

"Some things cannot be fixed; they can only be carried. Grief like yours, love like yours, can only be carried."  
— Megan Devine

# TAPS

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

## FAMILY NEWSLETTER

March 2024

### HONOR



#### An Honor to Serve

Honoring the lives of our fallen loved ones is an important part of the TAPS mission. Grace, the surviving sister of U.S. Army SPC Jarrett Kotalik, found a way to partner honoring her brother and other fallen heroes with service to her community through her Eagle Scout project. Read about Grace's project — retiring flags that have bravely flown, but have grown worn and tattered — in our latest blog, and learn how your fallen hero's name can be a part of it.

[Read the Blog](#)

## 10 Ways to Break Away from Grief's Loneliness

### 1. Find a cause.

Thrive by contributing to something important to you.

### 2. Resist passive social media scrolling.

Use social media as a communication tool, not a comparison tool.

### 3. Recognize the difference between a rut and a routine.

Shift away from doing things that don't nourish your soul just because that's what you've always done.

### 4. Put your phone away when you are with people.

Step away from the habit that prohibits connection.

### 5. Identify what's holding you back.

Carve out and dedicate space to connection, and follow through.

### 6. Leave your house.

Expand your world with a trip to the park or coffee shop, or just take a walk.

### 7. Move more.

Find community through healthy movement. Try a yoga class, running club, or walking group.

### 8. Seek out others with similar interests.

Find a knitting circle, join a book club — whatever interests you. Say yes when someone invites you.

### 9. Talk to people during every interaction.

Say hello to people you pass, chat with your cashier, and get to know the people in your neighborhood.

### 10. Use the power of your TAPS Family.

Lean on TAPS programs, like Care Groups, TAPS Togethers, seminars, and health and wellness events to build community.



[Read the Full Article](#)

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# PLAN



## Register for a Military Survivor Seminar and Good Grief Camp

Join your TAPS family for a healing weekend at the national seminar or one of our regional seminars throughout the year. In addition to these core events, TAPS hosts unique experiences around the country throughout the year. Check [taps.org/events](https://taps.org/events) regularly for new opportunities to connect with your TAPS family, and check out the **TAPS Care Groups** and **TAPS Togethers** happening near you for support close to home.

### **30th Annual National Military Survivor Seminar and Good Grief Camp**

May 23-27, Arlington, Virginia

### **Western Regional Military Survivor Seminar and Good Grief Camp**

July 26-28, Scottsdale, Arizona

### **Northeast Regional Military Survivor Seminar and Good Grief Camp**

August 23-25, Buffalo, New York

### **Southern Regional Military Survivor Seminar and Good Grief Camp**

October 4-6, San Antonio, Texas

### **Southeast Regional Military Survivor Seminar and Good Grief Camp**

November 15-17, Destin, Florida

[Register for a Seminar](#)



## Online Groups

By Relationship, Peer Group, &  
Type of Loss

[Find a Group](#)



## Community Events

TAPS Together, Care Groups, & Events  
Happening Nationwide, Year-Round

[Find an Event](#)



## Team TAPS Events

Honoring Loved Ones at Events  
Nationwide

[Join the Team](#)



## Young Adults Events

In-Person & Online Events  
Survivors Ages 18-30

[Find an Event](#)



## Youth Programs

In-Person & Online Events  
School-Aged Survivors and Parents

[Browse Events](#)



## TAPS Institute

Workshops, Seminars, & Discussions for  
the Bereaved and their Supporters

[Browse Courses](#)

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# REFLECT



## **Making Moments Memorable**

The TAPS Sports and Entertainment team has been busy connecting survivors with the sports, teams, and stars that awaken precious memories of their fallen hero. If your loved one had a special connection to a team, athlete, artist, or actor, we want to hear about it. Submit your story for an opportunity to honor your loved one in a special way.

[\*\*Share Your Story\*\*](#)

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# SUPPORT



## Wear Your Heart on Your Sleeve

When the TAPS Family gathers together, we wear our shirts to show our connection with one another. But as a surviving father, Matt Daud, shares, wearing TAPS gear outside of TAPS events gives us a chance to share our loved ones' stories and spread the TAPS mission, and purchases from the **TAPS Store** support that mission. Wear your TAPS gear as a reminder that you are part of a family unlike any other.

[Read On](#)

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Compassionate TAPS support is available 24/7 via our National Military Survivor Helpline: **800-959-TAPS** (8277).



[Donate](#)



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