

"Love comes before grief...and love will be there after."

— Still Standing Magazine

TAPS

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

FAMILY NEWSLETTER

February 2024

GROW



Tune Into Your Emotions in Grief

C.S. Lewis once wrote, "No one ever told me that grief felt so like fear." Fear, anxiousness, and uneasiness — as TAPS Advisory Board Member Dr. Alan Wolfelt explains — are all normal reactions to loss. In part two of his series, "You're Not Crazy — You're Grieving," Dr. Wolfelt explains why fear and grief go hand in hand, and he offers coping tools to guide you through this part of the grief journey. Read on to learn more about your emotions in grief, and look for part three of this series in the spring 2024 issue of *TAPS Magazine*.

[Keep Reading](#)

PLAN



Register for a Military Survivor Seminar and Good Grief Camp

Join your TAPS family for a healing weekend at the national seminar or one of our regional seminars throughout the year. In addition to these core events, TAPS hosts unique experiences around the country throughout the year. Check taps.org/events regularly for new opportunities to connect with your TAPS family, and check out the **TAPS Care Groups** and **TAPS Together** happening near you for support close to home.

30th Annual National Military Survivor Seminar and Good Grief Camp

May 23-27, Arlington, Virginia

Western Regional Military Survivor Seminar and Good Grief Camp

July 26-28, Scottsdale, Arizona

Northeast Regional Military Survivor Seminar and Good Grief Camp

August 23-25, Buffalo, New York

Southern Regional Military Survivor Seminar and Good Grief Camp

October 4-6, San Antonio, Texas

Southeast Regional Military Survivor Seminar and Good Grief Camp

November 15-17, Destin, Florida

[Register for a Seminar](#)



Online Groups

By Relationship, Peer Group, &
Type of Loss

[Find a Group](#)



Community Events

TAPS Together, Care Groups, & Events
Happening Nationwide, Year-Round

[Find an Event](#)



Team TAPS Events

Honoring Loved Ones at Events
Nationwide

[Join the Team](#)



Young Adults Events

In-Person & Online Events
Survivors Ages 18-30

[Find an Event](#)



Youth Programs

In-Person & Online Events
School-Aged Survivors and Parents

[Browse Events](#)



TAPS Institute

Workshops, Seminars, & Discussions for
the Bereaved and their Supporters

[Browse Courses](#)

HEAL



Honor Love, Embrace Transformation

Each February, symbols of love seem to be around every corner. The flowers, hearts, and cards are all meant to be given as expressions of love, but they may be painful reminders of the love you still hold for someone no longer here. Join us for a webinar on February 12, **Honoring Love and Embracing Transformation**, which takes a look at how to express love for the service member or veteran you've lost. Learn how to embrace the changes this loss brought to your life and carry your bond with them forward as you grow.

[Register for the Webinar](#)

HONOR



From Loss to Legacy

It may seem difficult to prioritize your health and wellness while grieving and juggling the demands of everyday life. Let this online workshop presented by the TAPS Institute for Hope and Healing help you refocus on your body's needs — especially in grief — and lay the foundation for a healthy year.

We also honor TAPS staff member and surviving daughter, Ashlynn Haycock-Lohmann, as the recipient of the 2024 Senator Ted Stevens Leadership Award.

Ashlynn, a true TAPS legacy who first came to TAPS as a bereaved child is now serving her survivor community as a passionate advocate on Capitol Hill.

[Find Your TAPS Legacy](#)

SUPPORT



Miles for the Mission

Donated airlines miles help bring the TAPS community together for healing events nationwide. These miles help us reach even more families in need of a safe space to grieve and honor their fallen hero.

[Donate Miles](#)

Compassionate TAPS support is available 24/7 via our National Military Survivor Helpline: **800-959-TAPS** (8277).



[Donate](#)



If you no longer wish to receive the TAPS Family Newsletter, please email info@taps.org.