



As we acknowledge Volunteer Appreciation Month in April, we are so grateful to each of you who give back to the survivor community in honor of your loved ones as Peer Mentors, Legacy Mentors and in other volunteer roles. Your selfless contributions are essential to our mission.

To learn more about honoring your loved one's legacy of service as a volunteer with TAPS, go to [Volunteer with TAPS](#) or email [volunteer@taps.org](mailto:volunteer@taps.org).



### [TAPS Honors Gold Star Son, Representative Dean Phillips, at Annual Gala](#)



Each year at the TAPS Honor Guard Gala, TAPS presents the Senator Ted Stevens Leadership Award to a survivor who has taken their experience and demonstrated outstanding leadership on behalf of other survivors.

This year's recipient, Representative Dean Phillips (MN-3), was honored for his legislative efforts on behalf of survivors on Capitol Hill. Phillips, who lost his father, U.S. Army Captain Artie Pfefer, in Vietnam when he was only 6 months old.

"His empathy and commitment to the military survivor community ensure the families of America's fallen heroes are never forgotten." - Bonnie Carroll, TAPS President and Founder

We invite you to watch his incredibly moving speech and hear his story.



# DID YOU KNOW...?



## National Siblings Day is April 10

"In a sense, our siblings are parallel travelers in life; we have a shared history. We expect this to be the longest relationship we will ever have. Our siblings are part of our past and part of our present. We expect to grow old with them, and it's devastating to lose them before their time."

~ Heidi Horsley, PsyD, MSW, MS and TAPS Advisory Board Member

Surviving Sister Kat Stanley shares her story of sibling loss and how a beloved childhood toy unlocked happy memories with her brother in the past and grief for a lost future.

### Trains: A Surviving Sibling Story

#### Online Group: Surviving Siblings

2nd Tuesday of each month, 9 p.m. Eastern

Whether you are a sibling, half sibling or step-sibling grieving the loss of a military loved one, TAPS is here to support you. We invite you to connect with other surviving siblings during our monthly chat.

#### Register for Surviving Siblings Online Group



## TAPS PROGRAM *Spotlight*

### Your TAPS Family is in Your Local Community



#### TAPS Care Groups

TAPS Care Groups bring the feel of TAPS to a survivor's local community. Monthly meetings provide survivors with a safe space to talk, time to listen, and the comfort of knowing they are not alone.

Care Groups are hosted by a volunteer TAPS Peer Mentor, volunteer mental health provider, or both. Meetings are loosely structured to allow the conversation to flow naturally and provide space for survivors to support and learn from each other.

#### Locate a TAPS Care Group

If you would like to support other survivors in your community by starting or facilitating a TAPS Care Group, email [caregroups@taps.org](mailto:caregroups@taps.org).



## UPCOMING *in-person* CONNECTIONS

### Your TAPS Family is in Your Local Community



#### TAPS Togethers

TAPS Togethers are one-day, organized social events, led by TAPS staff or a survivor like you, with the goal of expanding our peer-support community. Powerful experiences, meaningful conversations, and growing in relationships with other military survivors encourages hope and healing. We draw both strength and inspiration from coming together.

Past TAPS Togethers have included visits to art museums, the Houston Rodeo, minor league baseball games, Starbucks Coffee meet and greets, **Carry the Load walking events** in honor of our loved ones, and much more.

[View our Events Calendar](#)

If you would like to create and host an event for survivors in your local community, email us at [tapstogetherstaps.org](mailto:tapstogetherstaps.org).



#### 29th Annual National Military Survivor Seminar and Good Grief Camp

Arlington, Virginia  
May 25 - 29, 2023

*Registration is now open*

#### The Robert Irvine Foundation Presents TAPS Las Vegas Peer Mentor Experience

Las Vegas, Nevada  
July 13 - 16, 2023

*Applications are now open*

#### Northwest Regional Survivor Seminar and Good Grief Camp

Spokane, Washington  
July 7-9, 2023

*Registration is now open*

Additional events will be added to the [TAPS Events Calendar](#) throughout 2023.



# UPCOMING *Online* CONNECTIONS

Through our **TAPS Online Community**, your TAPS Family is here to meet you wherever you are in your grief — and wherever you are in the country or the world.

### Online Groups

Connect with survivors with shared experience.

#### **New! Vietnam Era Survivors**

3rd Thursday of each month  
1 p.m. Eastern beginning April 20

*Registration is open*

### Online Workshops

Learn together to have a shared experience through our Theatre Labs, and **interactive an inspiring workshops now being offered for survivors** through the TAPS Institute.

### Women's Empowerment Online Programming

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



## INSTITUTE FOR HOPE AND HEALING

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

### Survivor Workshop and Workshop Series

The TAPS Institute for Hope and Healing® is excited to offer military survivor-only online programming — single day workshops and multi-day workshop series — where we will come together as peers to inspire and learn from one another. Workshops will include the popular and impactful Dare to Lead™ series, along with workshops on emotional intelligence, health and wellness, Google's Search Inside Yourself, and much more.



#### **Navigating Grief**

April 4 - May 16, 2023  
Tuesdays at 6 p.m. Eastern



#### **Dare to Lead 2.1**

April 5 - August 23, 2023  
Wednesdays from 12 - 1:30 p.m. Eastern

[View our Calendar of Upcoming Workshops](#)

### Upcoming Webinars

#### **Engaging Empathy In the Workplace: A Guide for Grievors**

Tuesday - April 18, 2023  
12:00 p.m. Eastern

#### **Modern Loss: A Conversation with Rebecca Soffer**

Tuesday - April 25, 2023  
12:00 p.m. Eastern

Missed a webinar? Visit our [free on-demand library](#) 24/7 to access recorded TAPS Institute webinars on a variety of topics

**TAPS** *is here for you*



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

**TAPS National Military Survivor Helpline**  
**800.959.TAPS (8277)**

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

**Subscribe to receive the TAPS Daily Reflection with Dr. Alan Wolfelt.**

This daily email is subscription-based and will deliver the power of hope and comfort to you.

Follow us on social!

