

"There are three needs of the griever: to find the words for the loss, to say the words aloud, and to know the words have been heard."

— Victoria Alexander

TAPS

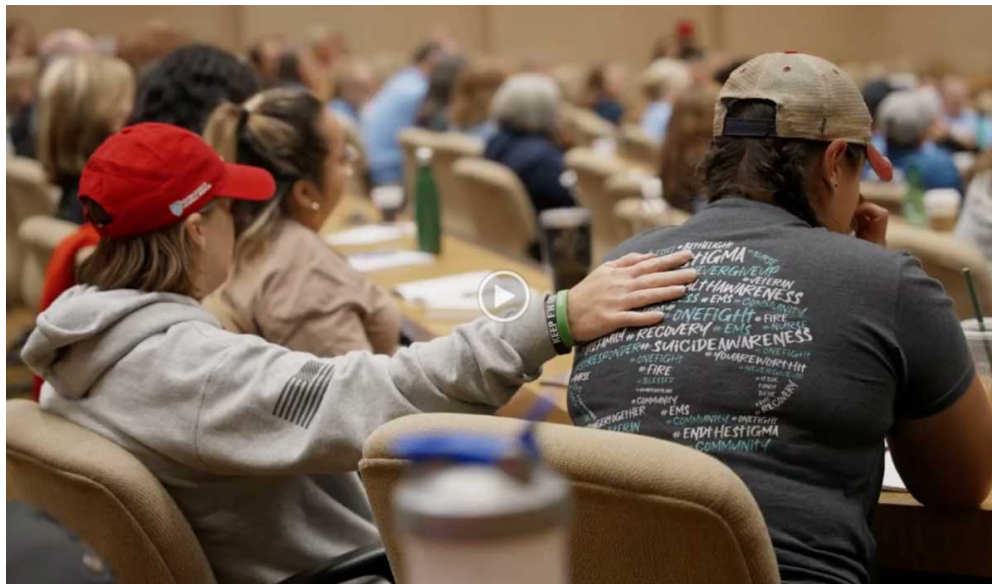
TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

FAMILY NEWSLETTER

September 2023

HEAL

September is National Suicide Prevention Month, and throughout the month, TAPS recognizes those members of our community who have been touched by the pain of suicide, remembers those service members and veterans who died by suicide, and shares field-leading resources to prevent future losses.



TAPS Recognizes National Suicide Prevention Month

If you've lost a loved one to suicide, TAPS wants you to know that we understand your grief. Through our three-step TAPS Suicide Postvention Model™, we help you stabilize after loss, guide you through a healthy grief journey, and move you toward post-traumatic growth. Our trained and knowledgeable staff is passionate about bringing hope and healing to suicide-loss survivors. If you have lost your service member or veteran to suicide, we can help.

[Access Suicide Loss Support](#)

LEARN

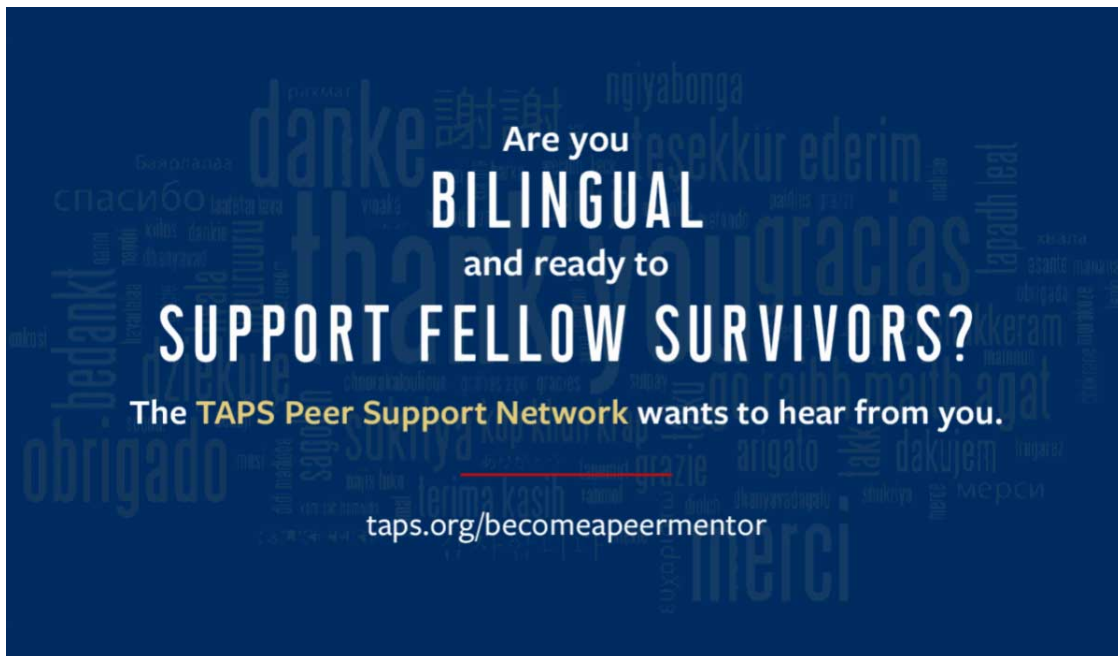


Finding Meaning After Loss

In search of meaning after her husband, Glen, died by suicide, TAPS Peer Mentor Michelle Collins discovered that the key for her was realizing that she didn't need to find meaning in his death, but in his life and the life she continues living.

Find Meaning with TAPS

GROW



TAPS Seeks to Expand Peer Support in Survivor's Native Language

The TAPS Peer Support Network often receives requests for peer-based support from survivors who do not speak English. While we have several incredible bilingual Peer Mentors, we want to grow our team in order to ensure support is available in a survivor's native language. If you speak different languages, and you are ready to walk alongside another survivor as a Peer Mentor, our team would love to hear from you.

Learn More and Apply

REFLECT



Northeast Regional Military Survivor Seminar and Good Grief Camp

TAPS welcomed survivors to Buffalo, New York, for a weekend of healing and community building. Make plans to join your TAPS family at one of our remaining **2023 seminars**, and check back in the coming months for the 2024 calendar.



North Carolina Men's Retreat

The Men's Program gathered for a week of adventure and reflection in Bryson City, North Carolina, last month. The exciting experiences and the connections made will shape their paths after loss. Visit taps.org/men to get involved in the program.



Young Adults Paralympic Experience

TAPS Young Adults experienced the Lake Placid Olympic and Paralympic Training Center to step outside of their comfort zones and learn the ropes of winter sports. For more information on the unique opportunities for growth available through the Young Adults Program, visit taps.org/youngadults.



Pennsylvania Family Camp

TAPS families headed to the great outdoors to heal as family units and within peer groups for children and parents. Attendees participated in outdoor activities and remembrance ceremonies, and they gained tools to strengthen family communication and connections. Learn more about Family Camps and other Youth Programs at taps.org/youthprograms.



New York Women's Empowerment Retreat

Women's Empowerment gathered in Ellenville, New York, to draw inspiration from nature and each other to grow and heal. Visit taps.org/empowerment to learn more about the program.

PLAN



15th Annual National Military Suicide Survivor Seminar and Good Grief Camp

October 6-8, Boston, Massachusetts
Suicide Loss Survivors of All Ages

[**Register**](#)

Southern Regional Survivor Seminar & Good Grief Camp
September 15-17, San Antonio, Texas
Registration Now Closed

Western Regional Survivor Seminar & Good Grief Camp
October 27-29, Long Beach, California

[**View Seminars**](#)



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](#)



Retreats

Healing Getaways Happening Around
the Country

[Find a Retreat](#)



Young Adults Events

In-Person & Online Events
Survivors 18 to 30

[Find an Event](#)



Youth Programs

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

[Browse Events](#)

HONOR



At TAPS, we are dedicated to helping you honor the life and service of your fallen hero.

If you are looking for a special way to honor the life and service of your hero that also supports the TAPS mission, consider purchasing a tribute tile to be displayed prominently and permanently on the TAPS Honor Wall at our national headquarters in Arlington, Virginia.

[Order a Tile](#)

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



[Donate](#)



If you no longer wish to receive the TAPS Family Newsletter, please email info@taps.org.