



We stand with Ukraine in their defense of freedom and we feel the heartbreak of the sacrifices being made. Our hearts remain with all those being impacted around the world.

TAPS knows that sometimes current events or news coverage can bring up difficult emotions. We continually create safe spaces to share and explore the pain of loss. It is in this spirit of support that we are standing up opportunities for the TAPS family to come together to cope with any increased feelings of stress, anxiety, or grief resulting from the current situation in Ukraine.

As you process these current events and care for yourself during this time, know that you are surrounded by a loving TAPS family. If you need to connect, please join us for one of the sessions below or call the 24/7 National Military Survivor Helpline at 800-959-8277. You are not alone.

**Online Group: Coping With Current Events In Ukraine
Friday, March 4: 12 PM - 1:30 PM Eastern**

**Online Group: Coping With Current Events in Ukraine
Monday, March 7: 8 PM - 9:30 PM Eastern**

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.

National Survivor 24/7 Helpline: 800.959.8277

Our TAPS National Military Helpline consists of a network of trained professionals who are on call 24/7. We will always answer.

Connect To Peer Support

Connecting with a Peer Mentor means you'll never walk alone.

Find a Grief Counselor

Our TAPS National Military Helpline consists of a network of trained professionals who are on call 24/7. We will always answer.

Online Community

TAPS Online Groups are here for you wherever you are in your grief— and wherever you are in the country or the world.



New RESOURCE



Talking To Children About War

The current events in Ukraine have evoked a variety of emotions in people worldwide including confusion, anger, fear and anxiety. Children, especially those who have experienced trauma or loss, are especially vulnerable at this time - possibly experiencing feelings of helplessness, sadness, and their own fears and anxieties as they see tragic images from Ukraine on TV or social media. The children in your life will be turning to you - a trusted adult - to share their feelings and to ask questions.

We are grateful to the National Child Traumatic Stress Network for sharing this incredible resource: [Talking to Children about War](#). We hope that you find it useful, as you engage in those conversations.

TAPS is also here for you 24/7, if you need additional support to help your children navigate these challenging times, at 800.959.TAPS (8277).



UPCOMING *in-person* CONNECTIONS

28th Annual National Military Survivor Seminar and Good Grief Camp

In-Person and Virtual Options Available

May 27 - 30, 2022

Washington, D.C.

Self-Funded Opportunity To Be With Your TAPS Family

TAPS 4-Night Bahamas Cruise

June 13 - 17, 2022

Orlando, Florida

Registration Closes on March 28

Refer to the [TAPS Event Calendar](#) for information about additional upcoming events.



UPCOMING *Online* CONNECTIONS

Online Groups

By Relationship, Cause of Death & Peer Group

Click the Calendar Below To Learn More and Register For Your Online Group

ONLINE GROUPS - MARCH 2022			
WEDNESDAY, MARCH 2ND Women's Circle Noon and 7 PM ET Men 7 PM ET Young Adults Social Hour 8 PM ET	THURSDAY, MARCH 8TH Surviving Siblings 8 PM ET	WEDNESDAY, MARCH 9TH Spanish Speaking Survivors 6:30 PM or 9 PM ET Parenting Grieving Children 8 PM or 10 PM ET	MONDAY, MARCH 14TH Parents 8 PM ET Parents of Suicide Loss 8 PM ET Spouses, Partners, Fiances & Significant Others 8 PM ET
WEDNESDAY, MARCH 16TH Men 9 PM ET	MONDAY, MARCH 21ST Accident Loss Survivors 8 PM ET Combat Loss Survivors 8 PM ET Illness Loss Survivors 8 PM ET Suicide Loss Survivors 8 PM ET	WEDNESDAY, MARCH 23RD ALL Survivors Welcome 7 PM ET 8 PM ET 9 PM ET 10 PM ET	WEDNESDAY, MARCH 28TH Peer Mentors 8 PM ET

Online Workshops

Young Adults: Let's Talk Grief

Wednesday, March 16
8:00 PM Eastern

Coping Skills: Between Breathing & Moving - Hip Opening & Mobility Work

Thursday, March 10
12:00 to 2:00 PM Eastern

Coming soon to the Online Community

Registration is now open

Online Series: New To Grief

(3 years or less from loss)

Thursday, February 24
12:00 PM - 2:00 PM Eastern

Online Group: Mom's Mentoring Moms

2nd Wednesdays at 8 PM Eastern
Begins April 13

TAPS®

INSTITUTE FOR HOPE AND HEALING

TAPS Suicide Postvention Model™: A Roadmap Toward Post-Traumatic Growth

Tuesday, March 22 at 12PM Eastern

Navigating This New Grief and Loss Journey

Tuesday, March 29 at 12PM Eastern

Self-Funded Opportunity To Be With Your TAPS Family



TAPS is here for you!

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

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.

Follow us on social!

