



### **August 1st is Gold Star Children's Day!**

*"TAPS is grateful to the Senate and House co-sponsors who supported the resolution introducing 'Gold Star Children's Day.' We look forward to celebrating all surviving military children and honoring them as the living legacies of American service and sacrifice."*

**~ Bonnie Carroll, President and Founder of TAPS**

[Read The Full Text Of The Resolution](#)

For more information about our policy and legislative efforts, please email [policy@taps.org](mailto:policy@taps.org).



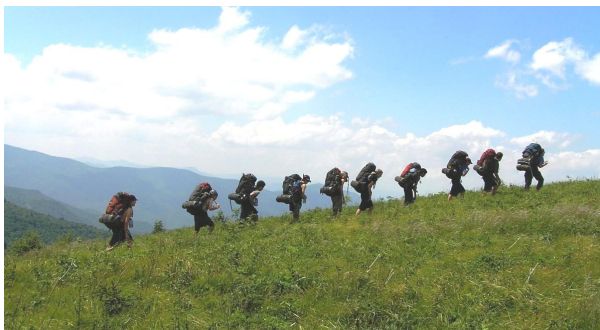
## Sports and Entertainment

Fall sports are kicking off! Our [teams4taps](#) program was created to provide opportunities for you to honor your fallen heroes with the teams they used to cheer for. Do you have a favorite sports memory with your loved one? We would love to hear it!

Please share your stories and/or photos with us by emailing [teams4taps@taps.org](mailto:teams4taps@taps.org).

## Survivor Story

Much of the pandemic's effects on everyday life this past year mirrored the grief journey experience already familiar to those across our TAPS Family. With so many of us now beginning to safely reunite in person again with friends and family [we offer this reflection](#) from surviving spouse, Elizabeth Culp Sergent, on reconnecting with peers in the wake of profound change and prolonged sense of isolation.



## TAPS Expeditions

TAPS Expeditions leverage the healing power of nature for the grief journey. We are excited to offer two new experiences for you in the fall:

### Men's Blue Ridge Backpacking Expedition October 15-19, 2021

Join your fellow male survivors on this dynamic backpacking and rock climbing expedition through North Carolina's Pisgah National Forest.

### Midwest Canoe Expedition November 4-8, 2021

Journey with your fellow survivors through the convergence of seven different ecosystems by canoe and foot as we explore the Shawnee National Forest in Southern Illinois on this late fall expedition.

**Applications for both trips are open from August 1-8, 2021.**



## "Physical Reactions to Grief and Loss"

Grief is more than an emotional reaction to loss. Our bodies may even manifest it physically. You are not alone if you've ever noticed disruptions and disturbances to physical health while grieving, regardless of how you are coping emotionally.

[Learn more from experts](#) Susan Blankenship and Rebecca Porter on your body's natural reaction to grief and learn to recognize when symptoms need a doctor's attention.





## Southeast Regional Military Survivor Seminar and Good Grief Camp

**August 13-15, 2021 / Jacksonville, Florida**

Take time this summer to refresh and nourish your heart at a TAPS Regional Seminar. August takes us to Jacksonville, Florida for a time of hope and healing for adults and youth. Our seminars meet you where you are in your grief journey and provide you with valuable tools to help you cope with loss and build a strong support network. In-person and virtual options are available. Register today and join your TAPS Family!

**Register For The TAPS Southeast Regional Military Survivor Seminar And Good Grief Camp Today!**

## Request a TAPS Education Care Package

Attention surviving military high school graduates and college freshmen. Get your upcoming school year off to a great start with the TAPS Education Care Package! Every package includes a variety of items including a TAPS Education Resource Report - a personalized document with information on federal, state, and private education benefits and scholarships, available on-campus support, as well as other items to help you get started at college. You can also learn more about the [TAPS Education Support Services](#) through our website.

**Complete A Care Package Application**



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.

### Upcoming Webinar

#### [Asking For Help When You Are Grieving](#)

Tuesday, August 17th, NOON - 1:00 PM Eastern

There are many reasons it can be difficult to ask for help when we need it, and grief can make it more challenging. Join Dr. Ken Doka as he explores this reality and offers useful exercises and ideas to both ask for and offer support when someone is grieving.

**View the Institute Schedule and Register For Upcoming Webinars**



## **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!**

