

"His grief he will not forget; but it will not darken his heart, it will teach him wisdom." - J. R. R. Tolkien

TAPS

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

FAMILY NEWSLETTER

May 2025

HEAL



Gather, Share, Heal

May is Mental Health Awareness Month, a time to honor the emotional journeys we walk after loss. At TAPS, we recognize that grief is not a disorder to be treated — it is the normal, human response to profound love and heartbreaking loss. Healing doesn’t mean forgetting; it means finding ways to carry the love forward. One of the most powerful and therapeutic ways to navigate grief is by connecting with others who truly understand. When you are ready, TAPS is here to gather, share, and heal. You are not alone.



TAPS Peer Mentor Program exists to offer survivors the chance to both receive and provide support through shared experiences. A Peer Mentor is there to listen when you need someone to talk to, to be a friend



TAPS Outdoor Programs provide meaningful opportunities to connect — with others and with yourself — through nature-based experiences that support mental and emotional well-being. Whether you're hiking a

when you're feeling lonely, and to celebrate the personal triumphs in your grief journey. Connect with a Peer Mentor or explore becoming one yourself.

Get Connected



TAPS Retreats create intentional space for rest, reflection, and peer connection. With programs designed for different types of loss and relationships, retreats offer the chance to step away from daily life and focus on your own healing. This May, consider setting aside time just for you.

Learn About Retreats

trail, paddling a river, or simply taking in the fresh air, time spent outdoors can restore balance, reduce stress, and promote healing.

Get a Breath of Fresh Air



Mental health matters at every age. TAPS Youth Programs provide surviving children and teens with tools to express themselves, build resilience, and find strength in community. Through mentorship, camps, and team-building experiences, we nurture emotional wellness in every child we serve.

Visit Youth Programs

Compassionate TAPS support is available 24/7 via our National Military Survivor Helpline: **202-588-TAPS** (8277).

REFLECT



The Things That Remain

In this personal reflection, Gregory Jacobs shares a story of love, loss, and the unexpected reminders that tether us to cherished memories. Through the lens of a pull-up bar and a long-gone zip line, he invites us to consider the reminders in our own lives — the tangible and intangible markers of grief, growth, and grace.

HONOR



Carry the Load With TAPS

We invite you to walk alongside your TAPS Family in the Carry the Load Memorial May National Event from April 28 – May 26, 2025. This powerful event is an opportunity to honor and remember those who have made the ultimate sacrifice for our freedom.

Join us as we walk together, sharing in a mission of remembrance, gratitude, and unity.

Find Your Perfect Route:

- ☐ ♂ West Coast Routes
- ☐ ♂ Midwest Routes
- ☐ ♂ East Coast Routes
- ☐ ♂ Nationwide Routes

Simply review the routes, select the one that works best for you, and complete the [registration form](#) to let TAPS know you'll be there!

Your participation makes a difference. Let's honor the true meaning of Memorial Day together.

SUPPORT



Volunteer With TAPS

Join us this Memorial Day weekend in Arlington, Virginia, as we support the families of America’s fallen heroes. Volunteers are needed for the TAPS National Military Survivor Seminar and Good Grief Camp to help create a weekend of healing, hope, and connection.

Be a Part of Memorial Day

ADVOCATE



Stay informed and empowered with monthly updates from the TAPS Policy Team. Learn how we’re advocating for military and veteran survivors on Capitol Hill — on issues ranging from toxic exposure to remarriage benefits — and discover how you can take action for yourself, your family, and our community.

Stay Informed

PLAN



2025 TAPS Military Survivor Seminars and Good Grief Camps

TAPS hopes to welcome you to a national or regional seminar and Good Grief Camp this year. View our 2025 seminar schedule below, and make plans to join us. Hotel rooms for both national events will be offered at a discounted group rate.

31st Annual National Military Survivor Seminar and Good Grief Camp
May 22-26, Arlington, VA

Northeast Regional Military Survivor Seminar and Good Grief Camp
July 10-13, Buffalo, NY

Western Regional Military Survivor Seminar and Good Grief Camp
Aug. 22-24, Phoenix, AZ

Southern Regional Military Survivor Seminar and Good Grief Camp
Sept. 26-28, San Antonio, TX

National Military Suicide Loss Survivor Seminar and Good Grief Camp
Nov. 14-16, Phoenix, AZ
Only for Suicide-Loss Survivors

In addition to our seminars, check taps.org/events regularly to see all the unique experiences as they become available. And, for support and community close to home, explore the **TAPS Care Groups** and **TAPS Togethers** happening near you and the **TAPS Institute for Hope and Healing** webinars available each month.

[Browse Events](#)



Online Groups

By Relationship, Peer Group, &
Type of Loss

[Find a Group](#)



Community Events

TAPS Togethers, 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 & Parents



TAPS Institute

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

[Browse Events](#)

[Browse Courses](#)

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