

SEPTEMBER 2020



Connect
Share
Grow



This year has been full of changes and challenges. It has altered our daily lives and separated us physically. What it has not altered is the comforting presence of your TAPS family.

We are here for you, offering hope and love. At TAPS, you have so many opportunities to connect, learn, share and grow. We are family, and that's what family does for each other.

So while the world has changed, remember that love lives on, and you are on this journey with your TAPS family. We're here for you, by your side, always.

Sending love from your TAPS family,

A handwritten signature in black ink that reads "Bonnie Carroll".

Bonnie Carroll
TAPS President and Founder



Suicide Prevention Month

September is National Suicide Prevention Month. Since 2008, TAPS has supported almost 16,000 survivors of military suicide loss. The [TAPS Suicide Postvention Model](#), a three-phased approach to suicide-related grief, has helped survivors achieve stability in their lives, establish a healthy foundation for grieving, and move toward post-traumatic growth by making meaning from their loss. We invite you to read [stories](#) of fellow survivors and [learn more](#).

Team TAPS - 20 Years

For 20 years, [Team TAPS](#) has honored our heroes and raised awareness and funds to support the TAPS mission. This year, in celebration of this milestone, we are coming together to create a virtual movement. We will walk, run, bike, swim, and row. We will gain strength, go the distance, and encourage each other. We are excited to launch our Team TAPS 20th anniversary virtual campaign and we invite you to be part of the adventure! Keep up-to-date on our [website](#) or email teamtaps@taps.org to learn more.

Virtual Connections for Men

Join your fellow TAPS men for twice-monthly video chats. These chats on the 1st Wednesday (7PM ET) and 4th Wednesday (9PM ET) are your opportunity to connect face-to-face for support, encouragement and camaraderie. We look forward to seeing you soon! For information and schedules for [men's chats](#) and all sessions offered through the [TAPS Online Community](#) - Click here to [learn more](#).

Toxic Exposure

TAPS has been a leading voice in the fight for fundamental reforms for post 9/11 veterans who were exposed to toxic substances while deployed. TAPS has been working with Congress to enact legislation to address veteran healthcare needs and critical support and benefits to caregivers and survivors. We are grateful to Senator Thom Tillis (R-NC) for introducing the Toxic Exposure in the American Military (TEAM) Act of 2020. [Learn more](#).

Join us - Virtual Seminar September 18-19, 2020

This two-day virtual event will begin on Friday evening with Sharing Groups and conclude with a session on meditative movement. Activities begin at 2PM ET on Saturday and will be presented at no cost to you. Our sessions will be led by experts in the field of grief and loss, offering opportunities for you to gain tools and resources. Learn more and [register to attend](#). You can discover all the opportunities to connect with your TAPS family on our website: [Survivor Programs](#).

Take Illness Loss Survey

We are working to better understand the scope of problems related to post-deployment illnesses and loss. With our new [TAPS Illness Loss Survivor Survey](#) we hope to honor and serve your military loved ones who potentially suffered from a wound, illness or injury which may have been attributed to environmental exposures. If you took the survey last year, we ask you to retake it as we've made important updates. Your response could help shape policy and legislation, and direct future TAPS programs and services. Email illnessloss@taps.org to learn more.

#ListenLearnLove

The [TAPS National Military Suicide Survivor Seminar](#) is going virtual. Held October 16-18, you will hear from others who have walked the road you are traveling. Sessions will offer vital information on anxiety, loss and family dynamics, talking to children and more. The grief that follows suicide loss can be uniquely complicated. You are not alone, and we invite you to join us for a time of hope and healing. [Register today](#).

Peer Mentor Training

You've been through the early days of grief and remember how connecting to TAPS was helpful to you. You remember when another reached out a hand to you to share the journey. Now you may be ready to help someone else. Becoming a TAPS Peer Mentor can be the next step in your journey! TAPS Peer Mentors are survivors who are 18 months beyond their loss and feel ready to be a companion to another. You may even find that opening your heart to another will offer you continued healing as well. [Become a TAPS Peer Mentor](#).

Learn and Grow Together

Join us on Saturday, September 12, for ["The Outward Mindset"](#) workshop. This workshop will focus on helping you shift to a new mindset for improved performance and enhance your life. This is one of many virtual workshops offered through [TAPS Together](#), giving you the opportunity to connect from the comfort of home. Additional sessions include the Dare to Lead workshop series. Find encouragement and helpful tools to strengthen you as you navigate your grief journey and move toward a hopeful future. Email communityrelations@taps.org for more information.

New to Grief Seminar

In this new virtual event, **September 3-24**, we will work toward deeper understandings to deconstruct myths about grief, explore the impacts of grief, and seek to establish a healthy language around our experiences. This seminar is for those whose loss occurred less than three years ago or for those searching for foundational tools as they face their grief for the first time. Visit us online for the [event overview and schedule](#).



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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 800.959.TAPS (8277) and visit us at [TAPS.org](https://taps.org)