieving the death of a military loved one. Ms. Carroll founded TAPS following the death of her husband in an Army C-12 plane crash Nov. 12, 1992.

SESSIONS: *God Winks* – Sunday, 1:30 p.m. - 2:45 p.m. | *God Winks (Repeat Session)* – Sunday, 3:00 p.m. - 4:15 p.m.

SESSION PRESENTERS



CHERIE CASTELLANO, M.A.
CSW, LPC, AAETS,
TAPS Vice President, Survivor
Services

Cherie Castellano, M.A., CSW, LPC, AAETS, is a nationally recognized expert in peer support and crisis intervention with over 25 years of experience. Before joining TAPS, she led the National Center for Peer Support at Rutgers University and developed the Reciprocal Peer Support Model, endorsed by the APA and DoD. As a Senior Research Fellow at Duke and UNC, she helped create the TAPS Bereavement Survivor-Informed Peer Support Model. A leader in trauma-informed care, she champions resilience for military and veteran survivors. A law enforcement spouse and mother of two, Cherie values family and service as her greatest achievements.

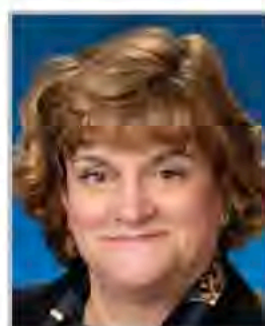
SESSIONS: *Peer Mentor Training, Part One – Friday, 12:30 p.m. - 4:30 p.m. | Peer Mentor Training, Part Two – Saturday, 9:15 a.m. - 10:30 a.m. | Meaning Making & Connection: Understanding Peer Support – Sunday, 1:30 p.m. - 2:45 p.m.*



BOB DELANEY
TAPS Advisory Board

Bob Delaney is an NBA Cares Ambassador, TAPS Board of Advisors member, and SEC Special Advisor for Officiating Development. A former NBA referee and Vice President of Referee Operations, he's also a decorated New Jersey State Trooper. His post-traumatic stress journey, stemming from undercover work with the mafia, drives his advocacy for mental health awareness. He visits military troops worldwide, has authored books on PTSD, and received numerous honors, including the Army's Outstanding Civilian Service Medal (twice). Delaney holds a B.S. in criminology, an M.A. in leadership, and is a Harvard Global Mental Health Trauma Recovery alumnus.

SESSIONS: *Healing Invisible Wounds – Resilience, Self-Care, Trauma Awareness – Saturday, 9:15 a.m. - 10:30 a.m. | Self-Care Does Not Mean Selfish – Creating a Healthier and Balanced YOU – Saturday, 10:45 a.m. - 12:00 p.m.*



ANN H. DUFF,
REAR ADMIRAL (RET.)
Director, VA Office of
Survivor Assistance

Ms. Duff is the Director of the VA's Office of Survivors Assistance. She is a graduate of the University of Maine and Western Governor's University where she earned degrees in political science and instructional systems design. A self-proclaimed Army brat, Ann is a retired Rear Admiral, who served for over 35 years in both the U.S. Air Force and the U.S. Navy. She is a certified Strategic Human Resources Professional and has completed certificate programs in business, planning, strategic HR management, strategic communications, and national and international security from Naval War College, Cornell University, Harvard University, and the University of Virginia.

SESSION: *VA/DOD Survivors Discussion – Saturday, 3:00 p.m. - 4:15 p.m.*



DR. PAMELA GABBAY
TAPS Advisory Board

Dr. Pamela Gabbay is a nationally recognized author, trainer, and expert in grief support with nearly 30 years of experience working with bereaved children, teens, and adults. Born on an Army post in Germany, she comes from a proud military family. Pamela is a national trainer for the American Foundation for Suicide Prevention and co-author of *Understanding and Supporting Bereaved Children*. She has held leadership roles with The Compassionate Friends, Mourning Star Center, and Camp Erin – Palm Springs. She holds a doctorate in organizational leadership, a master's in cognitive psychology, and a Fellow in Thanatology (FT) from ADEC.

SESSIONS: *Parenting While Grieving – Saturday, 9:15 p.m. - 10:30 p.m. | Caring for Grieving Children Ages 0-18 – Sunday, 10:45 a.m. - 12:00 p.m.*

SESSION PRESENTERS



**ROBIN F. GOODMAN,
PH.D., ATR-BC
TAPS Advisory Board**

Dr. Goodman is a psychologist and art therapist specializing in trauma, medical illness, and grief. She is Associate Director of Public Education and Bereavement for Child HELP Partnership, lead child life and behavioral health programs at Mt. Sinai and NYU Medical Center, directed bereavement at A Caring Hand, co-directed the NYU Child Study Center 9/11 Child and Family Recovery Program, and consulted to the Department of Defense. Education and intervention efforts include developing Caring for Kids After Trauma and Death and Making Connections, a grief group curriculum. Books include: *Childhood Revealed*, *The Day Our World Changed: Children's Art of 9/11*, *Ready to Remember*, and *Rosie Remembers*.

SESSIONS: *What to Expect When Your Child Is Grieving* – Friday, 3:00 p.m. - 4:15 p.m. | *Parenting the Resilient Grieving Child* – Saturday, 1:30 p.m. - 2:45 p.m.



**ASHLYNNE HAYCOCK-LOHMANN
Director, TAPS Government and
Legislative Affairs**

Ashlynn is the Director of TAPS Government and Legislative Affairs. She is the surviving daughter of SFC Jeffrey J. Haycock, who died in an Army training accident, and Nichole C. Haycock, an Air Force veteran who died by suicide. Ashlynn holds a bachelor's in political science from American University and has been deeply involved with TAPS, attending and mentoring at the Good Grief Camp. She advocates for surviving families and previously served on the Department of Veterans Affairs Advisory Committee on Education and as a Negotiated Rulemaker for the Department of Education.

SESSIONS: *TAPS Capitol Hill Town Hall Meeting* – Friday, 1:30 p.m. - 2:45 p.m. | *Survivor Policy & Legislation Updates* – Saturday, 1:30 p.m. - 2:45 p.m. | *Using Your Voice for Change* – Sunday, 1:30 p.m. - 2:45 p.m.



**SAMMI HESTER
Manager, TAPS Young Adults Program**

Sammi is the manager of the TAPS Young Adults Program, supporting survivors ages 18-30 as they navigate loss and young adulthood. Drawing from her own experiences as a mother, sibling survivor, and trauma survivor, she offers compassionate support to others. Sammi has completed specialized training through LivingWorks and the Arizona Trauma Institute. She holds a bachelor's in education from the University of Georgia and has completed master's coursework in educational leadership at Nova Southeastern University. Sammi honors the legacies of her late spouse, SFC Richard "Sam" Hester, and her uncle, CPL Samuel "Sammie" Bulloch.

SESSIONS: *Young Adults Gathering* – Thursday, 8:45 p.m. - 9:45 p.m. | *Grief, Trauma and Day-to-Day Challenges for Young Adults* – Sunday, 10:45 a.m. - 12:00 p.m. | *Family Dynamics: The Impacts of Loss on Our Family* – Sunday, 9:15 a.m. - 10:30 a.m. | *Self-Care as a Young Adult – Who Has the Time?* – Sunday, 10:45 a.m. - 12:00 p.m.



**RACHEL HUNSELL
Manager, TAPS Outdoor Programs**

Rachel has a background in outdoor engagement, experiential program development, and public speaking. As TAPS Outdoor Programs Manager, she fosters emotionally brave spaces that connect survivors to nature's healing power. A survivor herself, she honors her brother, Marine LCpl J. Kyle Price, by helping others navigate the highs and lows of grief. With a deep love for the military community, she fosters peer connection and awe-inspiring experiences that support healing. Rachel holds a B.S. in mass communication from Southeast Missouri State University and is pursuing a master's in recreation therapy at Southern Illinois University – Carbondale.

SESSIONS: *Stories We Tell Ourselves: Reconstructing Our Grief Narrative* – Saturday, 1:30 p.m. - 2:45 p.m. | *Nature's Path to Healing: Discovering Connection* – Sunday, 10:45 a.m. - 12:00 p.m.

SESSION PRESENTERS



RAYANNE HUNTER
TAPS Advisory Board

Rayanne is an Equine Facilitated Learning practitioner, Mind-Body coach, and yoga instructor specializing in grief, anxiety, and post-traumatic stress. As a military family member, veteran, and surviving spouse of SSG Wesley Hunter, Rayanne is passionate about military and Gold Star families. Drawing from her diverse training and personal experiences, her holistic approach incorporates yoga, meditation, reiki, women's circles, shamanism, mind-body nutrition and equine work as she assists individuals in their healing journey. Rayanne has led workshops and held various roles with TAPS since 2010. She and her two children live on their family ranch in Rye, Colorado.

SESSIONS: *Chair Yoga – Friday, 7:00 p.m. - 9:00 p.m. | Chair Yoga and Wellness for Beginners – Saturday, 3:00 p.m. - 4:15 p.m. | Chair Yoga and Wellness for Beginners (Repeat Session) – Sunday, 9:15 a.m. - 10:30 p.m.*



ERIN JACOBSON
Director, TAPS Adult Programs and Outdoor Programs

Erin serves as the Director of Adult Programs for TAPS. Within the past decade, Erin has built transformative programming within the retreat and seminar programs with an emphasis in women's empowerment, art, mindfulness, and nature-based healing. At the heart of her workshops and programs is the desire to create spaces where survivors can feel safe to explore the difficult questions surrounding identity and purpose after loss. Erin resides in the Pacific Northwest and is the surviving partner of Army Ranger Corporal Jason Kessler. Along with a degree in counseling, her educational background includes nonprofit leadership, religious studies, and art history.

SESSIONS: *Women's Empowerment: Selfhood After Loss – Saturday, 10:45 a.m. - 12:00 p.m. | Tools for Transformation – Sunday, 9:15 a.m. - 10:30 a.m.*



ANDY MCNIEL
Senior Advisor, TAPS Youth Programs

Andy is the Senior Advisor of Youth Programs at TAPS and an expert on grief, bereavement, and end-of-life topics. He co-founded The Satori Group, LLC, a national consulting firm focused on grief and loss. Andy is the former CEO of The National Alliance for Grieving Children and Executive Director of The Amelia Center at Children's of Alabama. He also served as Director of Counseling Services at Hospice of Martin and St. Lucie. A trainer for the American Foundation for Suicide Prevention, Andy co-authored *Understanding and Supporting Bereaved Children: A Practical Guide for Professionals*.

SESSIONS: *Managing Grief, Regret, and Difficult Emotions – Friday, 1:30 p.m. - 2:45 p.m. | Parents and Caregivers of Good Grief Camp – Moving Forward as a Family – Sunday, 3:00 p.m. - 4:15 p.m.*



EMILY MUÑOZ
Director, TAPS Program Innovation

Emily is the Director of Program Innovation at TAPS. Emily brings fresh concepts to the Survivor Care Team to keep programming and services on the leading edge for the survivor community. Emily works closely with each Survivor Care Team program lead and supports the Programs Committee, facilitating activities that offer a healthy and active healing path for survivors. Emily first came to TAPS in 2005 following the death of her husband, Captain Gilbert Muñoz, U.S. Army.

SESSIONS: *Grief Maneuvers – Friday, 1:30 p.m. - 2:45 p.m. | Women's Empowerment: Selfhood After Loss – Saturday, 10:45 a.m. - 12:00 p.m.*

SESSION PRESENTERS



MEGAN PARMENTER, PH.D.
*Psychologist, Home Base Veteran
and Family Care*

Meg Parmenter, Ph.D. is a clinical psychologist at Home Base, where she also completed her postdoctoral fellowship. She earned her doctoral degree from Adelphi University and completed pre-doctoral training at VA Connecticut and Northport VAMC. Dr. Parmenter is dedicated to providing mental health services to military service members, veterans, and their loved ones. She is trained in the delivery of evidence-based approaches, including Prolonged Exposure, Cognitive Processing Therapy, Prolonged Grief Disorder Therapy, and the Unified Protocol. Dr. Parmenter values the therapeutic relationship and studies factors that support recovery, such as sleep. She feels fortunate to have worked as an individual and group therapist during Home Base's Families of the Fallen ICP since 2022.

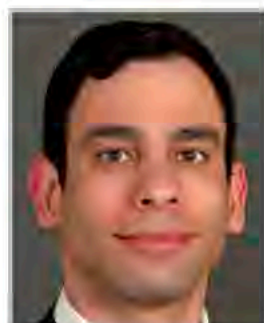
SESSION: *Suicide-Related Grief and Trauma: Home Base Program Briefing and Skills Overview – Friday, 3:00 p.m. - 4:15 p.m.*



DR. DENISE ROLLINS
TAPS Advisory Board

Dr. Rollins is dedicated to helping others Live Intentionally, Fearlessly, and Expectantly (L.I.F.E.). As a coach and consultant, she empowers individuals and organizations to maximize their potential. After experiencing the tragic losses of her mother, son, aunt, and husband, she left a 25-year corporate career to follow her passion — helping others master life's challenges. A dynamic speaker and writer, Dr. Rollins inspires audiences to think, feel, and act. She is committed to guiding people through grief and life's transitions, helping them not only survive challenges but also thrive by embracing opportunities with purpose and resilience.

SESSIONS: *First Aid for the Grieving Heart – Friday, 3:00 p.m. - 4:15 p.m. | Coaching Yourself Through Grief – Saturday, 9:15 a.m. - 10:30 a.m.*



ALEXANDER SILVA
Manager, Military Programs

Alexander served in the United States Air Force from 2011 to 2023 in the mental health career field, providing suicide prevention, intervention, and postvention for active-duty service members. He led training for mental health personnel and developed outreach across base communities. After losing a friend in 2018, he began volunteering with the American Foundation for Suicide Prevention, later piloting a Military and Veteran Engagement role. Drawing on his military experience, he helped expand AFSP's reach to underserved communities. After 12 years and five assignments, Alexander became AFSP's first Manager of Military Programs and is now transitioning to civilian life.

SESSIONS: *Talk Saves Lives: An Introduction to Discussing Suicide – Saturday, 10:45 a.m. - 12:00 p.m.*



JASON STOUT
Founder & Guide, Stoutreach

Jason Stout, recipient of the 2024 Richard Louv Prize for Innovation in Nature Connection, has spent over 25 years guiding grieving individuals toward healing through nature-based experiences. As a Youth Programs Advisor for TAPS, he helps develop Good Grief Camps, Family Camps, and Healing in Nature workshops, training volunteers and mentors to support grieving survivors. Having faced profound personal loss, Jason found healing in the outdoors, leading him to create a wilderness program for grieving teens. He has consulted for organizations like Outward Bound and the National Park Foundation and is featured in the documentary *In Our Nature*.

SESSIONS: *Healing in Nature, Foundations of Well-Being – Saturday, 6:30 a.m. - 7:30 a.m. | Healing in Nature, Foundations of Well-Being – Sunday, 6:30 a.m. - 7:30 a.m.*

Caring for the Families of America's Fallen Heroes Since 1994

SESSION PRESENTERS



DR. CARLA STUMPF-PATTON,
ED.D., L.M.H.C., N.C.C., F.T.
*Senior Director, TAPS Suicide
Postvention & Prevention*

Carla is the Senior Director of Suicide Postvention & Prevention at TAPS, where she has worked since 2008. She oversees programs for those impacted by suicide loss. A suicide survivor herself, Carla lost her husband, Sgt Richard Stumpf, a Marine Corps Drill Instructor, in 1994. She is a Licensed Mental Health Counselor, Certified Clinical Trauma Professional, and Fellow of Thanatology. Carla holds a B.A. in psychology, an M.A. in mental health counseling, and a doctorate in counseling psychology. She is remarried to a retired Marine and has five children.

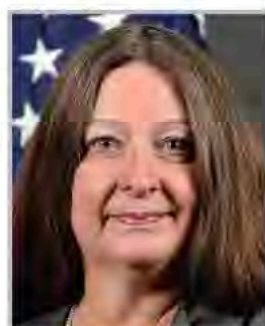
SESSIONS: *10 Things We Know Can Help After Suicide Loss – Friday, 1:30 p.m. - 2:45 p.m. | Understanding Grief and Trauma After Loss – Saturday, 9:15 a.m. - 10:30 a.m. | Finding Life and Love After Loss – 3:00 p.m. - 4:15 p.m.*



JESSE TUBB
TAPS Advisory Board

Jesse Tubb, a 28-year U.S. Army veteran, is the founder of GRIT Adventures, an experiential learning program using adventure racing to teach resilience, teamwork, and life skills. A certified Life and Engagement coach, he holds multiple coaching and resiliency training certifications, including from the University of Pennsylvania and Positive Intelligence. As a TAPS Advisory Board member, he leads workshops on emotional and mental resilience for military survivors. A seasoned endurance athlete, Jesse has competed globally, including the 2019 Eco Challenge, winning the 2018 U.S. Adventure Racing Championship and the 2022 24-hour Solo Championship, among other elite race finishes.

SESSIONS: *Building Emotional Resilience: Nurturing Inner Strength – Saturday, 10:45 a.m. - 12:00 p.m. | Strengthening Relationships for the Grief Journey – Saturday, 3:00 p.m. - 4:15 p.m. | Building Stronger Bonds: Healing Beyond the TAPS Weekend – Sunday, 3:00 p.m. - 4:15 p.m.*



LISIANE M.Y. VALENTINE
*Program Manager, DoD Casualty,
Mortuary Affairs, and Military
Funeral Honors*

Lisiane is the Program Manager for the Department of Defense's Office of Casualty, Mortuary Affairs, and Military Funeral Honors. She oversees policies supporting eligible family members of deceased, missing, ill, or injured personnel. Assistance may include services like transportation, benefit applications, reports and investigations, legal assistance, receipt of personal effects, mortuary, burial and funeral honors to name a few. She retired as a lieutenant colonel from the U.S. Army in 2011, where she served her last seven years at the Pentagon as the Assistant Deputy for Casualty, Mortuary, Affairs, and POW/MIA Policy. Before coming to the DoD, Lisa worked for Booz Allen Hamilton in the casualty and mortuary affairs arena.

SESSION: *VA/DOD Survivors Discussion – Saturday, 3:00 p.m. - 4:15 p.m.*

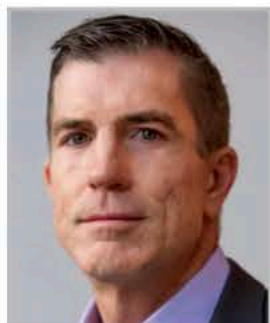


WILLIAM WAGASY
TAPS Advisory Board

William Wagasy, a former Notre Dame football player, graduated in 1996 with a degree in accounting and philosophy. He earned his JD and master's in dispute resolution from Pepperdine University. After 9/11, he enlisted in the Navy, serving as a decorated U.S. Navy SEAL with four combat tours. Post-Navy, William was Director of Veterans Outreach for the Gary Sinise Foundation and remains an ambassador. He serves on multiple boards, including TAPS and Hope for the Warriors. William is now Vice President of National Sales at Commonwealth Land Title and Fidelity National Title Group.

SESSIONS: *Kindness, Mental Resilience, and the Courage To Be Where You Are – Friday, 3:00 p.m. - 4:15 p.m. | Kindness, Mental Resilience, and the Courage To Be Where You Are (Repeat Session) – Saturday, 1:30 p.m. - 2:45 p.m.*

SESSION PRESENTERS



KARL WAGNER
Former Chief of Counterintelligence Operations, CIA

Karl T. Wagner is a leading expert in foreign affairs, security, and trauma recovery with over 30 years of experience. A former senior CIA executive and Global Security Director at Tesla, he now serves as Founder and CEO of Eastern Sky Technologies, specializing in strategic risk management. He also leads NTN Holdings, an impact investment fund focused on resilience and recovery. A dedicated advocate for veterans and trauma survivors, Karl promotes post-traumatic stress prevention and turning war grief into positive peace. His nonprofit work emphasizes resilience, mental health, and trauma-informed recovery, making him a powerful voice in global crisis response.

SESSION: *The "START" Method: Stress, Trauma, and Resilience Training* – Sunday, 10:45 a.m. - 12:00 p.m.



CANDACE WHEELER
Senior Director, TAPS Government and Legislative Affairs

Candace Wheeler is TAPS Senior Director of Government & Legislative Affairs, with over 30 years of experience advocating for military and surviving families. She played a key role in passing the Senator Elizabeth Dole 21st Century Veterans Healthcare and Benefits Improvement Act (2025) and the Honoring Our Promise to Address Comprehensive Toxics (PACT) Act (2022). Candace also led efforts to eliminate the "Widow's Tax" on surviving spouses (2019). She serves as Vice President of The Military Coalition, co-chairs the Toxic Exposure in the American Military (TEAM) Coalition, and is a member of the VA Advisory Committee on Cemeteries and Memorials.

SESSIONS: *TAPS Capitol Hill Town Hall Meeting* – Friday, 1:30 p.m. - 2:45 p.m. | *Survivor Policy & Legislation Updates* – Saturday, 1:30 p.m. - 2:45 p.m. | *Using Your Voice for Change* – Sunday, 1:30 p.m. - 2:45 p.m.



TERRI WILLIAMS
TAPS Senior Advisor

Terri Williams, a U.S. Army veteran, has served military and veteran communities for over 40 years. With dual master's degrees in HR and management, she held leadership roles in the Departments of Defense, Veterans Affairs, and Transportation. A Pentagon 9/11 survivor and Gulf War-era veteran, Terri advocates for military family readiness, education, and health care. She teaches at American and Georgetown Universities and is a doctoral student at Vanderbilt University, researching grief, loss, and leadership. Terri lives in Virginia with her husband, a retired Army Senior Executive, and is proud of her son and niece, U.S. Military Academy graduates.

SESSIONS: *Atlas of the Heart: Mapping Connection and Understanding* – Sunday, 9:15 a.m. - 10:30 a.m. | *Dare To Lead: Building Courage and Resilience* – Sunday, 10:45 a.m. - 12:00 p.m.



LISA ZUCKER
TAPS Advisory Board

Lisa and her team are dedicated to providing compassionate grief therapy and specialized education. In response to the 2019 Marjory Stoneman Douglas tragedy, she co-founded Professionals United for Parkland, offering pro bono support and trauma training to the community. After experiencing the personal loss of her father in 2019 and the traumatic loss of her brother in 2021, Lisa expanded her practice to help others navigate the complexities of grief. She serves on the executive board of the local Area Agency on Aging and the Advisory Board for TAPS. Lisa is married to Scott, a U.S. Army veteran, and is a devoted mom of three.

SESSIONS: *Having Difficult Conversations About Loss & Trauma: Who, What, How Much, What Do I Say?* – Friday, 1:30 p.m. - 2:45 p.m. | *More Than the Way They Died* – Saturday, 1:30 p.m. - 2:45 p.m. | *Understanding Sibling Loss* – Saturday, 3:00 p.m. - 4:15 p.m. | *Grief and Preservation of Self* – Sunday, 1:30 p.m. - 2:45 p.m.

NASHVILLE SINGER/SONGWRITERS

YOUNG ADULT GUITAR LESSONS

Gold Star Mentors workshop provides guitars and introductory lessons to young adults and children grieving the death of their loved one. Nashville Singer/Songwriters will be teaching the Young Adults and Senior Good Grief Camp Class songs to perform at the Family BBQ on Sunday evening. Founder Brett Jones shared, "while we can't heal every broken heart, we do intend to bring a friend of a guitar and the gift of music to as many of these children, as time and resources allow."



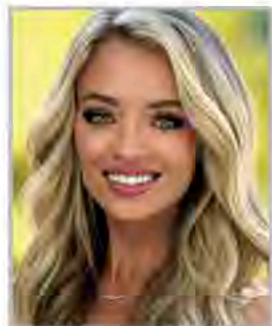
BRICE LONG: *Gold Star Mentors*

Brice has enjoyed a successful 25+ year music career. As a songwriter he has had over 175 of his songs cut with artists such as Garth Brooks, George Strait, Chris Stapleton, Hank Williams Jr, Randy Houser, Josh Turner, Reba McEntire, Gary Allan, Cody Johnson, Chris Young, Jon Pardi, The Grascals, Casey James, Darryl Worley, Randy Travis, Gretchen Wilson, John Michael Montgomery, Porter Wagoner and many more. Brice's songwriting hits include the #1 singles "Heartache On The Dance Floor" by Jon Pardi and "Nothing On But The Radio" by Gary Allan. Randy Houser's "Like a Cowboy", a song that also garnered Brice a CMA nomination for Song of the Year. Others include Randy Houser's debut single, "Anything Goes", "Today" from Gary Allan, Casey James' "Let's Don't Call It A Night" and Jon Pardi's, "What I Can't Put Down".



DON VON TRESS: *Gold Star Mentors*

Don is an American country music songwriter. He is known for writing the song "Achy Breaky Heart," which was recorded in 1991 by The Marcy Brothers (under the title "Don't Tell My Heart"), and more notably in 1992 by Billy Ray Cyrus. Von Tress was a member of the United States Army and served as a helicopter pilot starting in 1969. At the time of Achy Breaky Heart's success, Von Tress lived in Cypress Inn, Tennessee, with his wife Jeanne.



JORDYN MALLORY: *Gold Star Mentors*

Since moving to Nashville, Jordyn Mallory has been making a name for herself in the country music scene. But her passion for music started long before her big move. As a child, Jordyn was a regular performer at church, talent shows, festivals, and fairs. It wasn't long before she started writing her own songs and picked up the guitar. Over the years, Jordyn has shared the stage with country legends like Loretta Lynn, Crystal Gayle, Colt Ford, Jake Owen, and Eric Church. She's even appeared in Jason Aldean's music video for "Dirt Road Anthem," and co-written songs for other artists, including "Separate Ways" on Kip Moore's EP "Underground." She is currently a contestant on "Farmer Wants a Wife," and recently released her latest single, "Hearts & Horses."



ERN SHERMAN: *Gold Star Mentors*

Ernest "Ern" L. Sherman spent over 40 years with The Coca-Cola Company. Since retirement, he has acted as consultant to a start-up tech company and is former co-owner of a live music venue that supported the local community & musicians. Married to Michelle, together they have three adult children and four grandchildren. Ern & Michelle divide their time between Roswell, Georgia and Park City, Utah.

ART THERAPY STUDIO

Art Therapy Studio: The Art Therapy Studio is an "art making sanctuary," curated and hosted by skilled and compassionate art therapists. Visitors to the studio are invited to sit and take time to creatively explore, reflect, and express whatever form their grief is taking at that particular time. Whether you are a curious novice, a seasoned artist or someone who isn't sure where to begin, the studio will meet your ongoing needs. No talent required, only the willingness to be with what is in your heart and mind. The studio activities may include masks, collage, memory stones, and more traditional art materials, such as paints and clay. These heartfelt expressive images can generate conversation and make tangible our shared journey.

LOCATION: *Pentagon, Friday – Sunday, 9:00 a.m. - 5:00 p.m.*



JENNIFER BALDWIN,
M.A., ATR-BC, ATCS, LCPAT

Jennifer, a board-certified art therapist, holds a master's in art therapy from The George Washington University. She has been practicing in the Northern Virginia and D.C. area since 1997, blending art therapy with traditional talk therapy to support grief and trauma recovery. Certified in grief and trauma therapy through the Wendt Center, Jennifer is also adjunct faculty at GWU and a certified art therapy supervisor. She has led workshops and clinician training, helping others use creative expression for healing. Jennifer has worked with hospice and is currently part of a private group supporting those grieving the loss of a loved one.



DR. JENNA PRESTON,
PsyD, LP ATR-BC

Jenna, is a Licensed Clinical Psychologist and a Registered, Board Certified Art Therapist. She earned a master's in art therapy from The George Washington University and her doctorate in clinical psychology from the American School of Professional Psychology. Jenna is a proud (retired) military spouse. Her husband retired from the Air Force in 2015. Her career includes serving children, adolescents, and adults with multiple treatment settings to include a unique opportunity to work with the Metropolitan Police in Washington, D.C. and opening a private art therapy practice while stationed overseas.

TAPS SEMINAR SUPPORT

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

LOCATION: *Arlington Ballroom Foyer*

SURVIVOR SERVICES & PROGRAMS: We want to connect you with the heart of TAPS' survivor support through our dedicated team. Our onsite staff are ready to share all the resources and care TAPS has to offer. We will personalize long-term support and foster meaningful connections through our peer-based and professional community resources and events. Whether it's our Peer Mentor network, counseling support, online community, local TAPS Togethers, outdoor adventures and retreats, national and regional events,

or sports and entertainment opportunities, TAPS is here to share the journey with you.

LOCATION: *Resource Village in Grand Foyer Thursday through Sunday, May 22-25*

CASEWORK & EDUCATION SUPPORT SERVICES:

We're here to help. For personalized assistance and guidance, you can connect with TAPS staff onsite. We are dedicated to helping you navigate individual challenges by leveraging our network of military liaisons, government agencies, and community partners for support with benefits, healthcare, financial counseling, legal issues, and more. Additionally, our team collaborates with educational institutions and organizations to help you or your student achieve academic goals and maximize available benefits and resources.

LOCATION: *Resource Village in Grand Foyer Thursday through Sunday, May 22-25*

Caring for the Families of America's Fallen Heroes Since 1994

RESOURCE VILLAGE

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

- ★ AIR FORCE FAMILIES FOREVER
- ★ AMERICAN FOUNDATION FOR SUICIDE PREVENTION
- ★ ARMY SOS
- ★ BELIEVE WITH ME
- ★ CHILDREN OF FALLEN PATRIOTS
- ★ DEFENSE SUICIDE PREVENTION OFFICE
- ★ DEPARTMENT OF DEFENSE CASUALTY, MORTUARY AFFAIRS AND MILITARY FUNERAL HONORS
- ★ FT. BELVOIR JAG (FRIDAY ONLY)
- ★ GOLD STAR GAMERS
- ★ GOLD STAR SPOUSES OF AMERICA
- ★ MILITARY ONESOURCE
- ★ MILITARY SPOUSE JOBS
- ★ MONEY MANAGEMENT INTERNATIONAL
- ★ VA NATIONAL CEMETERY ADMINISTRATION
- ★ VA OFFICE OF SURVIVOR ASSISTANCE
- ★ TAPS CASEWORK
- ★ TAPS SURVIVOR SERVICES
- ★ TRICARE EAST-HUMANA
- ★ TUESDAY'S CHILDREN
- ★ USMC LTAP

HONOR YOUR LOVED ONE'S LEGACY WITH EVERY STEP YOU TAKE.

**THIS JUNE, JOIN THE TAPS 30-MILE WALK/RUN CHALLENGE,
CREATED FOR THOSE GRIEVING A MILITARY OR VETERAN LOVED ONE.**

*Walk or run 30 miles throughout the month and help raise critical funds
to support others walking this journey of loss and healing.*



- ★ Be part of a community that shares your story
- ★ Find healing through movement and connection
- ★ Honor the life and service of someone you love
- ★ Sign up now and start your journey with us:
taps.org/30miles

SCHEDULE

THURSDAY, MAY 22

SURVIVOR SANCTUARY	<i>Arlington Ballroom Office</i>	11:00 a.m. – 5:00 p.m.
REGISTRATION	<i>Skyview</i>	11:00 a.m. – 8:00 p.m.
RESOURCE VILLAGE	<i>Grand Foyer</i>	11:00 a.m. – 8:00 p.m.
TAPS STORE	<i>President's Foyer – Main Lobby Level</i>	11:00 a.m. – 8:00 p.m.
HELP DESK	<i>Arlington Ballroom Foyer</i>	3:00 p.m. – 9:00 p.m.
CHILD CARE	<i>2nd Floor – Gateway, Arlington Tower</i>	5:30 p.m. – 9:30 p.m.
HELPLINE	<i>202-588-TAPS (8277)</i>	24 hours

ALL DAY

11:00 – 8:00 Family Check-In and Registration Skyview

EVENING

5:00 – 6:00 Family Dinner by Mission BBQ Arlington Foyer

5:45 Good Grief Camp Drop-Off Locations Below
Groups 1-8 – Rosslyn Foyer; Groups 9-15 – Lobby; Groups 16-24 – Pentagon Foyer

6:00 – 7:00 WELCOME RECEPTION
 ☆ Peer Mentor Gathering Grand B
 ☆ First-Time Attendees Grand C

7:15 – 8:30 MEET WITH YOUR PEER GROUP
 ☆ Homicide Arlington I
 ☆ Combat Arlington II
 ☆ Accident Grand B
 ☆ Suicide Grand C
 ☆ Illness Grand H
 ☆ Illness, Sudden Grand J

8:45 Good Grief Camp Pickup Locations Below
Groups 1-8 – Rosslyn Foyer; Groups 9-15 – Lobby; Groups 16-24 – Pentagon Foyer

8:45 – 9:45 AFTER HOURS
 ☆ Men's Gathering Grand B
 ☆ I'm Attending Alone, Connect with Others Grand C
 ☆ Young Adults Gathering Grand H
 ☆ Sibling Connections Grand J

Caring for the Families of America's Fallen Heroes Since 1994

SCHEDULE

FRIDAY, MAY 23

REGISTRATION	Skyview	8:00 a.m. – 11:00 a.m.
RESOURCE VILLAGE	Grand Foyer	8:00 a.m. – 5:00 p.m.
HELP DESK	Arlington Ballroom Foyer	8:00 a.m. – 7:00 p.m.
ART THERAPY STUDIO	Pentagon	9:00 a.m. – 5:00 p.m.
CHILD CARE	2 nd Floor – Gateway, Arlington Tower	9:00 a.m. – 5:30 p.m.
TAPS STORE	President's Foyer – Main Lobby Level	9:00 a.m. – 7:00 p.m.
SURVIVOR SANCTUARY	Arlington Foyer Office	9:00 a.m. – 7:00 p.m.
SHUTTLES TO ARLINGTON CEMETERY	Gateway Marriott Lobby – Departs every 30 minutes	1:00 p.m. – 5:00 p.m.
HELPLINE	202-588-TAPS (8277)	24 hours

MORNING

- 6:30 – 8:00** Family Breakfast Buffet Arlington Ballroom
- 8:00 – 11:00** Family Check-In and Registration (*continued*) Skyview
- 8:00** Good Grief Camp Drop-Off Locations Below
Groups 1-8 – Rosslyn Foyer; Groups 9-15 – Lobby; Groups 16-24 – Pentagon Foyer
- 9:30 – 10:00** Good Grief Camp Opening Ceremony Hyatt – Regency Ballroom E
- 11:00 – 12:00** Opening Ceremony Arlington Ballroom

AFTERNOON

- 12:00 – 1:00** Adult Lunch Buffet Arlington Ballroom
- 12:30 – 4:30** Peer Mentor Training: Part One Rosslyn
- 12:30 - 2:30** Young Adults Guitar Lessons: *Singer/Songwriters* Meet in Lobby
- 1:30 – 2:45** BLOCK 1: Sessions and Share Group
- ★ TAPS Capitol Hill Town Hall: *Ashlynn Haycock-Lohmann & Candace Wheeler* Arlington II
 - ★ Managing Grief, Regret, and Difficult Emotions: *Andy McNiel* Grand B
 - ★ Having Difficult Conversations About Loss & Trauma: *Lisa Zucker* Grand C
 - ★ Grief Maneuvers: *Emily Muñoz* Grand H
 - ★ 10 Things We Know Can Help After Suicide Loss: *Dr. Carla Stumpf-Patton* Grand J

SCHEDULE

FRIDAY, MAY 23 (continued)

REGISTRATION	Skyview	8:00 a.m. – 11:00 a.m.
RESOURCE VILLAGE	Grand Foyer	8:00 a.m. – 5:00 p.m.
HELP DESK	Arlington Ballroom Foyer	8:00 a.m. – 7:00 p.m.
ART THERAPY STUDIO	Pentagon	9:00 a.m. – 5:00 p.m.
CHILD CARE	2 nd Floor – Gateway, Arlington Tower	9:00 a.m. – 5:30 p.m.
TAPS STORE	President's Foyer – Main Lobby Level	9:00 a.m. – 7:00 p.m.
SURVIVOR SANCTUARY	Arlington Foyer Office	9:00 a.m. – 7:00 p.m.
SHUTTLES TO ARLINGTON CEMETERY	Gateway Marriott Lobby – Departs every 30 minutes	1:00 p.m. – 5:00 p.m.
HELPLINE	202-588-TAPS (8277)	24 hours

AFTERNOON (continued)

- 3:00 – 4:15** BLOCK 2: Sessions and Share Groups
- ★ Surviving Parents Share Group Arlington I
 - ★ Siblings Share Group Arlington II
 - ★ First Aid for the Grieving Heart: *Dr. Denise Rollins* Grand B
 - ★ Suicide-Related Grief and Trauma – Home Base Program Briefing & Skills Overview: Grand C
Dr. Megan Parmenter
 - ★ What to Expect When Your Child Is Grieving: *Dr. Robin Goodman* Grand H
 - ★ Kindness, Mental Resilience, and the Courage to Be Where You Are: *William Wagasy* Grand J
- 4:30** Good Grief Camp Pickup Locations Below
Groups 1-8 – Rosslyn Foyer; Groups 9-15 – Lobby; Groups 16-24 – Pentagon Foyer

EVENING

- 5:30 – 7:00** Family Dinner Arlington Ballroom
- 7:00 – 9:00** SPECIAL SESSIONS
- ★ National Mall Adventure via Metro Meet in Lobby
 - ★ Family Bingo & Game Night Arlington Ballroom
 - ★ Men's Only Share Group Grand B
 - ★ Open Share Group Grand C
 - ★ Chair Yoga and Wllness: *Rayanne Hunter* Grand J
 - ★ Young Adults "The Challenge" Grand H
 - ★ Optional Paid Memorial Monuments Tour Meet in Lobby

Caring for the Families of America's Fallen Heroes Since 1994

SCHEDULE

SATURDAY, MAY 24

HELP DESK	Arlington Foyer	8:00 a.m. – 9:00 p.m.
RESOURCE VILLAGE	Grand Foyer	8:00 a.m. – 5:00 p.m.
TAPS STORE	President's Foyer – Main Lobby Level	8:00 a.m. – 6:00 p.m.
SURVIVOR SANCTUARY	Arlington Foyer Office	8:00 a.m. – 6:00 p.m.
ART THERAPY STUDIO	Pentagon	9:00 a.m. – 5:00 p.m.
SHUTTLES TO ARLINGTON CEMETERY	Gateway Marriott Lobby – Departs every 30 minutes (closed 11:30 a.m. – 1:00 p.m.)	9:00 a.m. – 5:00 p.m.
CHILD CARE	2 nd Floor – Gateway, Arlington Tower	9:00 a.m. – 9:30 p.m.
HELPLINE	202-588-TAPS (8277)	24 hours

MORNING

- 6:30 – 7:30** Healing in Nature, Foundations of Well-Being: *Jason Stout* Meet in Lobby
Workout/Comfortable clothing recommended
- 7:00 – 8:30** Family Breakfast Buffet Arlington Ballroom
- 8:30** Good Grief Camp Drop-Off Locations Below
Groups 1-8 – Rosslyn Foyer; Groups 9-15 – Lobby; Groups 16-24 – Pentagon Foyer
- 9:15 – 10:30** BLOCK 3: Sessions and Share Groups
- ★ Men Only Share Group Arlington I
 - ★ Mothers Only Share Group Arlington II
 - ★ Coaching Yourself Through Grief: *Dr. Denise Rollins* Grand B
 - ★ Understanding Grief and Trauma After Loss: *Dr. Carla Stumpf-Patton* Grand C
 - ★ Parenting While Grieving: *Pamela Gabbay* Grand H
 - ★ Healing Invisible Wounds – Resilience, Self-Care, Trauma Awareness: *Bob Delaney* Grand J
 - ★ Peer Mentor Training: Part Two Rosslyn
- 10:45 – 12:00** BLOCK 4: Sessions and Share Groups
- ★ Combat Loss Share Group Arlington I
 - ★ Suicide Loss Share Group Arlington II
 - ★ Building Emotional Resilience – Nurturing Inner Strength: *Jesse Tubb* Grand B
 - ★ Talk Saves Lives – An Introduction to Discussing Suicide: *Alexander Silva* Grand C
 - ★ Women's Empowerment – Selfhood After Loss: *Erin Jacobson & Emily Muñoz* Grand H
 - ★ Self-Care Does Not Mean Selfish – Creating a Healthier & Balanced YOU: *Bob Delaney* Grand J
 - ★ Grief, Trauma, and Day-to-Day Challenges for Young Adults: *Sammi Hester* Rosslyn

SCHEDULE

SATURDAY, MAY 24 (continued)

HELP DESK	Arlington Foyer	8:00 a.m. – 9:00 p.m.
RESOURCE VILLAGE	Grand Foyer	8:00 a.m. – 5:00 p.m.
TAPS STORE	President's Foyer – Main Lobby Level	8:00 a.m. – 6:00 p.m.
SURVIVOR SANCTUARY	Arlington Foyer Office	8:00 a.m. – 6:00 p.m.
ART THERAPY STUDIO	Pentagon	9:00 a.m. – 5:00 p.m.
SHUTTLES TO ARLINGTON CEMETERY	Gateway Marriott Lobby – Departs every 30 minutes (closed 11:30 a.m. – 1:00 p.m.)	9:00 a.m. – 5:00 p.m.
CHILD CARE	2 nd Floor – Gateway, Arlington Tower	9:00 a.m. – 9:30 p.m.
HELPLINE	202-588-TAPS (8277)	24 hours

AFTERNOON

12:00 – 1:00	Adult Lunch Buffet	Arlington Ballroom
12:30 – 2:30	Young Adults Guitar Lessons: <i>Singer/Songwriters</i>	Meet in Lobby
1:30 – 2:45	BLOCK 5: Sessions and Share Groups	
	★ Spouses Share Group	Arlington I
	★ Unmarried Partners Share Group	Arlington II
	★ Stories We Tell Ourselves – Re-Constructing Our Grief Narrative: <i>Rachel Hunsell</i>	Grand B
	★ More Than the Way They Died: <i>Lisa Zucker</i>	Grand C
	★ Parenting the Resilient Grieving Child: <i>Dr. Robin Goodman</i>	Grand H
	★ Kindness, Mental Resilience, and the Courage to Be Where You Are (<i>Repeat Session</i>): <i>William Wagasy</i>	Grand J
	★ Survivor Policy & Legislation Updates: <i>Ashlynn Haycock-Lohmann & Candace Wheeler</i>	Rosslyn
3:00 – 3:15	BLOCK 6: Sessions	
	★ Strengthening Relationships for the Grief Journey: <i>Jesse Tubb</i>	Grand B
	★ Understanding Sibling Loss: <i>Lisa Zucker</i>	Grand C
	★ Coping When Memories Hurt: <i>Audri Beugelsdijk</i>	Grand H
	★ Chair Yoga and Wellness for Beginners: <i>Rayanne Hunter</i>	Grand J
	★ VA/DoD Survivors Discussion: <i>Ann Duff & Lisiane Valentine</i>	Rosslyn

EVENING

6:00 – 9:00	TAPS Grand Banquet: Presented by Chef Robert Irvine & Military Chefs Special Performance by the U.S. Marine Drum & Bugle Corps	Arlington Ballroom
9:30	Good Grief Camp Pickup Groups 1-8 – Rosslyn Foyer; Groups 9-15 – Lobby; Groups 16-24 – Pentagon Foyer	Locations Below

Caring for the Families of America's Fallen Heroes Since 1994

SCHEDULE

SUNDAY, MAY 25

HELP DESK	Arlington Foyer	8:00 a.m. – 8:00 p.m.
TAPS STORE	President's Foyer – Main Lobby Level	8:00 a.m. – 5:00 p.m.
SURVIVOR SANCTUARY	Arlington Foyer Office	8:00 a.m. – 8:00 p.m.
CHILD CARE	2 nd Floor – Gateway, Arlington Tower	9:00 a.m. – 5:00 p.m.
SHUTTLES TO ARLINGTON CEMETERY	Gateway Marriott Lobby – Departs every 30 minutes (closed 11:30 a.m. - 1:00 p.m.)	9:00 a.m. – 5:00 p.m.
ART THERAPY STUDIO	Pentagon	9:00 a.m. – 5:00 p.m.
HELPLINE	202-588-TAPS (8277)	24 hours

MORNING

- 6:30 – 7:30** Healing in Nature, Foundations of Well-Being: *Jason Stout* Meet in Lobby
Workout/Comfortable clothing recommended
- 7:00 – 8:30** Family Breakfast Buffet Arlington Ballroom
- 8:30** Good Grief Camp Drop-Off Locations Below
Groups 1-8 – Rosslyn Foyer; Groups 9-15 – Lobby; Groups 16-24 – Pentagon Foyer
- 9:15 – 10:30** BLOCK 7: Sessions and Share Groups
- ★ Illness Loss Share Group Arlington I
 - ★ Accident Loss Share Group Arlington II
 - ★ Tools for Transformation: *Erin Jacobson* Grand B
 - ★ Creating Meaning After Loss: *Audri Beugelsdijk* Grand C
 - ★ Chair Yoga and Wellness for Beginners (Repeat Session): *Rayanne Hunter* Grand H
 - ★ Atlas of the Heart: Mapping Connection and Understanding: *Terri Williams* Grand J
 - ★ The Impacts of Loss on our Family for Young Adults: *Sammi Hester* Rosslyn
- 10:45 – 12:00** BLOCK 8: Sessions and Share Groups
- ★ Spouses, Gaurdians, and Parents of Minor Children – Share Group Arlington I
 - ★ Vietnam Era Share Group Arlington II
 - ★ Nature's Path To Healing: Discovering Connection: *Rachel Hunsell* Grand B
 - ★ The "START" Method: Stress, Trauma, and Resilience Training: *Karl Wagner* Grand J
 - ★ Caring for Grieving Children Ages 0-18: *Dr. Pamela Gabbay* Grand C
 - ★ Dare to Lead: Building Courage and Resilience: *Terri Williams* Grand H
 - ★ Self-Care as a Young Adult: Who Has the Time?: *Sammi Hester* Rosslyn

SCHEDULE

SUNDAY, MAY 25 (continued)

HELP DESK	Arlington Foyer	8:00 a.m. – 8:00 p.m.
TAPS STORE	President's Foyer – Main Lobby Level	8:00 a.m. – 5:00 p.m.
SURVIVOR SANCTUARY	Arlington Foyer Office	8:00 a.m. – 8:00 p.m.
CHILD CARE	2 nd Floor – Gateway, Arlington Tower	9:00 a.m. – 5:00 p.m.
SHUTTLES TO ARLINGTON CEMETERY	Gateway Marriott Lobby – Departs every 30 minutes (closed 11:30 a.m. – 1:00 p.m.)	9:00 a.m. – 5:00 p.m.
ART THERAPY STUDIO	Pentagon	9:00 a.m. – 5:00 p.m.
HELPLINE	202-588-TAPS (8277)	24 hours

AFTERNOON

- 12:00 – 1:00** Adult Lunch Buffet Arlington Ballroom
- 12:30 – 2:30** Young Adults Guitar Lessons: *Singer/Songwriters* Meet in Lobby
- 1:30 – 2:45** BLOCK 9: Sessions
 ☆ Using Your Voice for Change: *Ashlynn Haycock-Lohmann & Candace Wheeler* Grand B
 ☆ Grief and the Preservation of Self: *Lisa Zucker* Grand C
 ☆ Meaning Making & Connection: Understanding Peer Support: *Cherie Castellano* Grand H
 ☆ God Winks: *Bonnie Carroll* Grand J
- 3:00 – 4:15** BLOCK 10: Sessions and Share Groups
 ☆ Building Stronger Bonds – Healing Beyond the TAPS Weekend: *Jesse Tubb* Grand B
 ☆ Finding Life and Love After Loss: *Dr. Carla Stumpf-Patton* Grand C
 ☆ Parents of Good Grief Camp: Moving Forward as a Family: *Andy McNiel* Grand H
 ☆ God Winks (Repeat Session): *Bonnie Carroll* Grand J
- 4:30** Good Grief Camp Pickup Locations Below
Groups 1-8 – Rosslyn Foyer; Groups 9-15 – Lobby; Groups 16-24 – Pentagon Foyer

EVENING

- 6:00 – 8:30** Family Dinner Arlington Ballroom
Special Performances by TAPS Graduating Seniors, TAPS Young Adults, Brice Long & Singers/Songwriters

Caring for the Families of America's Fallen Heroes Since 1994

SCHEDULE

MONDAY, MAY 26

SHUTTLES TO ARLINGTON CEMETERY	Gateway Marriott Lobby <i>Final bus returns from Arlington at 3:00 p.m.</i>	8:00 a.m.
HELPLINE	202-588-TAPS (8277)	24 hours

MORNING

6:30 – 8:00	Grab-and-Go Breakfast	Hotel Lobby
7:30	Depart for Arlington National Cemetery (<i>last bus returns to the hotel at 3 p.m.</i>)	Hotel Lobby
11:00 – 2:00	Grab-and-Go Lunch	Hotel Lobby
11:30 – 4:30	Depart for National Memorial Day Parade featuring TAPS Float (<i>4 p.m. return</i>)	Hotel Lobby

MEMORIAL DAY

NATIONAL MEMORIAL DAY OBSERVANCE: The annual National Memorial Day Observance honors America's fallen military service members and veterans. The U.S. Army Military District of Washington will conduct a Presidential Armed Forces Full Honor Wreath-Laying Ceremony at 11 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.

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 between 7:30 a.m. – 9:00 a.m. The last bus departs at 9:00 a.m., and buses 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 2:30 p.m.

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, bring your parade pass you received at registration, and wear 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. Please see the information desk if you have any questions.



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10 Things We Know Can Help After Suicide Loss: This session is for suicide loss survivors, loved ones, colleagues, or those supporting someone grieving a suicide death. We will explore 10 key concepts to understand suicide and cope with loss, addressing truths about suicide-loss and offering solace and hopeful guidance. The session will also highlight the power of peer connections and the unique healing from shared understanding.

SESSION: Friday, 1:30 p.m. - 2:45 p.m. with Dr. Carla Stumpf-Patton

Atlas of the Heart: Mapping Connection and Understanding: Inspired by Brené Brown's *Atlas of the Heart*, this workshop invites survivors to explore the emotions that shape their grief journey and how these feelings connect us to ourselves and others. Through meaningful discussion and reflection, survivors will gain tools to better understand and articulate their emotions, fostering deeper connections and compassion. This session offers a supportive space to navigate the complexities of grief while discovering the language and practices that promote healing, resilience, and growth. Together, we'll create a map to guide us through loss toward connection and hope.

SESSION: Sunday, 9:15 a.m. - 10:30 a.m. with Terri Williams

Building Stronger Bonds: Healing Beyond the TAPS Weekend: This seminar aims to provide participants with practical strategies and tools to integrate insights from this weekend into their lives effectively. By building a solid scaffolding framework, participants will learn how to create a seamless bridge between lessons and tools learned throughout the seminar and their daily lives. We will discuss how to maximize the impact of the weekend and foster long-term growth and transformation. Don't let what you learn here stay here!

SESSION: Sunday, 3:00 p.m. - 4:15 p.m. with Jesse Tubb

Caring for Grieving Children Ages 0-18: Caring for grieving children can feel overwhelming, especially while navigating your grief. This workshop offers compassionate guidance for survivors supporting children ages 0-18 through loss. The session will use a developmental perspective to explore how children express grief at different ages and provide practical tools to address their emotional and developmental needs. Survivors will also gain tips to help grieving children succeed in school, including strategies for fostering resilience, enhancing communication, and

collaborating with educators. This workshop provides a supportive space to equip survivors with the tools to guide children through their grief journey and academic challenges.

SESSION: Sunday, 10:45 a.m. - 12:00 p.m. with Dr. Pamela Gabbay

Capitol Hill Town Hall: Hear congressional staffers from the Senate and House Veterans' Affairs Committees discuss legislation impacting our survivor community. This is an opportunity for congressional staff to share the bills they are working on that impact TAPS Survivors as well as for our survivors, and a chance for you to share legislation ideas. Please note this is a nonpartisan discussion. We look forward to your participation!

SESSION: Friday, 1:30 p.m. - 2:45 p.m. with Ashlynn Haycock-Lohmann & Candace Wheeler

Chair Yoga and Wellness for Beginners: Chair yoga is an accessible and effective practice for all, whether you're a beginner or an experienced yogi. It enhances flexibility, strength, and balance while offering a low-impact, seated alternative to traditional yoga. Originally designed for seniors, it also supports individuals with disabilities and physical limitations. Chair yoga helps reduce stress, improve mood, release tension, ease pain, enhance sleep, and increase body awareness — promoting resilience and preventing burnout. It's a powerful tool for self-care adaptable to daily life. Explore postures and breath work that fit your needs, anytime, anywhere. Join us to relax, loosen up, and add this practice to your grief and life toolbox!

SESSIONS: Friday, 7:00 p.m. - 9:00 p.m. | Saturday, 3:00 p.m. - 4:15 p.m. | Sunday, 9:15 a.m. - 10:30 a.m. with Rayanne Hunter

Coaching Yourself Through Grief: What do you do when the weight of grief feels unbearable in the middle of the night? This session will provide practical tools and skills to help you navigate those intense moments, empowering you to understand your pain, reclaim your sense of control, and develop a personalized approach to coping that aligns with your unique personality and perspective.

SESSION: Saturday, 9:15 a.m. - 10:30 a.m. with Dr. Denise Rollins

Coping When Memories Hurt: Memories of our loved ones can bring both joy and pain. At times, we may push them away to avoid overwhelming emotions. This workshop

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explores coping techniques to help navigate these feelings, including ways to connect positive memories with difficult experiences. Together, we'll learn how to embrace memories, even when they hurt, as part of the healing process.

SESSION: *Saturday, 3:00 p.m. - 4:15 p.m. with Audri Beugelsdijk*

Creating Meaning After Loss: This interactive workshop invites survivors to explore how they have or wish to create meaning since their loss. Drawing on ideas, like Bob Neimeyer's assertion that loss requires us to "reconstruct a world that again makes sense," participants will reflect on changes they've experienced and meaning-making's role in their grief journey. Through guided discussions, participants can share personal insights about whether meaning is found or created, fostering more profound understanding and connection.

SESSION: *Sunday, 9:15 a.m. - 10:30 a.m. with Audri Beugelsdijk*

Dare to Lead™: Building Courage and Resilience for Survivors: Based on Brené Brown's groundbreaking work, this workshop empowers survivors to lead with courage, authenticity, and resilience in the face of grief and loss. Survivors will explore strategies for embracing vulnerability, building trust, and fostering connections within their families and communities. Through interactive discussions and practical tools, this session helps survivors develop the emotional bravery to navigate challenges and inspire others. Together, we'll focus on turning grief into a source of strength and purpose, fostering a supportive space for growth, healing, and courageous leadership in personal and shared journeys.

SESSION: *Sunday, 10:45 a.m. - 12:00 p.m. with Terri Williams*

Emotional Resilience: Nurturing Inner Strength: This session explores emotional resilience and offers practical strategies to build it in the face of life's challenges. Emotional resilience helps you respond to adversity, adapt to change, and thrive despite difficulties, including loss. Survivors will learn tools to stay grounded during tough times, including acknowledging experiences, gaining emotional clarity, prioritizing self-care, and showing grace and compassion. The workshop also highlights how resilience can foster personal growth, helping you navigate challenges with strength and intention. Join us to discover ways to cultivate resilience and find balance through life's ups and downs.

SESSION: *Saturday, 10:45 a.m. - 12:00 p.m. with Jesse Tubb*

Finding Life and Love After Loss: Grief can feel overwhelming, leaving little space for hope or joy. This workshop explores rediscovering purpose, building a fulfilling life, and finding love in its many forms after loss. Through reflection and practical strategies, we'll embrace new opportunities while recognizing that healing and growth coexist with grief. With peer support, we'll navigate the challenges of rebuilding, honoring our loved ones while moving forward with hope, connection, and resilience.

SESSION: *Sunday, 3:00 p.m. - 4:15 p.m. with Dr. Carla Stumpf-Patton*

First Aid for the Grieving Heart: Who cares for the caregiver? This session is designed for those who have supported others through their grief while neglecting their own. Survivors will explore ways to find comfort, peace, and restoration as they navigate the complexities of grief, whether it stems from loss or life's challenges.

SESSION: *Friday, 3:00 p.m. - 4:15 p.m. with Dr. Denise Rollins*

God Winks: Some call them "God Winks," and some call them signs, messages, or after-death communication. No matter what we call them, 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.

SESSIONS: *Sunday, 1:30 p.m. - 2:45 p.m. & 3:00 p.m. - 4:15 p.m. with Bonnie Carroll*

Grief and the Preservation of Self: Self-preservation is our survival instinct, often guiding us through the most challenging moments of grief. As we navigate loss, it becomes a tool for rebuilding and adapting to a new reality. This workshop will explore survival and self-preservation while introducing practical approaches to self-care, mindfulness, and post-traumatic growth, helping you find balance and strength in your grief journey.

SESSION: *Sunday, 1:30 p.m. - 2:45 p.m. with Lisa Zucker*

Grief Maneuvers: When we've been fighting the same battles over and over, it's easy to feel worn down and as if we're "in the trenches." Grief is resource intensive and exhausting - we may spend a great deal of energy trying to hold ground, maintain strength, and press forward. But in this workshop, we'll use activities and unconventional activities to get us out of the emotional trenches and think

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differently about how we can move, where we can hold fast, and how we can draw on the courage of ourselves and each other to find unexpected positions of strength.

SESSION: *Friday, 1:30 p.m. - 2:45 p.m. with Emily Muñoz*

Grief, Trauma and Day-to-Day Challenges for Young Adults: Each of us encounter moments in life that create stress, cause struggle, and leave stripes. These moments often create anxiety and self-doubt. Navigating these challenges alone can be isolating. Join us as we discuss how grief, trauma, and the challenges we face in the day-to-day can impact us as young adults.

SESSION: *Saturday, 10:45 a.m. - 12:00 p.m. with Sammi Hester*

Having Difficult Conversations About Loss & Trauma: Who, and What, How Much, What Do I Say: In this workshop, we'll explore conversations about loss, including when and how to share about your loved one's death. We'll discuss setting boundaries to share in the most comfortable ways. We'll also address conversations on social media and in large group settings, helping you navigate these spaces with confidence and care.

SESSION: *Friday, 1:30 p.m. - 2:45 p.m. with Lisa Zucker*

Healing in Nature, Foundations of Well-Being: There's nothing more powerful than the time spent in nature. This morning walk invites you to immerse yourself in the natural world and experience its transformative power for your well-being. Through mindfulness and connection to the environment, you'll learn techniques that not only foster resilience but also inspire growth and transformation in your life. Tap into nature's deep healing potential, whether you're in the wilderness or simply surrounded by the natural elements in your everyday environment. By the end of the walk, you'll carry with you accessible tools and practices that integrate nature and foundational health techniques, empowering you to continue your journey of transformation and growth, no matter where you are.

SESSIONS: *Saturday & Sunday, 6:30 a.m. - 7:30 a.m. with Jason Stout*

Healing Invisible Wounds: Resilience, Self-Care, Trauma Awareness: Bob Delaney's story, shared in *Covert: My Year Infiltrating the Mob* and *Surviving the Shadows: A Journey of Hope in Post-traumatic Stress*, has been featured on ABC, CNN, ESPN, and more. From undercover agent

to NBA referee and executive, Bob has spent over 40 years as a behavioral health advocate, helping those who serve to navigate the emotional impact of their experiences. A TAPS Advisory Board member, Bob brings insights and hope to survivors. (Note: This session may trigger reactions; survivors are encouraged to prioritize self-care.)

SESSION: *Saturday, 9:15 a.m. - 10:30 a.m. with Bob Delaney*

The Impacts of Loss on Our Family for Young Adults: Life after loss in an unknown. How does your personal grief journey impact the relationships around you? How does your family's grief journey impact you? The journey for each of us is different based on our own unique perspectives. Join us as we discuss and discover the impact of loss on family relationships, the shift in family dynamics, and what we can do to support ourselves and each other.

SESSION: *Sunday, 9:15 a.m. - 10:30 a.m. with Sammi Hester*

Kindness, Mental Resilience, and the Courage To Be Where You Are: 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.

SESSIONS: *Friday, 3:00 p.m. - 4:15 p.m. & Saturday, 1:30 p.m. - 2:45 p.m. with William Wagasy*

Managing Grief, Regret, and Difficult Emotions: Feelings of guilt and regret are common after the loss of a loved one. We may feel responsible for circumstances surrounding their death or regret missed opportunities in our relationship. These emotions can be challenging to navigate. In this interactive session, we'll explore the complexities of guilt and regret and share practical strategies for managing their impact on our lives after loss.

SESSION: *Friday, 1:30 p.m. - 2:45 p.m. with Andy McNiel*

Meaning Making & Connection: Understanding Peer Support: Peer support is a unique and powerful approach to navigating grief, providing survivors with understanding, empathy, and connection from those who have experienced similar losses. In this workshop, survivors will explore peer support and why it plays a vital role in the healing process. By sharing experiences, survivors gain strength, validation,

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and a sense of belonging that fosters resilience and hope. This session will highlight the benefits of peer support, how it helps survivors feel less isolated, and practical ways to engage in and benefit from these supportive, transformative relationships.

SESSIONS: *Sunday, 1:30 p.m. - 2:45 p.m. with Cherie Castellano*

More Than the Way They Died: Their legacy lives on through their stories — this is how we keep them close. By sharing memories and moments, we honor who your loved one was beyond their passing circumstances. We invite you to bring a story, photo, or anecdote to share during the workshop. While time is limited, and we want to ensure everyone has the opportunity to speak, we hope this session inspires continued storytelling throughout the seminar and beyond, keeping their spirit alive in our hearts and conversations.

SESSION: *Saturday, 1:30 p.m. - 2:45 p.m. with Lisa Zucker*

Nature's Path to Healing: Discovering Connection: Healing in nature doesn't require long hikes or advanced skills. This workshop offers survivors an accessible, meaningful connection to nature through materials like flowers, twigs, and pebbles. Survivors will engage in activities encouraging individual reflection and group communication, fostering connections with themselves, loved ones, and peers. It provides a supportive space to explore grief, integrate tools gathered, and prepare for the journey ahead. This experience emphasizes that healing can be found anytime, anywhere with the right tools and mindset, offering opportunities for personal discovery and shared understanding in the natural world.

SESSION: *Sunday, 10:45 a.m. - 12:00 p.m. with Rachel Hunsell*

Parents and Caregivers of Good Grief Camp – Moving Forward as a Family: Grief is a journey of challenges, growth, and healing. In this session, we'll explore what your child learned at Good Grief Camp and how to support their continued healing at home. We'll discuss tools they've gained for understanding grief, milestones achieved, and ways to nurture their progress. We will reflect on your grief journey, highlighting lessons learned and how they provide strength and insight for moving forward as a family. This workshop offers a supportive space to connect, share experiences, and build strategies for navigating the future together after loss.

SESSION: *Sunday, 3:00 p.m. - 4:15 p.m. with Andy McNiel*

Parenting the Resilient Grieving Child: While we cannot shield children from loss, we can guide them through their grief. This workshop equips adults to care for and comfort grieving children, offering a framework for understanding grief, strategies for fostering resilience, and tips for when additional support is needed. Techniques to enhance communication, create memories, and build confidence in supporting a grieving child will be discussed. For adults looking to expand their caregiving toolbox, this session provides practical tools and insights to navigate a child's grief journey and foster healing and connection.

SESSION: *Saturday, 1:30 p.m. - 2:45 p.m. with Dr. Robin Goodman*

Parenting While Grieving: Parenting through grief presents unique challenges as adults navigate their loss while supporting their children. This workshop will provide compassionate guidance and practical tools to help parents balance their grief with the needs of their children. Survivors will explore strategies for open communication, fostering resilience, and creating a supportive family environment during loss. Through shared insights and actionable techniques, this session aims to empower parents to navigate their grief journey while offering their children stability, care, and understanding, ensuring the whole family finds strength and healing together.

SESSIONS: *Saturday, 9:15 a.m. - 10:30 p.m. with Dr. Pamela Gabbay*

Self-Care as a Young Adult – Who Has the Time: Grief and life's challenges can be exhausting. We all need to find moments to replenish our energy and care for ourselves. Who has the time? With so much on your plate already, how is self-care even possible, and what would it look like? Join us as we explore what self-care means (for young adults) and how we can create avenues of well-being that work for us.

SESSION: *Sunday, 10:45 a.m. - 12:00 p.m. with Sammi Hester*

Self-Care Does Not Mean Selfish – Creating a Healthier and Balanced YOU: "Not All Wounds Bleed" and "Self-Care Does Not Mean Selfish" are messages Bob shares to emphasize the importance of balance and well-being, especially during grief. This workshop explores self-care strategies to nurture physical, emotional, and mental health. Survivors will learn practical tools for setting boundaries, managing stress, and incorporating meaningful self-care into daily life. By prioritizing your well-being, you can build resilience, support others, and move forward on your grief journey. Join us to

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discover how self-care empowers you to create a healthier, more balanced life while navigating loss.

SESSION: *Saturday, 10:45 a.m. - 12:00 p.m. with Bob Delaney*

The "START" Method – Stress, Trauma, and Resilience

Training: Discover the "START" Method — an evidence-based framework designed to help survivors navigate stress, process trauma, and cultivate resilience. "START" stands for stress awareness, trauma understanding, adaptive coping, resilience building, and transformative growth. This workshop offers practical tools and strategies to foster healing and empower survivors to reclaim their well-being. Through interactive exercises and guided discussions, survivors will learn to identify stress triggers, process emotions, and build adaptive coping mechanisms, ultimately enhancing their capacity for growth and recovery.

SESSION: *Sunday, 10:45 a.m. - 12:00 p.m. with Karl Wagner*

Stories We Tell Ourselves: Re-Constructing Our Grief

Narrative: We are the stories we tell — about ourselves, our experiences, and our relationships. Loss and grief disrupt our narratives and challenge our sense of identity. Yet, storytelling allows us to reinterpret and reconstruct our stories, fostering resilience and growth. This experiential workshop invites survivors to explore their grief narratives through individual and group storytelling. Together, we'll create space to reflect, share, and develop new perspectives, empowering participants to reshape their stories and find meaning in their journey.

SESSION: *Saturday, 1:30 p.m. - 2:45 p.m. with Rachel Hunsell*

Suicide-Related Grief and Trauma: Home Base Program

Briefing and Skills Overview: This presentation will focus on understanding traumatic loss, as well as learning and practicing skills that can support the grieving process. The session will include an overview of options for trauma-informed care and treatment focused on healing after a suicide loss.

SESSION: *Friday, 3:00 p.m. - 4:15 p.m. with Dr. Megan Parmenter*

Survivor Policy & Legislation Updates: Learn how the TAPS Government and Legislative Affairs team is advocating for ALL survivors on Capitol Hill on a variety

of issues, from remarriage and increasing Dependency and Indemnity Compensation to toxic exposure and suicide prevention. This is your opportunity to learn about how TAPS is fighting for surviving families, and for our Policy and Legislative team to hear what issues matter most to YOU!

SESSION: *Saturday, 1:30 p.m. - 2:45 p.m. with Ashlynn Haycock-Lohmann & Candace Wheeler*

Talk Saves Lives: An Introduction to Discussing

Suicide Prevention: Suicide is a complex public health issue. This presentation will cover what we know about suicide as a cause of death, up-to-date research on prevention, and what we can all do to fight suicide. Participants will learn about many of the common risk factors for suicide, how to notice some the warning signs, and how to keep ourselves, our loved ones, and those in our community safe.

SESSION: *Saturday, 10:45 p.m. - 12:00 p.m. with Alexander Silva*

Tools for Transformation: In our grief journey, there are times where we feel powerless to change the way we feel. Studies have shown that there are simple actions which can improve your well-being by improving mood, decreasing stress, decreasing anxiety, decreasing depression, and more. If you are feeling stuck, join us in this interactive workshop as we discuss and practice in real time practical steps you can take at any point in your journey through grief.

SESSION: *Sunday, 9:15 a.m. - 10:30 a.m. with Erin Jacobson*

Understanding Grief and Trauma After Loss: Traumatic grief differs from traditional grief, often disrupting daily life, sleep, health, and well-being. This session will explore the unique aspects of traumatic grief and how they can complicate healing when misunderstood as "normal" grief. Survivors will gain insights and practical tools to navigate their grief journey more effectively. The session encourages survivors to ask questions and share personal experiences, fostering a supportive environment for learning valuable coping strategies and gaining new perspectives on managing traumatic loss.

SESSION: *Saturday, 9:15 a.m. - 10:30 a.m. with Dr. Carla Stumpf-Patton*

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Understanding Sibling Loss: Sibling loss is a unique and often under-recognized grief experience. This workshop explores the emotional and relational impact of losing a sibling, including changes in family dynamics and the deep sense of loss that comes with losing a lifelong companion. Survivors will share stories, gain insight into their grief journey, and learn practical tools for navigating this unique loss. Whether you're seeking understanding or connection with others who share similar experiences, this session provides a supportive space to honor siblings and explore paths to healing together.

SESSIONS: *Saturday, 3:00 p.m. - 4:15 p.m. with Lisa Zucker*

Using Your Voice For Change: Learn how the TAPS Government and Legislative Affairs team is advocating for you on Capitol Hill on a variety of issues from remarriage to toxic exposure. You will also learn how to advocate for yourself and your family; how to find and contact your members of Congress. How to share your story in a productive way to create change. Your voice matters. YOU can and will make a difference!

SESSION: *Sunday, 1:30 p.m. - 2:45 p.m. with Ashlynn Haycock-Lohmann & Candace Wheeler*

VA/DoD Survivors Discussion: Do you have questions, comments, or suggestions for the Department of Veterans Affairs (VA) or Department of Defense (DoD) about how they can better support survivors through their programs, or would you just like to stop by and listen to the conversations? For an informal discussion, please join Ann Duff, Director of the VA's Office of Survivors Assistance and Lisiane Valentine, Program Manager for the DoD's Office of Casualty, Mortuary Affairs, and Military Funeral Honors.

SESSION: *Saturday, 3:00 p.m. - 4:15 p.m. with Ann Duff & Lisiane Valentine*

What to Expect When Your Child Is Grieving: Parents and caregivers may not know where to start when supporting a grieving child. Advice may be overwhelming or resources difficult to navigate. Understanding how your own grieving child feels, thinks, and behaves helps adults provide better support. This workshop uses a developmental perspective to explore how children communicate grief and how adults can address key

bereavement tasks. By learning to translate a child's grief language, caregivers will feel better equipped to walk alongside children on their shared grief journey, fostering healing and connection.

SESSION: *Friday, 3:00 p.m. - 4:15 p.m. with Dr. Robin Goodman*

Women's Empowerment – Selfhood After Loss: Join us to explore the evolving landscape of selfhood after loss. This interactive and creative workshop explores how grief reshapes our sense of identity and invites us to reconsider who we are in new, empowering ways. Rather than feeling stuck in what's missing, we'll explore the possibilities of who we can become. This isn't just about processing grief — it's about reclaiming and reimagining our stories with curiosity, depth, and even a little playfulness. Come ready to engage, reflect, and connect as we explore the ever-unfolding questions: Who have I been? Who am I becoming?

SESSION: *Saturday, 10:45 a.m. - 12:00 p.m. with Erin Jacobson & Emily Muñoz*

Young Adults Gathering: Young Adults please join us in Grand H for connecting, building community and reflecting on the weekend. Simply pickup your choice of grab-and-go sandwich in the lobby and come sit with us as we talk and share. See you there!

SESSION: *Thursday, 8:45 p.m. - 9:45 p.m.*

Young Adults "The Challenge": Young adults, join us for this special version of "The Challenge" as we have some fun connecting while being partnered in teams to complete a series of fun challenges. Activities will include "Kahoot Trivia" (centered around 90s Nickelodeon and Disney trivia, sports, and music through the ages), brain teasers, and a rap or song battle.

SESSION: *Friday, 7:00 p.m. - 9:00 p.m. with Sammi Hester*

NOTES

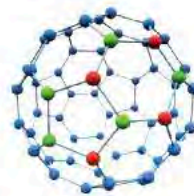
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