

JANUARY 2021

TAPS®

Tragedy Assistance Program for Survivors
FAMILY NEWSLETTER



Listen to the video [A New Year's Message from Bonnie Carroll](#), or read Bonnie's message below.

Welcome to our January newsletter. This is our hug in your email, a chance for us to offer resources and support.

This has been an incredibly difficult year, but it is a year that has also given us gifts. It has been the gift of some quiet time at home, to reflect on our loved one's life and their service. We have reached out to others and offered our kindness and support. We recognized that we are a family, that we are *America's Living Legacy of Service and Sacrifice*, and that we are stronger together.

In response to the pandemic, TAPS launched new programs. We have taken our care groups virtually and I hope you all have participated in them, they are wonderful. Our peer mentor program trainings are going great. If you would like a [peer mentor](#), let us know. If you are ready to [become a peer mentor](#), take the training. We also have a new program called [A Breath of Fresh Air](#). It is an opportunity to get into the outdoors wherever you are, breathe deeply and appreciate what nature has to offer.

Over the last year, I have gone through a lot of photos and have revisited many wonderful memories. We only grieve because we love and to remember and feel that love has been the most precious gift of all this year.

Thank you for being a part of this family. It is not a family that any of us have ever wanted to join, but it is a family that I am so grateful that we have. Thank you for honoring the gifts that we have been given by our loved ones. Know that you are not alone, that we are here for you as close as our [helpline](#), an [email](#), or a [chat](#) away. We look forward to seeing you in this New Year, we look forward to sharing hugs when it is safe to do so. Above all else we send you our love.

Bonnie Carroll,
TAPS President and Founder



Southern Regional Seminar

Dallas, Texas, February 26 to 28

Join us in person or virtually for a time of sharing, hope, and healing. Our seminars are designed to meet you where you are and help you gain coping skills that will help you find meaning and purpose as you move forward on your grief journey. We are making arrangements for this event with safety in mind and look forward to being together again. If you are unable to attend or have concerns with attending in person, you can participate virtually in our live workshops.



To My TAPS Family

Stronger Together. Something we have shared before - and after all we have endured in 2020, we can say it with even more resolve. The love, comfort and support of our TAPS Family has seen us through a difficult year. We now enter 2021 with hope and with a stronger sense of our community. We look forward to when we can be together again, sharing our smiles, our stories and most of all, our hugs. As we embark on a new year, a few survivors offer their wishes to their TAPS Family. Together we are stronger. And you are never alone on this journey.



Youth Programs Virtual Offerings

We are excited to share our Youth Program virtual offerings for January and invite your teens to join us as we connect and find strength together. On January 13 we have a New to Loss Teen Group, providing an opportunity to meet other teens with more recent losses of two years or less. On January 21, our Teen Coffee House offers a safe environment to build community and for 2021 graduating seniors, our Class of 2021 gathering offers support and discussions on leadership, life changes and new beginnings.



Finding Hope in 2021

Rolling into a New Year tends to stir a heart to contemplate new beginnings. We consider all the history of our past year and ponder what lay ahead. The last year has certainly been a difficult challenge for us all and we look forward to better times. Before we move forward too quickly, we want to consider an important lesson 2020 has taught us. Explore this with us and learn more about the circle of love and support that is represented through the TAPS Peer Mentor program.



TAPS Outdoors – Breathing in the New Year

This transition into a new year is one that will be welcomed but will require new tools to navigate. As many of us have experienced in our grief, this year of great loss and challenge can also give way to new life and hope. In January, we will forge new paths together in our hearts and set foot on the trails we've yet to see. Together, we will explore the wild. TAPS Outdoors wants to help you reconnect with the natural world in simple yet meaningful ways with weekly activities you can do anywhere. Join the adventure and share your experience.

Join your TAPS Family in 2021

Our seminars and Good Grief Camps are a place to remember the love, celebrate the life, and share the journey together. Whether new to your grief or a lasting member in our TAPS family, together we heal and discover ways we can honor and remember our loved ones. In the New Year TAPS welcomes you to join us for our upcoming 2021 seminars and Good Grief Camps, where you can connect with other survivors who understand grief and loss. Be sure to mark your calendars for our National Military Survivor Seminar and Good Grief Camp beginning May 28!

[Visit Our Calendar and Make Plans to Attend](#)

Dare to Lead in the New Year

As we go into the New Year, we pause to celebrate the 80 survivors who have completed Dare to Lead training through TAPS in 2020. These sessions are open to TAPS survivors wanting to bring more courage to their workplace, home, community, or school. It is applicable for both formal and informal leaders (all of us), executives, visionaries, and healers across all spectrums. Survivor feedback has been incredible so we will be offering a fourth cohort of this popular Dare to Lead series of workshops beginning January 8. Whether you are looking to enhance your resume or just want to pick up a new skill, or find new ways to grow through your grief, we are excited to spend this time with you.

[Learn More About Dare to Lead and Sign Up Today!](#)

Free Webinars

Gain valuable information and coping strategies through the TAPS Institute for Hope and Healing. In January you have two opportunities to participate in free online sessions. On January 12: **"Be Strong" and Other Myths of Grief**; and on January 28: **Mindfulness as your Superpower**. Start your new year off with a strong foundation for continuing your grief journey. We also have an extensive library of previous webinars you can view on-demand.

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



At TAPS, we're no stranger to challenging times and we're doing our part to support one another through these difficult times together. As always, TAPS is here 24/7, and our team is working hard to provide resources, services, and support to surviving military families as they navigate the challenges of COVID-19. Visit our [COVID-19 Resources](#) page or email us at info@taps.org to discover resources, helpful articles and more.



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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