“We only grieve because we love.”

- Bonnie Carroll, TAPS President and Founder

Continuing the Legacy of Love

Special days such as birthdays, anniversaries, and Valentine's Day can feel especially difficult, yet they provide natural opportunities to maintain a bond to our person through intentional acts of connection. Whether a special day or every day, we can reinforce this relationship in healthy ways. Read more in our special Valentine's Day blog.

National Caregivers Day is Friday, February 18

TAPS recognizes the complicated experiences and grief journey for those who were caregivers prior to their loss. The Institute webinar “Shifting Tides: From Caregiver to Survivor” recognizes the unique challenges of caregivers as they transition to survivors.

To learn more about resources and ways that TAPS supports all those grieving the loss of their loved one to illness through our Caregiver to Survivor Program.

DID YOU KNOW...?

TAPS creates resources on a broad variety of relevant topics to provide tools for survivors and those who support them. Listening to survivors and other partners in care allows us to put resources such as these in the hands of those who need them. Below are two of our newest resources for your awareness.

How to Tell The Children
A one-page resource offering age-appropriate words that will help even our youngest survivors begin to understand the loss of their loved one.

From Grief to Growth: Healing After A Suicide Loss Guidebook
A guide to healing after suicide loss written by survivors, for survivors, that will give you a roadmap to guide you on your grief journey.
TAPS Young Adults Charleston Experience
April 3 - 8, 2022
Charleston, South Carolina
Applications Close on Monday, February 21

Southeast Regional Military Survivor Seminar and Good Grief Camp
In-Person and Virtual Options Available
February 25 - 27, 2022
Jacksonville, Florida

28th Annual National Military Survivor Seminar and Good Grief Camp
In-Person and Virtual Options Available
May 27 - 30, 2022
Washington, DC

Refer to the TAPS Event Calendar for information about additional upcoming events.

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Online Groups
by Relationship, Cause of Death & Peer Group
Click on your group below to register.

- Monday, February 14
  8:00 PM Eastern
  Parents of Suicide Loss
  Spouses, Partners, Fiancés, & Significant Others

- Wednesday, February 16
  9:00 PM Eastern
  Men

- Monday, February 21
  8:00 PM Eastern
  Accident Loss Survivors
  Combat Loss Survivors
  Illness Loss Survivors
  Suicide Loss Survivors

Wednesday, February 23
4 Times Available
ALL Survivors Welcome

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Online Workshops

- Wednesday, February 16
  8:00 PM Eastern
  Young Adults: Let’s Talk Grief

TAPS Institute for Hope and Healing®
Tuesday, March 1
2:00 PM Eastern
How To Talk To Children About Death And Grief

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Coping Skills Workshops

- Thursday, February 24
  12:00 PM - 2:00 PM Eastern
  Mixed Media Journaling

- Thursday, February 24
  7:00 PM - 8:30 PM Eastern
  What’s My Story?
  Challenging Your Grief Narrative
TAPS is here for you!

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!