

DECEMBER 2020

**TAPS**<sup>®</sup>  
Tragedy Assistance Program for Survivors  
**FAMILY NEWSLETTER**



As we move into the holiday season and approach the end of this difficult year, always remember you have your TAPS Family to lean on.

We are here for you now and always, and we hope you will join us with a cup of warm cocoa and a cozy blanket, for our virtual programs at the TAPS Institute for Hope and Healing, our TAPS Care Groups, our TAPS Togethers and all the ways we come together. Remember also to reach out to your TAPS Peer Mentor or call our TAPS National Military Survivor Helpline, there for you 24/7. Support, encouragement, and love are always close by.

Together we have come through a challenging time. We have done what families do - support and care for each other. We have shared the gifts of hope and kindness with each other, we have told our loved one's stories, and in that sharing we have found strength and comfort.

*Bonnie Carroll*

With lots of love and warm hugs from your TAPS Family,

Bonnie Carroll  
TAPS President and Founder



FINDING AND SHARING HOPE

## Understanding Your Grief: Hope for the Holidays

Grieving the death of someone loved is often naturally difficult, but during the holiday season it can seem overwhelming. This is particularly true this year with the challenges with COVID-19. In this compassionate video, Dr. Alan Wolfelt, TAPS Advisory Board member, provides practical suggestions that will help you survive and still embrace hope during this unique and challenging time. He will remind you to be self-compassionate and seek and accept the support you both need and deserve.



WOMEN'S EMPOWERMENT

## Women's Empowerment

If you're having trouble finding things to celebrate, you can relax into the warm and welcome fellowship that is the TAPS Women's Empowerment virtual program. Not registered yet? No problem - one-stop registration grants you access to the suite of virtual offerings. Already part of our community? All you need to do is check your inbox for schedules and links (sent every Monday). Join us via Zoom on Tuesdays (12 p.m. & 7 p.m. Eastern) and Wednesdays (12 p.m. & 7 pm. Eastern) so that we can support each other as we move into the end of the year with courage and authenticity.



RESOURCES

## Finding Meaning and Hope as a Family

**WEBINAR: December 8 12-1 p.m. Eastern**

Adorned with lights, bright colors, and stories of good cheer, the holidays can stand in stark contrast to the sorrow experienced by those grieving the death of a loved one while also raising children or teenagers. Adults may be anticipating the holidays with apprehension, children, even when grieving, often look forward to the holiday season. Join us as we explore strategies for coping with the challenges of grieving during the holiday season, including how to make the holidays meaningful for all ages.



WHAT'S NEW

## A Breath of Fresh Air

We are continuing our journey to connect with the natural world with TAPS Outdoors! Our theme for December is Seasons of Grief. In the midst of winter, we will dig deeper into seasonal impacts of grief and how the natural world around us can both challenge our hearts and minds while also teaching us resilience, grit, and self-compassion. Join us as we get out into nature, and share your photos with us on social media with the hashtag #TAPSOudors or share with us via email at [expeditions@taps.org](mailto:expeditions@taps.org).



SHARING OUR STORIES

## TAPS Online Community Chats

### Coping with the Holidays

The TAPS Online Community is holding two video chats on **December 1** and **December 8** where you can connect with others in a safe and supportive environment. If this is your first holiday season without your loved one or you just need to wrap yourself in the warmth and love of your TAPS Family, we invite you to join us. Not registered with the Online Community? Find out more and [register today](#) to stay connected and find support and care.

### Wreaths Across America

TAPS and Wreaths Across America have teamed up to honor those who served and died for our country. Each year wreaths are placed on gravesites across the country and you can join with others in the TAPS Family by sponsoring a wreath, volunteering to help and inviting friends and family to join in this honored tradition - taking place on December 19.

**Time is Running Out! Learn More to Sponsor a Wreath Today!**

### The Color of Hope

As we transition into the New Year, TAPS Suicide Prevention & Postvention would like to offer a special gift that you can incorporate into your "grief toolbox" and carry forward on your journey. A new "Relaxation Coloring Book" is available to download and print. Our heartfelt thanks to professional artist, illustrator, and Good Grief Camp Military Mentor volunteer, Ange Marie Dwyer, who custom-designed and created this book around the theme for our 12th annual National Military Suicide Survivor Seminar: *Listen, Learn, Love.*

**Download the TAPS Relaxation Coloring Book Today!**



AmazonSmile is a simple way to support TAPS every time you shop, at no cost to you. Visit [smile.amazon.com](https://smile.amazon.com), log in, and select TAPS as your charity of choice. Amazon will give 0.5% of your eligible purchases to TAPS.



### TAPS is here for you!

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

Support and care are available to you 24/7/365.  
Call our Helpline at 202. 588.TAPS (8277) and visit us at  
[TAPS.org](https://TAPS.org)

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