"I am eternally grateful for the endless opportunities TAPS has given me to further my personal and professional growth... TAPS is the best family I never wanted to be a part of, but I am so glad I have them behind me in every step of the way in my journey of self appreciation and development."

- Mackenzie Runyan, Surviving Daughter of United States Army Captain Patrick W. Runyan

**TAPS NFL Young Adults Summit**

In July, the TAPS Young Adults Program, with the support of the NFL, AMB Sports + Entertainment, and the Atlanta Falcons, brought forty surviving children and siblings (ages 18 - 30) together in Atlanta, Georgia. This event provided opportunities for them to network with their peers and sports professionals, empowering them to make more informed personal and professional decisions in their lives.

**Read About This Incredible Experience**
Supporting Bereaved Children As They Return To School

Each August, parents of school-aged children shift their focus from trips to the pool and vacations to preparing to send their children back to school. While this may seem routine, TAPS understands that grief is anything but, acknowledging that it is a process, unique to each one of us, including our children. And, we recognize that their needs may change each year as they progress through school.

In a **new blog, written by Andy McNiel,** Senior Advisor to TAPS Youth Programs, we share information and resources to help families navigate the back to school process and how to create support systems for your child (children) at their school.

Become A TAPS Peer Mentor

"I would like to be a peer mentor because I would like to pay it forward and support a fellow sibling survivor. TAPS has been a great blessing during my grief journey. I have found it to be comforting to have a peer mentor that has a similar story and just understands when I'm unable to articulate my thoughts and feelings."

~ TAPS Surviving Sibling

If you are 18 months past your loss, and would like to be a source of support for another survivor, then the TAPS Peer Mentor Program is here for you!

Michelle Knuppe, Director of the TAPS Peer Mentor Program, has written a **blog sharing how survivors can become TAPS Peer Mentors** and, reflects back on her time as a Peer Mentor, and the profound effect that role had on her life.
We hope to see you at one of our many upcoming TAPS events soon!

**Surviving Siblings Pacific Northwest Fishing Retreat**
Forks, Washington
October 19 - 23, 2022
*Applications Close on August 9*

**Southern Regional Military Survivor Seminar and Good Grief Camp**
(In-Person and Virtual Options Available)
San Antonio, Texas
August 26 - 28, 2022

**14th Annual National Military Suicide Survivor Seminar and Good Grief Camp**
*In-Person and Virtual Options Available*
Dallas, Texas
October 7 - 9, 2022

**Ohio Family Adventure Camp**
*Featuring Family Adventure Racing*
Newbury, Ohio
September 23 - 26, 2022
*Applications Close On August 26*

**California Family Camp**
Julian, California
November 3 - 7, 2022
*Applications Close on October 3*

Refer to the [TAPS Event Calendar](#) for information about additional upcoming events.
Upcoming Online Workshops

We See You

4 - Part Online Workshop Series

For Surviving Unmarried Partners, Significant Others, Fiancés and Fiancées

Meets at 8 p.m. Eastern on the following Tuesdays:
August 2 | August 9 | August 16 | August 23

Theatre Lab for Families
Thursday, August 4
6:30 p.m. Eastern

Theatre Lab for Adults
Tuesday, August 9
7 p.m. Eastern

Young Adults: Let's Talk Grief
Tuesday, August 16
8 p.m. Eastern

Peer Mentor Training
Tuesday, August 16
and Wednesday, August 17
7 p.m. Eastern

Women’s Empowerment Programming
We are excited to once again offer surviving women many ways to come together and connect online in a safe, supportive, understanding, enriching and healing environment.
At the Institute, practical information on coping with loss is accessible to all who seek current strategies, the most effective tools, and best practices for supporting those who are grieving and those who serve the grieving.

### Upcoming Webinars

**Renovating and Remodeling: Moving Beyond Just Coping and Surviving**  
Tuesday, August 9  
12 p.m. Eastern

**Helping Grieving Children and Teens Cope With Difficult Emotions**  
Tuesday, August 23  
12:00 p.m. Eastern

**TAPS Policy and Legislative Advocacy Update**  
Tuesday, August 30  
12:00 p.m. Eastern

### Webinar Archives

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

- Tapping and HeartMath: Techniques to lessen Anxiety and Build Resilience
- Men, Grief, and Posttraumatic Growth
- Coping With Guilt When You're Grieving
- Grieving Styles and Family Dynamic - Communicating with Children and Teens

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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

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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.

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Follow us on social!