

MAY 2021

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



*"The lives of those who we love and remember and honor are carved into our soul,  
imprinted on our hearts and woven into the fabric of our nation.  
They make us stronger, they inspire us, and in that way, they are eternal."*

**- Bonnie Carroll, TAPS President and Founder**



## TAPS National Military Survivor Seminar and Good Grief Camp

**May 28 - 31, 2021**

Registration is still open for our National Seminar. We will have live-streamed sessions and special events available for you. Our in-person event is currently on a waitlist and we will welcome those off the waitlist as capacity allows, so please go ahead and register. Programming for adults, young adults, and our Good Grief Camp will provide the opportunity to connect, and find support. [Visit our website](#) to register and share this time of love, honor and remembrance with us.

## TAPS Virtual Graduation Ceremony

**June 13, 2021, 4 pm Eastern**

TAPS would like to extend an invitation to graduating high school seniors to celebrate all you have accomplished! In addition to having our graduates recognized at the 2021 National Military Survivor Seminar and Good Grief Camp in Washington, D.C. this May, we are planning an online celebration so your TAPS family can remotely share this moment with you, your family, and friends and we can officially welcome you to the Young Adults Program. [Register today.](#)



## Montana Men's Retreat

**August 30 - September 3, 2021**

Grief can take you out of your comfort zone. It's easier to distance yourself, hide your emotions, and pretend you have everything under control. But when you see that others share this journey, you can find new ways to grow and heal. Step away from the stressors of life and get into nature where you can focus on yourself, honor your loved one, and connect with other men who understand. [Applications are open from May 1 - 20.](#)

## We Are All Superheroes

When life throws us off course, we need someone to be there alongside us, a superhero or sidekick to give us hope. That is where the power of peer support helps us as we face our grief day in and day out. We invite you to read "Up, Up, and Away" and discover how others have been impacted through connecting with their peers and how perhaps there is a little superhero in all of us! Be sure to view the wide range of articles available to you anytime via our website at [taps.org](http://taps.org).





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### Join a Moving Memorial With TAPS!

During the month of May, Carry the Load is hosting a national relay to honor our nation's heroes. TAPS is proud to once again be a partner in this tremendous event. The TAPS Family will be participating along the relay routes (virtually and in-person) and we want you to join us! The relay will culminate on May 30 in Dallas, TX where the TAPS Dallas Care Group will participate in the Memorial March. Register and join with others as we honor the legacy of our loved ones. You can also email [teamtaps@taps.org](mailto:teamtaps@taps.org) for questions or more information.

**Register with Team TAPS and Carry the Load**

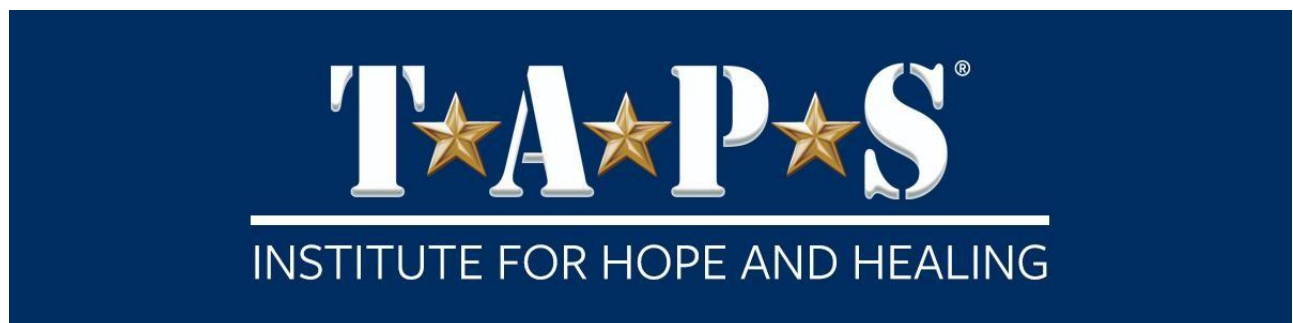
### Get Outdoors with TAPS!

#### Sierra Backpacking Expedition

**August 18-22, 2021**

Join us as we backpack through the majestic Sierra Nevada Mountains in California. Our shared experience will have us breathe deeply amidst the pines and soaking in breathtaking sunrises and sunsets. What awaits is a fresh perspective on life's challenges and cherished memories with fellow survivors. You can submit an application for this exciting journey April 1 through April 15.

**Submit Your Application Beginning April 1!**



The TAPS Institute for Hope and Healing® serves as a resource and training center, providing a hub for high-quality collaboration between professionals working in the field of grief and loss. Webinars and resources offer practical information on coping with loss and are 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. Visit our website to find the current [Institute schedule](#) as well as [previous sessions](#) available on-demand.



## **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://www.taps.org)

**Follow us on social!**

