



You are not alone this holiday season. We are here for you.

TAPS is a family, and this holiday season, when there is so much emphasis on families coming together, we can take comfort in knowing we are not alone in our grief.

On our [Coping During the Holidays](#) page, we have gathered a number of articles and videos on finding hope and healing throughout the holidays contributed by survivors and experts. We hope these resources provide you with the coping skills and strength needed to help navigate this holiday season.

Coping During the Holidays

Through TAPS, you have resources, support, and care available to you 24/7 at 202.588.TAPS (8277) or taps.org.



UPCOMING CONNECTIONS WITH YOUR **TAPS** Family

Online Chats and Care Groups

Charleston Women's Empowerment Retreat - *Applications close December 5, 2022* March 27
- April 1, 2022

Dare to Lead - *Registration closes January 3, 2022*
Wednesdays at 6:30PM Eastern
January 5 - May 18, 2022

Alaska Survivor Experience - *Applications close January 21, 2022*
March 2 - 6, 2022

Dare to Lead - *Registration closes January 31, 2022*
Fridays at NOON Eastern
February 4 - June 17, 2022

TAPS 4 - Night Bahamas Cruise - *Registration closes March 28, 2022*
June 13 - 17, 2022



TAPS 2022 SURVIVOR SEMINARS & GOOD GRIEF CAMPS

In 2022, TAPS will host 5 Regional Military Survivor Seminars and Good Grief Camps at locations throughout the country, along with our annual National Military Survivor Seminar in Arlington, Virginia, and our National Military Suicide Survivor Seminar in Dallas, Texas.

Registration is now OPEN for ALL 2022 Regional Military Survivor Seminars

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

National Military Survivor Seminar and Good Grief Camp - *Registration Coming Soon*
May 27 - 30, 2022
Arlington, Virginia

Mountain Regional Military Survivor and Good Grief Camp
July 8 - 10, 2022
Denver, Colorado

Southern Regional Military Survivor Seminar and Good Grief Camp
August 26 - 28, 2022
San Antonio, Texas

National Military Suicide Survivor Seminar and Good Grief Camp - *Registration will open in June 2022*
October 7 - 9, 2022
Dallas, Texas

Western Regional Military Survivor Seminar and Good Grief Camp
November 18 - 20, 2022
Los Angeles, California



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!

