



TAPS Daily Reflection with Dr. Alan Wolfelt

As fellow survivors, your TAPS family continually lifts one another up with support and encouragement. Starting January 9th, we will expand this loving support through the launch of the TAPS Daily Reflection with TAPS Advisory Board Member, Dr. Alan Wolfelt. This daily email is subscription-based and will deliver the power of hope and comfort to you.



Sign Up To Receive All This Extra Love In The New Year

The TAPS Online Community - *Exciting Changes for 2022!!!*

Within the **Online Community**, **online groups**, **workshops**, and **coping skills programming** offer opportunities for us to connect with, learn from, and be inspired by one another. In 2022, we have made updates that allow you to explore care groups, chats, workshop series, and Institute webinars all in one place. There are new sessions and many opportunities for rich engagement. Finding your peers within the TAPS family will be easier than ever.

JANUARY 2022

COUNT ON CONNECTION: RECURRING ONLINE GROUPS

By Relationship

- ★ Parents
- ★ Parents of Suicide Loss
- ★ Siblings
- ★ Spouses/Partners/
Significant Others

By Cause of Death

- ★ Suicide Loss
- ★ Illness Loss
- ★ Accident Loss
- ★ Combat Loss

By Peer Group

- ★ Spanish Speaking
- ★ Parenting Grieving Children
- ★ Men's Chat
- ★ Women's Circle
- ★ Young Adults Social Hour
- ★ All Survivors Welcome
- ★ Peer Mentors

LEARN TOGETHER: WORKSHOPS AND SERIES

Dare to Lead

Each Wednesday
Beginning January 5

Theatre Lab

Adults
2nd Tuesday of Each Month

Families
1st Thursday of Each Month

Young Adults:

Let's Talk Grief
2nd Wednesday of Each Month

COMING IN JANUARY

TAPS INSTITUTE FOR HOPE AND HEALING®

**Webinar: Coping with Loss When
Death is Stigmatized**
Tuesday, January 18

COPING SKILLS PROGRAMMING

<p>Goal Setting Thursday, January 6</p>	<p>Creating Vision Boards Thursday, January 13</p>
<p>Self-Care For A Clearer Outlook Thursday, January 27</p>	

Learn more at taps.org/onlinecommunity



UPCOMING *in-person* CONNECTIONS



Northeast Regional Military Survivor Seminar and Good Grief Camp

January 28 - 30, 2022
Hershey, Pennsylvania

Southeast Regional Military Survivor Seminar and Good Grief Camp

February 25 - 27, 2022
Jacksonville, Florida

We want to keep you as safe as possible. After much discussion, due to the surge of new COVID variants, TAPS has made the hard decision moving into the first quarter of 2022 to continue meeting in-person with proof of vaccination.

This currently affects the Northeast Regional Military Survivor Seminar and Good Grief Camp in Hershey, Pennsylvania and the Southeast Regional Military Survivor Seminar and Good Grief Camp in Jacksonville, Florida.

National Military Survivor Seminar and Good Grief Camp

May 27 - 30, 2022
Arlington, Virginia

Refer to the [TAPS Event Calendar](#) for information about additional upcoming events.



To Resolution or Not Resolution In The New Year

We have opportunities and choices to make in the new year. While we could opt for a traditional “New Year’s Resolution” that puts more pressure on ourselves, perhaps we can consider how we can relax into the new year. Taking time to set ourselves up for success by being intentional may be the only resolution we need.

Learn how you can identify ways to relax into this new year.

TAPS has a Policy Team that advocates for surviving families!

Our commitment to providing comfort and hope includes advocating for improvements in governmental programs and services while advancing policy and legislation to strengthen military survivor families.

Learn more and request support at taps.org/advocacy or email policy@taps.org.



DID YOU KNOW...?



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!

