

APRIL 2021



The Impact of TAPS Seminars

“The seminar revealed ongoing hope and renewal and a sense of feeling able to look forward to what is to come. To me this is powerful because it demonstrates the ability of the human soul to conquer unimaginable heartbreak with the help of gaining coping tools and the unwavering support of others.

This is the essence of TAPS!”

- TAPS Survivor, Southern Regional Survivor Seminar



TAPS Mountain Regional Seminar

April 16-18, 2021

Colorado Springs, Colorado

There is still time to [register for our upcoming seminar](#)! Gather with your TAPS Family for a time of sharing and support. Programs for adults and young survivors offer a dynamic curriculum where you can gain vital resources and connect with other survivors. *In-person and virtual options are available.* Peer Mentor training is also scheduled during the weekend.

Spring into Action - Host a TAPS Together Event!

Have you ever wondered if there are survivors just like you in your local community? This is why we create a broad variety of opportunities to bring us all together. A great way to bring survivors together in your community is by hosting a TAPS Together event. TAPS Together are one-day, organized, social events across the country, led by TAPS Staff or a survivor like you, with the goal of expanding our peer support community. [Connect with us to learn more](#) about hosting and share your ideas!



The Love Work

If you are a surviving woman more than three years out from loss, we invite you to join the Women's Empowerment team to think about how love lives on and how we can still lean on love even in moments of loss and loneliness. Beginning April 20, our next five-week virtual workshop series will begin. Applications will be taken through April 9. If your heart could use some extra tender love and care, [apply](#) to be a part of The Love Work.

We Are All Superheroes

When life throws us off course, we need someone to be there alongside us, a superhero or sidekick to give us hope. That is where the power of peer support helps us as we face our grief day in and day out. We invite you to read "Up, Up, and Away" and discover how others have been impacted through connecting with their peers and how perhaps there is a little superhero in all of us! Be sure to view the wide range of articles available to you anytime via our website at taps.org.



Join a Moving Memorial With TAPS!

During the month of May, Carry the Load is hosting a national relay to honor our nation's heroes. TAPS is proud to once again be a partner in this tremendous event. The TAPS Family will be participating along the relay routes (virtually and in-person) and we want you to join us! The relay will culminate on May 30 in Dallas, TX where the TAPS Dallas Care Group will participate in the Memorial March. Register and join with others as we honor the legacy of our loved ones. You can also email teamtaps@taps.org for questions or more information.

Register with Team TAPS and Carry the Load

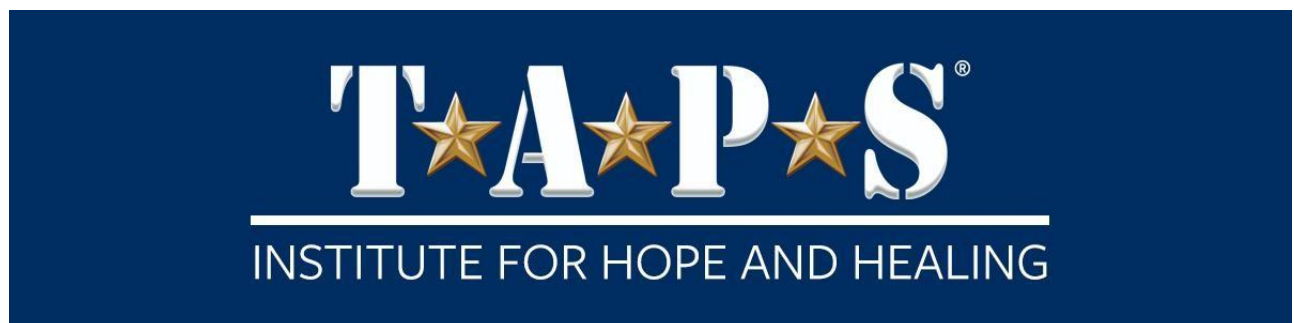
Get Outdoors with TAPS!

Sierra Backpacking Expedition

August 18-22, 2021

Join us as we backpack through the majestic Sierra Nevada Mountains in California. Our shared experience will have us breathe deeply amidst the pines and soaking in breathtaking sunrises and sunsets. What awaits is a fresh perspective on life's challenges and cherished memories with fellow survivors. You can submit an application for this exciting journey April 1 through April 15.

Submit Your Application Beginning April 1!



The TAPS Institute for Hope and Healing® serves as a resource and training center, providing a hub for high-quality collaboration between professionals working in the field of grief and loss. Webinars and resources offer practical information on coping with loss and are 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. Visit our website to find the current [Institute schedule](#) as well as [previous sessions](#) available on-demand.



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://www.taps.org)

Follow us on social!

