



***We are a family,***  
and family sticks together through thick and thin. Sometimes, family means having hard conversations. And because we love each other, we lean in.

June is one of those times, in which we recognize PTSD Awareness Month and the importance of having open lines of communication on these difficult topics. Know that your TAPS family is here, partnering with experts in the field, and providing programming to support those coping with trauma from the loss of their military loved one.

***There is hope and help.  
Together we are stronger.  
Together we heal.***

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### **14th Annual National Military Suicide Survivor Seminar and Good Grief Camp**

Dallas, Texas  
October 7 - 9, 2022  
*Registration is now open*



At the National Military Suicide Survivor Seminar, you'll meet other people walking the same road as you and your family: suicide loss survivors from across the country who have come to share their stories, struggles, moments of reflection, bursts of hope, and loving support.

You'll have the opportunity to participate in activities, workshops and small-group sharing sessions, where we'll connect you with leaders in the fields of suicide grief, trauma and healing.

Go to [taps.org/nmss](https://taps.org/nmss) to learn more and register.



## **DID YOU KNOW...?**

### **June is PTSD Awareness Month**

TAPS understands that as survivors, many within our TAPS Family have experienced trauma related to the death of their loved one. Through partnership with organizations, like Home Base, TAPS is able to promote healing, support for survivors during the grieving period, and provide opportunities for post-traumatic growth for those who struggle with PTS related to the death of their loved one.

Dr. Carla Stumpf Patton, TAPS Senior Director of Suicide Pre & Postvention Programs, shares about our partnership with Home Base in a new TAPS blog.

[Read Our Latest Blog on PTSD Awareness](#)

# TAPS®

INSTITUTE FOR HOPE AND HEALING

At the Institute, practical information on coping with loss is 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.

## Tapping and HeartMath - Techniques to Lessen Anxiety and Build Resilience

Tuesday - June 28, 2022  
12:00PM - 1:00PM

### Webinar Archives

Missed a webinar? Visit our [free on-demand library](#) 24/7 to access recorded TAPS Institute webinars.



## UPCOMING *in-person* CONNECTIONS

We hope to see you at one of our many upcoming TAPS events soon!



### Mountain Regional Military Survivor Seminar and Good Grief Camp

July 8 - 10, 2022  
Denver, Colorado

*In-Person and Online Options Available*

### Southern Regional Military Survivor Seminar and Good Grief Camp

August 26 - 28, 2022  
San Antonio, Texas

*In-Person and Online Options Available*

### TAPS Legacy Mentor SoCal Surf Experience

August 4 - 8, 2022  
La Jolla, California

*Applications Due by June 24*

### Tennessee Family Camp

September 9 - 12, 2022  
Bolivar, Tennessee

### TAPS Women's Empowerment Summit

September 19 - 23, 2022  
Maumee, Ohio

### Sedona TAPS Women's Empowerment

October 30 - November 4, 2022  
Sedona, Arizona

*Applications Due by June 24*

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



## UPCOMING *Online* CONNECTIONS

### Online Groups

By Relationship, Cause of Death & Peer Group

[View Our Online Group Calendar](#)

### Online Workshops

#### Young Adults: Let's Talk Grief

Tuesdays, 8PM Eastern

#### Dare to Lead™ (Cohort 10)

Thursdays, 12PM - 1:30PM Eastern  
July 7, 2022 - November 17, 2022

*Register by July 6*

# WOMEN'S EMPOWERMENT



## Women's Empowerment Online Programming

We are excited to once again offer surviving women ways to come together and connect online in a safe, supportive, understanding, enriching and healing environment.

Each month, we will be offering three types of exciting sessions:

### WE Connect

1st and 3rd Thursday - 12PM Eastern  
2nd and 4th Thursday - 7PM Eastern

A safe space where we can listen, learn, express ourselves, and remind ourselves that no matter where we are, there's a place we can call home.

### WE Focus and Flow

1st and 3rd Tuesday - 12PM Eastern

A mix of strength, mobility, and mind/body work intended to help cultivate steady hearts, steady minds, and steady nerves.

### WE Create

1st and 3rd Wednesday - 12PM Eastern  
2nd and 4th Wednesday - 7PM Eastern

A time for peace, inspiration and creation - this space is for you to come as you are and allow yourself to see what shows up on the page, canvas or other selected medium..

[View Our Upcoming Calendar & Sign Up to Join Us](#)

**TAPS** *is here for you*



TAPS will always be here for you 24/7.  
There are so many ways to connect with your peers and professional support - to connect with someone who cares.

**National Survivor 24/7 Helpline:**  
**800.959.TAPS (8277)**

[Get Help with Benefits](#) | [Connect to Peer Support](#)  
[Find a Grief Counselor](#) | [Join our Online Community](#)

**Subscribe to receive the TAPS Daily Reflection with Dr. Alan Wolfelt.**

This daily email is subscription-based and will deliver the power of hope and comfort to you.

**Follow us on social!**

