



As we move into fall, it is a time to reflect on how we can practice awareness, understanding, and acknowledgment of the emotions that come with loss and change. Exploring these things together has always brought strength to the TAPS family. This legacy is one you are a part of - sharing and working together to build our resilience and grow our support network. We are never truly alone when we lean into those who have committed to extending the hand of friendship and support. Our shared experiences become part of a larger story of how we cope, engage with life, and find purpose. Joining with others in our darkest times is when we can see lights of hope radiating from those who have survived the unthinkable. We can learn to believe that what we are going through is survivable as we become part of a thriving community where our stories are held and honored - a place where people heal together - your TAPS family.

With you today and everyday,

A handwritten signature in cursive script that reads 'Bonnie'.

Bonnie Carroll

**Learn More About Emotional Wellness and Find Helpful Articles, Resources, and Webinars From TAPS**



**Dragonflies: A Surviving Mother's Connection to Her Son**

A surviving mother, Ruth Wiley found a renewed, lasting connection with her son after reading a special children's book at his funeral, comparing the life cycle of dragonflies to the loss of a loved one. Ruth has shared the story "Water Bugs and Dragonflies" with other survivors to help bring hope and healing along their grief journeys. [Read her story.](#)

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## Join Your Local TAPS Care Group

*"I participated in my first care group today. I am so appreciative of the kindness and warmth shown to me by complete strangers that became friends in just 90 minutes! Being part of a group of people who understand is a gift." ~ TAPS Survivor*

TAPS Care Groups bring the feel of TAPS into your community. These local support groups meet regularly and provide emotional support and camaraderie for military survivors in between the larger TAPS events.

[Visit our website to learn more and to connect with your local group.](#)



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## Sports & Entertainment

Fall sports are kicking off! Our [teams4taps](#) program was created to provide opportunities for you to honor your fallen heroes with the teams they cheered for. Do you have a favorite sports memory with your loved one? We would love to hear it!

Please share your stories and/or photos with us by emailing [teams4taps@taps.org](mailto:teams4taps@taps.org).



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## Your Feedback is Important to Us

Every grief journey is unique. To better serve you and other survivors, please share with us the skills, tools, and resources that have helped you cope with your grief. We also would love to hear about the skills, tools, and resources you would like to learn so we may customize our programs and services to best support all those grieving the death of a military loved one.

[Take the TAPS Survivor Care Survey](#)



The TAPS Institute for Hope and Healing® offers webinars and resources from experts in the field of grief and loss. Our broad range of topics provides practical information focused on helping survivors develop coping tools and strategies for navigating loss. We invite you to join us. Visit our website to find upcoming webinars on the [Institute Event Calendar](#), and programs available on-demand in the [Webinar Archives](#).

### Tuesday, October 19: Where Faith Meets Grief

**NOON - 1:00 PM Eastern**

Faith and spirituality are interwoven into one's personal experience with illness and loss, and they can be effective tools for healthy coping. Join Reverend Dr. Jerome Weaver to discuss the dynamics and effects of faith and spirituality on the grieving process, even when the loss challenges one's beliefs.

**Tuesday, October 26: The Power Of Sound Healing**

**NOON - 1:00 PM Eastern**

Sound healing has been used throughout the ages from modern day medicine to ancient Greek and Chinese cultures. In this program, Janie Keilwitz will discuss the history and use of sound healing, recent scientific research, and amazing discoveries on how this cutting-edge therapy is being used to treat medical conditions and help with trauma, grief, and stress.



**Midwest Regional Military Survivor Seminar and Good Grief**

Monday, September 13

8:00 PM Eastern

**Virtual Event**

**Parenting Care Group**

Tuesday, September 21

7:00 PM Eastern

**Virtual Event**

**Loss During COVID Care Group**

Monday, September 13

8:00 PM Eastern

**Virtual Event**

**Parenting Care Group**

Tuesday, September 21

(Recurring Monthly through December)

8:00 PM Eastern

**Virtual Event**

**Midwest Regional Military Survivor Seminar and Good Grief**

**Camp** September 24-26, 2021

Columbus, Ohio

**Virtual and In-Person Options Available**



## **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!**

