



From Bonnie Carroll, TAPS President and Founder:

"October marks 28 years that TAPS has been coming alongside grieving military families, and our passion and mission remain more steadfast than ever. While so many things change as a result of our loss and grief, one thing will never change - TAPS will always be here to provide a loving and supporting community for all those who have lost a loved one whose life included selfless service to our nation."



This Fall, we are creating local, one day events across the country, known as **TAPS Friendsgiving**, where survivors can connect and acknowledge the bittersweet nature of the holidays and the range of emotions that can come along with them.

Wherever you are, you can embrace other TAPS survivors and lean into this supportive community that encourages your healing - to share a meal or dessert and "break bread" with others who understand.

Learn more about **TAPS Friendsgiving**, and how to host or attend an event via [our latest blog](#).



October Is Emotional Wellness Month



"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."

~ Bonnie Carroll, TAPS President and Founder

Emotional wellness is not incompatible with grief. It is not about not having difficult emotions; but, about understanding how these emotions are part of our whole selves and our larger experiences. Learn more about Emotional Wellness and find helpful articles, webinars and resources in our [Emotional Wellness Month blog](#).



"This expression of our story is, in and of itself, a coping skill we can use to heal our hearts."

Rachel Hunsell, Program Manager - TAPS Outdoor Engagement

Consider sharing your story with TAPS through the following:

Faces of TAPS

Faces of TAPS is a new, digital content series where survivors who lost a military loved one, in their own words, both celebrate the lives of their heroes and reflect on their personal grief journey. These stories are shared in both video and writing across the TAPS social media platforms and on the [TAPS blog](#).

Faces Of TAPS
Form

Dear TAPS

Share your TAPS experience and give hope and encouragement to others. Submissions will be considered for print in our TAPS Magazine's Dear TAPS section, and other TAPS publications and communications platforms.

Dear TAPS
Form



We hope to see you soon at one of our many upcoming TAPS events!



Self Funded TAPS 7 - Night Mexican Riviera Cruise

Los Angeles, California
January 20 - 27, 2023
Register by October 14th



Western Regional Military Survivor Seminar and Good Grief Camp

(In-Person and Virtual Options Available)
Los Angeles, California
November 18 - 20, 2022



Refer to the TAPS Event Calendar for information about additional upcoming events.



Online Groups

By Relationship, Cause of Death & Peer Group

Upcoming Online Workshops

Learn Together & Have a Shared Experience

Women's Empowerment Online Programming

We are excited to once again offer surviving women many ways to come together and connect online in a safe, supportive, understanding, enriching and healing environment.



INSTITUTE FOR HOPE AND HEALING

At the Institute, practical information on coping with loss is 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.

Upcoming Webinars

Grieving Families And The Holidays: Cherished Memories, New Traditions

Tuesday, November 9

12:00 PM ET

Webinar Archives

Missed a webinar?

Visit our **free on-demand library** 24/7 to access recorded TAPS Institute webinars on a variety of topics, including:

Understanding the Healing Powers of Recreation, Leisure, and Play

Choosing Wellness

Suicide Awareness and Prevention - A Conversation With Bereaved Survivors

TAPS *is here for you*



TAPS will always be here for you 24/7.
There are so many ways to connect with your peers and professional support - to connect with someone who cares.

TAPS National Military Survivor Helpline:

800.959.TAPS (8277)

[Get Help with Benefits](#) | [Connect to Peer Support](#)
[Find a Grief Counselor](#) | [Join our Online Community](#)

Subscribe to receive the TAPS Daily Reflection with Dr. Alan Wolfelt

This daily email is subscription-based and will deliver the power of hope and comfort to you.

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