

"We live in a dance of yesterday and today, of grief and gratitude.
We do not have to pick one."
— Tasha Jun

TAPS

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

FAMILY NEWSLETTER

November 2024

HEAL

Tips for Grievers During the Holidays

A typically joyous time of year may include added stress and complicated emotions for the bereaved. We've compiled a few reminders to carry with you throughout the season.

1. Acknowledge the Change – Your holidays are different now. It's OK to feel a range of emotions.

2. Make Plans – Knowing ahead of time how you will spend your day can help relieve anxiety.

3. Choose Your Company Wisely – Seek out the most nurturing people in your life. It's OK to keep gatherings small.

4. See Spiritual Comfort – Your faith community may provide special comfort this time of year.

5. Seek Support – Turn to those in your life who understand and respect your need to grieve. TAPS is available 24/7 at 800-959-TAPS (8277) if you need to talk.

6. Evaluate Traditions – Consider carrying on a tradition that was important to your loved one or starting a new one to honor your loss.

7. Honor Your Loved One – Find a meaningful way to honor your loved one – from lighting a candle to donating to a nonprofit in their honor.

8. Focus on Your Health – Get plenty of rest, nutritious foods, and water.

9. Ask for Help – For tasks large and small, remember that asking for help is a sign of strength.

10. Engage in Acts of Service – Finding a way to support someone in need can be a gift to both of you.

11. Embrace the Moments of Joy – Remember, it's OK to embrace happiness during the holidays.

**Find more TAPS
support to help
you cope with
the holidays.**

GATHER



Share your TAPS Togethers: Friendsgiving Experience

TAPS Togethers: Friendsgiving events are happening nationwide this month, bringing members of the TAPS Family together in this season of gratitude. If you are hosting or attending a Friendsgiving this year, we would love to hear about it. Send your photos and highlights from the event to editor@taps.org for the chance to be featured in an upcoming TAPS publication.

Share with Us

HONOR



Join teams4taps for the 2025 NFL Pro Bowl Experience

Do you know a surviving child who loves football? Share your story with TAPS for a chance to attend the 2025 NFL Pro Bowl Experience with TAPS, made possible by support from the NFL.

This exciting teams4taps opportunity is designed especially for TAPS kids ages 7 to 18 and their families whose loss occurred more than three years ago. In partnership with the NFL, TAPS families will be hosted for five days and four nights of fun and meaningful experiences, including NFL practices, exploring the magic of the Disney parks, and attending the 2025 NFL Pro Bowl Games at Camping World Stadium! Flights, lodging, tickets, and group meals for survivors will be provided through generous support from the NFL.

[**Read More and Apply**](#)

LEARN



Understanding How Our Children Grieve

Grief styles — even for children — are as unique as we are. Understanding your child's grief style and coping style can help us offer support in ways that are helpful and meaningful to them. Identify common grief experiences through the ages, from birth to age 17, and learn about common grieving styles in this latest installment of Growing Up TAPS.

[Learn More](#)

REFLECT



Southern Regional Military Survivor Seminar and Good Grief Camp

Last month, the TAPS Family in the southern region of the country gathered in San Antonio, Texas, for a healing weekend alongside peers and grief experts. As our 2024 seminar schedule draws to a close later this month, **find a TAPS Togethers event** near you as a way to stay connected to your TAPS Family through the end of the year.

REFLECT



Lake of the Ozarks Sibling Retreat

Surviving siblings gathered for a retreat at Camp Operation BBQ Relief (OBR) last month. The first peeks of fall foliage, time spent on the lake, and cooking and bonding experiences alongside fellow surviving siblings from TAPS created a memorable, healing experience for attendees. If you are a surviving sibling and want to connect with your peers at TAPS, consider joining the next **Surviving Siblings Online Group** meeting on November 12 at 9 p.m. Eastern.

PLAN



Connect with TAPS

Join your TAPS Family for a healing experience at an upcoming in-person or online event. Check taps.org/events regularly to see all the unique experiences as they become available. For support and community close to home, explore the **TAPS Care Groups** and **TAPS Togethers** happening near you and the **TAPS Institute for Hope and Healing** webinars available each month.

[Browse Events](#)



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

Compassionate TAPS support is available 24/7 via our National
Military Survivor Helpline: **202-588-TAPS (8277)**.



Donate



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