

FEBRUARY 2021

TAPS[®]
Tragedy Assistance Program for Survivors
FAMILY NEWSLETTER



When was the last time you took a moment to look within and truly express love for yourself? The TAPS Family is built on love. It is our foundation, our inspiration, our strength. In this month where we have a day that is devoted to love - let us reflect on love - in all its forms. Let us always remember that love is spoken here in the TAPS Family and that love will guide our path as we move forward.

We share with you "[An Invitation of Love](#)" by Rachel Hunsell, Manager of TAPS Outdoor Engagement.



TAPS National Military Survivor Seminar

Arlington, Virginia, May 28 to 31, 2021

Gather with your TAPS Family in our nation's capital for a weekend of honor, hope, and healing. Together we'll participate in activities, workshops led by grief experts, and small-group sharing sessions. *If you are unable and/or have concerns to attend in-person, we encourage you to participate virtually in our live workshops.* Select the link above to discover more information and register today! We look forward to hosting you.

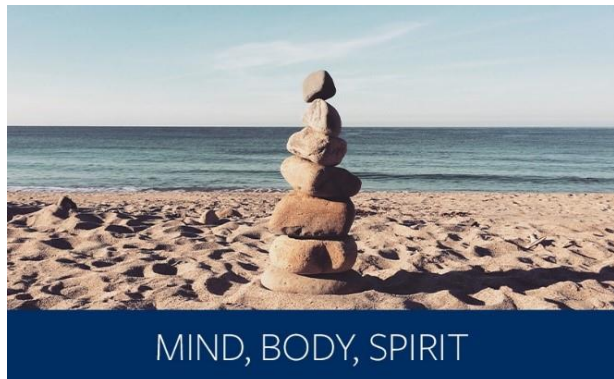


Root to Rise Virtual Weekend Intensive

Registration opens February 22.

Event starts March 19.

Grief and trauma can disrupt our feelings of stability and safety. As we mourn the people we love, we also have to adjust to the new realities in our everyday lives. This virtual retreat is especially suited for female military survivors at least six months out from their loss. If you are working through questions of identity and purpose, you are not alone. Join us. Together we are stronger. And you are never alone on this journey.



Restoring Balance

Over the past year, we have faced not only our grief but the uncertainty of the pandemic. Our lives have been thrown out of balance and we've been kept from the physical activities and separated from people who provide comfort, calm, and community. TAPS Advisory Board member Dr. James Gordon offers helpful tips and physical activity, such as breathing techniques and other exercises, that can ease the feelings of anxiety and help us maintain connection, even while physically distanced.



Community - Comfort - Hope

When we connect with one another, there is magic. We instantly feel part of a loving community and find comfort in knowing we have a place to be heard. We also find hope as we are inspired by other survivors. Through our **Care Groups, TAPS Together, Online Community** and more, the love of your TAPS Family is as close as home. We find strength as we share our stories and open our hearts. It's important to find ways to connect, even virtually. Let's share the journey with community, comfort, and hope.

There's Still Time to Register for the Southern Regional Seminar

February 26 - 28, 2021

Dallas, Texas

Whether you recently lost your loved one, have lived many years without them, or are somewhere in between, this TAPS Seminar is designed to meet you where you are in your grief journey. Programming for adults and young survivors offers a dynamic curriculum where you can learn from grief experts, gain vital resources, and connect with other survivors. In-person and virtual options are available.

[**Learn More and Register Today**](#)

Free Webinars

Gain valuable information and coping strategies through the TAPS Institute for Hope and Healing. In February, you have two opportunities to participate in free online sessions. On February 9: [Wellness Techniques for Reducing Stress](#); and on February 23: [Understanding the Federal Long Term Care Insurance Program](#). Build a strong foundation for continuing your grief journey through these free sessions. We also have an extensive library of previous webinars you can view on-demand.

[**Check Out Our On-Demand Library**](#)



The Saturday Morning Message (SMM) is a weekly communication written and contributed by survivors. Responding to a weekly question, survivors share their journey and their memories. Open to all survivors, this message is sent to your inbox each Saturday morning. So, pour a cup of coffee and visit with your TAPS Family. To receive the Saturday Morning Message, send an email to online@taps.org.



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://taps.org)

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