



From Bonnie Carroll, TAPS President and Founder:

The TAPS Family is built on love. It is our foundation, our inspiration, our strength. In this month where we have a day that is devoted to love — let us reflect on love — in all its forms. Let us always remember that love is spoken here in the TAPS Family and that love will guide our path as we move forward. By living our best lives and preserving the memories of our fallen heroes, we each do our part to ensure that

Love Lives On.



About Love

Special days, like birthdays, anniversaries, and Valentine's Day, can feel especially difficult when we are grieving. In our [special Valentine's Day blog](#), Jason Stout, TAPS Youth Programs Advisor, shares how occasions like Valentine's Day can be a reminder that love and grief are tied together.

"So as we approach this Valentine's Day, I reflect on the love in my heart, both for those here and those lost. Though I will always miss my dad, I'm reminded that grief — the grief I've walked decades with — is an expression of love."

~ Jason Stout, Youth Programs Advisor

TAPS Valentine's Day Blog



DID YOU KNOW...?

Widow's Tax Completely Eliminated as of February 1, 2023

The TAPS Government and Legislative Affairs team was instrumental in the fight to finally eliminate the Widow's Tax. Working with members of Congress, fellow veteran and military service organizations, and surviving spouses, TAPS helped ensure the passage of this critical and long-overdue legislation in early 2020.

Learn more about the impact of this change on survivor benefits in our latest blog.

Widow's Tax Completely Eliminated



TAPS PROGRAM *Spotlight*

TAPS Care Groups



"Do not let the fear of taking that first step of attending a Care Group stop you. I realize it is a scary thing to walk into a group of people you do not know, who are also hurting, and share your story, but do it. You will be glad you did."

~ Bob Derga, Surviving Father of USMC Cpl Dustin A. Derga and TAPS Cleveland Care Group Co-Leader

TAPS Care Groups are local survivor support groups hosted or co-hosted by TAPS Peer Mentors that meet monthly in locations throughout the country. No matter where you are on your grief journey, you will always be warmly welcomed into the group — a safe space where all survivors are given time to talk, opportunities to listen, and the precious feeling of knowing they are not alone. Learn more about [TAPS Care Groups](#) or [find a Care Group near you](#).

Hear from survivors about the healing and connection that takes place in TAPS Care Groups in our blog below.

TAPS Care Groups: A Source of Connection, Hope and Healing In Your Local Community



UPCOMING *in-person* CONNECTIONS

We hope to see you at one of our in-person events this year!



Southeast Regional Military Survivor Seminar and Good Grief Camp

Destin, Florida

February 3 - 5, 2023

In-Person and Virtual options available

Young Adults Winter Experience

Park City, Utah

March 9 - 12, 2023

Applications are open

Tennessee Family Camp

Bolivar, Tennessee

April 14 - 17, 2023

Registration is now open

Mountain Regional Military Survivor Seminar and Good Grief Camp

Denver, Colorado

March 31 - April 2, 2023

In-person and virtual options available

29th Annual National Military Survivor Seminar and Good Grief Camp

Arlington, Virginia

May 25 - 29, 2023

In-person and virtual options available

Additional 2023 TAPS Events

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 of shared experience by **Relationship to your Fallen Hero, Cause of Death and Peer Group***

Online Workshops

*Learn Together & Have a Shared Experience in **Theater Labs For Adults and Families, Parenting Grieving Children, and Peer Mentor Training***

Women's Empowerment Online 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 through **Focus and Flow, Create, Connect and Book Club** offerings.*

TAPS®

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.

Upcoming Webinars

The Value of Funerals and Therapeutic Rituals

Tuesday, February 7, 2023
2:00 PM Eastern

Helping Grieving Kids as They Grow

Tuesday, February 21, 2023
12:00 PM 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:

Art-Making as a Bridge to Understanding Grief

Renovating and Remodeling: Moving Beyond Just Coping and Surviving

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.



WORK WITH TAPS™



Join The TAPS Team

Have you been looking for a meaningful way to honor your loved one's legacy of service while supporting other survivors?

Consider working for TAPS. We have many exciting openings available, including internships.

[Learn More and View Open Positions](#)

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