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



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.



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





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.

Learn About Retreats



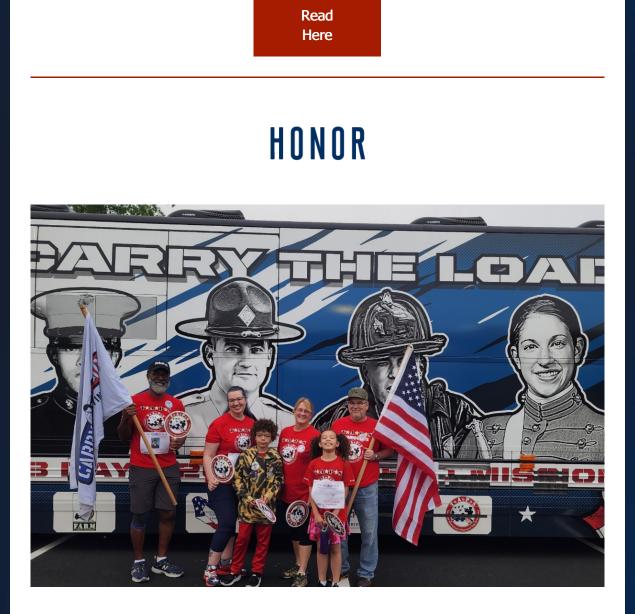
Compassionate TAPS support is available 24/7 via our National Military Survivor Helpline: **202-588-TAPS** (8277).

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.



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:

□ ♂ 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





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



Young Adults Events

In-Person & Online Events





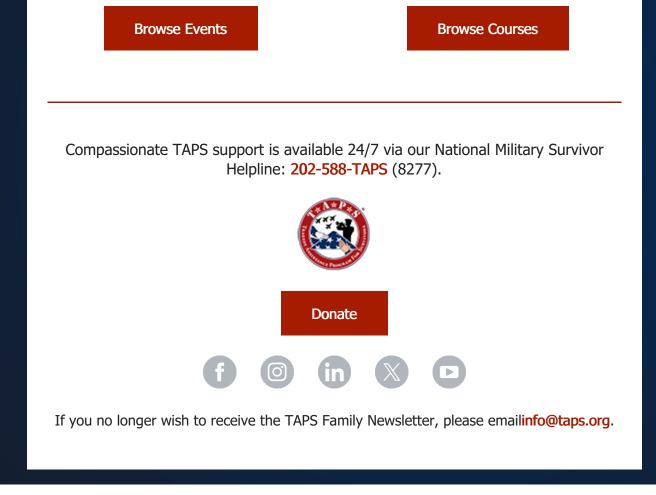
Youth Programs

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



TAPS Institute

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



Tragedy Assistance Program for Survivors (TAPS) | 3033 Wilson Boulevard Third Floor | Arlington, VA 22201 US

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