



From Bonnie Carroll, TAPS President and Founder:

As we move through the holiday season, always remember you have your TAPS Family to lean on.

Whether this is your first holiday without your loved one, or it has been many years, we remember and honor the precious life lived. We cherish traditions and create new memories of those we love, and we take time to quietly honor the gifts they have given us.

TAPS is your home for the holidays, your soft landing and safe space created to help you remember the love, celebrate the life, and share the journey together.

You are not alone this holiday season. We are here for you.



TAPS is a family, and this holiday season, when there is so much emphasis on families coming together, we can take comfort in knowing we are not alone in our grief. We have gathered resources to help you navigate the holidays, and have created many opportunities for online connection with fellow survivors throughout the holiday season.

And, we will be here for you 24/7 throughout the holidays and every day at 800-959-TAPS (8277).

Coping During The Holidays Resource Page

We have gathered a number of TAPS articles and videos on finding hope and healing throughout the holidays contributed by survivors and experts. We hope these resources provide you with the coping skills and strength needed to help navigate this holiday season.

Connect with our Resources

TAPS Care Groups

This month, we will focus on "Unpacking Memories." We will come together to recall our favorite stories, showcasing who our loved ones really were. This is a great way to honor someone, and it means that their memories live on in the hearts and minds of those you share them with.

Join Your Local Care Group

Join Us For One Of Our Online Holiday Connections

**Women's Empowerment:
Connect For Christmas**

Thursday, December 22
12:00 PM Eastern

This online holiday gathering is a chance for women to come together with a cup of coffee, tea, or hot cocoa, from the comfort of home, and share about our loved ones. If you would like to share a photo of your person, please do. Festive attire is also welcome.

Register to Join Us

Christmas Eve Candlelight Remembrance

Saturday, December 24
8:00 PM - 9:00 PM Eastern

All survivors are welcome to join us for a time of warm connection on Christmas Eve. Bring a candle, a lighting instrument, and a photo of your loved one to share. Together we will say their names, bring their memories present into our shared space and our homes, and join hearts in remembrance.

Learn More and Join Us



PROGRAM *Spotlight*

TAPS Sports & Entertainment

Connecting surviving military families with professional sports programs and the entertainment industry to bring hope and healing while honoring their fallen heroes



TAPS Sports & Entertainment Nevada Survivor Experience Presented By The NFL

Las Vegas, Nevada

February 2 - 6, 2023

Applications Are Now Open

Has recreation, play, or leisure activities helped you heal during your grief journey with TAPS?

Share your story with us for a chance to attend the TAPS Sports & Entertainment 2023 Nevada Survivor Experience made possible with generous support from the NFL.

TAPS is thrilled to announce an exciting sports & entertainment opportunity designed for surviving families whose loss occurred more than three years ago. In partnership with the NFL, TAPS survivors will be hosted for 4 days/3 nights of unique experiences, including rich and playful moments while exploring Las Vegas PLUS outdoor adventures and/or enjoying nature in areas near Las Vegas!

[Learn More and Apply](#)



Calling All Soccer Fans

With all the World Cup buzz, [teams4taps](#) is looking at new and exciting ways to engage in soccer and create more memorable experiences for TAPS families.

Do you have a child who plays soccer? Was your loved one a coach? Did you and your loved one watch games together?

If you have a special story about a soccer team here in the U.S. or abroad, we would love to hear it!

Please share your story and photos by email at teams4taps@taps.org.



UPCOMING *in-person* CONNECTIONS

We hope to see you at one of our many TAPS Events!



Self-Funded **TAPS 7-Night Mexican Riviera Cruise**
Los Angeles, California January 20 - 27, 2023



Alaska Iditarod Survivor Experience
Survivors 18 years and older
Anchorage, Alaska
March 1 - 5, 2023
Applications Open Through December 30



Savannah Women's Empowerment Unmarried Partners Retreat
Savannah, Georgia
March 6 - 10, 2023
Applications Open Through December 5



Self-Funded **TAPS 7-Night Women's Empowerment Caribbean Cruise and Color & Flow Retreat**
Miami, Florida
April 22 - 29, 2023

TAPS

2023 SEMINAR & EVENTS SCHEDULE

We are excited to share our 2023 Event Calendar with you!

2023 Seminars and Good Grief Camps Schedule

Southeast Regional Military Survivor Seminar and Good Grief Camp

Destin, Florida
February 3 - 5, 2023

Northeast Regional Military Survivor Seminar and Good Grief Camp

Buffalo, New York
August 25 - 27, 2023

Mountain Regional Military Survivor Seminar and Good Grief Camp

Denver, Colorado
March 31 - April 2, 2023

Southern Regional Military Survivor Seminar and Good Grief Camp

San Antonio, Texas
September 15 - 17, 2023

29th Annual National Military Survivor Seminar and Good Grief Camp

Arlington, Virginia
May 25 - 29, 2023
Registration Is Now Open

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

Boston, Massachusetts
October 6 - 8, 2023
Registration Will Open Soon

Northwest Regional Military Survivor Seminar and Good Grief Camp

Spokane, Washington
July 7 - 9, 2023

Western Regional Military Survivor Seminar and Good Grief Camp

Long Beach, California
October 27 - 29, 2023

[Learn About Additional 2023 TAPS Events](#)

Additional events will be added to the [TAPS Events Calendar](#) in the coming months and throughout 2023



UPCOMING *Online* CONNECTIONS

Online Groups

By Relationship, Cause of Death & Peer Group

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

Art-Making As A Bridge To Understanding Grief

Tuesday, January 17, 2023
12:00 PM Eastern

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:

Loss and Loneliness At The Holidays - Finding A New Narrative

Navigating Conversations Around Grief And The Holidays

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.

Follow us on social!

