



From Bonnie Carroll, TAPS President and Founder:

Our New Year's Day, TAPS Daily Reflection shared the poem by Sylvan Kamens and Rabbi Jack Reimer that includes the line:

"In the beginning of the year and when it ends, we remember them. So long as we live, they too shall live for they are now a part of us as we remember them."

Dr. Alan Wolfelt goes on to share that, "... in this new year, we will remember them, and we will love them. And those are the two most powerful forces in the universe." TAPS is your family where our loved ones are remembered, and where we come together as a family to find hope and healing, now and always.

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.

We are excited to share a [new blog](#) with you that leans on the concept of the new year being an opportunity for compassionate self-awareness, rather than creating resolutions and commitments to action items - who do we want to be rather than what do we need to do. We invite you to read more in our blog below.

New Years: A Time For Self-Exploration



DID YOU KNOW...?



January is National Mentoring Month

Each January, we come together as a TAPS Family to recognize and express our gratitude for the individuals who selflessly donate their time to support survivors in a mentoring role, whether that's a Peer Mentor supporting another survivor, our Legacy Mentors supporting other surviving children, or an active-duty service member or veteran serving as a TAPS Military Mentor in support of a surviving child.

Serving as a mentor has been so meaningful to so many. We are honored to share the stories of three mentors in the new blog below.

The Rewards of Mentoring



TAPS RESOURCE *Spotlight*

Community-Based Care and Grief Counseling

"While the rest of the world puts a heavy emphasis on physical health during this season, for those facing these complicated emotions, it is more important than ever to remember to prioritize our mental health as well."

~ Raylene Moore, TAPS Community-Based Care Manager

The beginning of a new year can be daunting, especially for those of us grieving a loved one and facing the start of something new without them. TAPS understands and has offered tips in a [new blog](#) for ways to focus on our mental health at the start of a new year. Further, we share how our TAPS Community-Based Care Team can support you in connecting with supportive mental health resources, including counseling, in your local area.

Grief and Mental Wellbeing in The New Year

TAPS 2023 SEMINAR & EVENTS SCHEDULE

We are excited to share our 2023 Event Calendar with you!

2023 Seminars and Good Grief Camps Schedule

Southeast Regional Military Survivor Seminar and Good Grief Camp

Destin, Florida
February 3 - 5, 2023

Northeast Regional Military Survivor Seminar and Good Grief Camp

Buffalo, New York
August 25 - 27, 2023

Mountain Regional Military Survivor Seminar and Good Grief Camp

Denver, Colorado
March 31 - April 2, 2023

Southern Regional Military Survivor Seminar and Good Grief Camp

San Antonio, Texas
September 15 - 17, 2023

29th Annual National Military Survivor Seminar and Good Grief Camp

Arlington, Virginia
May 25 - 29, 2023

15th Annual National Military Suicide Survivor Seminar and Good Grief Camp

Boston, Massachusetts
October 6 - 8, 2023

Northwest Regional Military Survivor Seminar and Good Grief Camp

Spokane, Washington
July 7 - 9, 2023

Western Regional Military Survivor Seminar and Good Grief Camp

Long Beach, California
October 27 - 29, 2023

Learn About Additional 2023 TAPS Events

Additional events will be added to the [TAPS Events Calendar](#) in the coming months and throughout 2023



UPCOMING *Online* CONNECTIONS

Through our **TAPS Online Community**, your TAPS Family is here to meet you wherever you are in your grief — and wherever you are in the country or the world.

Online Groups

Connect with survivors of shared experience
by **Relationship to your Fallen Hero,
Cause of Death and Peer Group**

Online Workshops

Learn Together & Have a Shared Experience
in **Theater Labs For Adults and Families,
Parenting Grieving Children, and
Peer Mentor Training**

Women's Empowerment Online Programming

We are excited to once again offer surviving women many ways to come together and connect online in a safe, supportive, understanding, enriching and healing environment through
Focus and Flow, Create, Connect and Book Club offerings.

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.

Upcoming Webinars

Art-Making As A Bridge To Understanding Grief

Tuesday, January 17, 2023
12:00 PM Eastern

The Value of Funerals and Therapeutic Rituals

Tuesday, February 7, 2023
12:00 PM Eastern

Webinar Archives

Missed a webinar?

Visit our **free on-demand library** 24/7 to
access recorded TAPS Institute webinars on a
variety of topics, including:

Understanding The Healing Powers of Recreation, Leisure, and Play

Choosing Wellness

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.

TAPS National Military Survivor Helpline
800.959.TAPS (8277)

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

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WORK WITH TAPS™



Join The TAPS Team

Have you been looking for a meaningful way to honor your loved one's legacy of service while supporting other survivors?

Consider working for TAPS. We have many exciting openings available, including internships.

[Learn More and View Open Positions](#)

Follow us on social!

