



Programs for Families of the Fallen

How Families of the Fallen can get involved with Tuesday's Children

YOUTH MENTORING

The Youth Mentoring Program is designed to encourage and support mutually beneficial relationships between adult role models and children ages 6-18. If you are interested in having a mentor, contact us today!

HEART TO HEART: A RESILIENCE-BUILDING PROGRAM FOR SURVIVING FAMILY MEMBERS

These retreats bring together military Gold Star family members to foster long-term healing. We hold a widows' retreat and Gold Star mothers' retreat. Participants make connections, learn ways to navigate the challenge of finding "meaning" and discover resources that aid in coping and healing. These retreats allow surviving family members to enjoy a "time out" to refresh, and the opportunity to commemorate the life of their loved one with new lifelong friends.

CREATIVE INSIGHT: TAKING THE NEXT STEP

Our Creative Insight program is based on the renowned Creativity in Business course at Stanford University. The eight-week course bolsters self-esteem and quiets your inner voice of judgment, encourages innovative problemsolving, and provides the tools needed to face challenges and experience more fulfilling lives.

CAREER RESOURCE CENTER

Addressing the unique challenges Gold Star families face at every stage of their lives, Tuesday's Children provides educational and career guidance for teens and preteens, college-age adults, as well as adults looking for a career transition. Our Career Resource Center provides Career Mentors, who volunteer their time to give career advice and support, in addition to workshops, seminars and career-building opportunities to assist through various stages of career development.

FAMILY ENGAGEMENT

We hold family engagement events in various locations to enhance resilience by building relationships among families with common bonds. These events create positive new traditions and introduce Tuesday's Children's programming for future participation.

TAKE OUR CHILDREN TO WORK DAY

Tuesday's Children conducts its annual Take Our Children to Work Day in April and Shadow Days year-round for children ages 6-18, offering a close-up look at organizations and careers of interest and helping them to visualize their future. Programs are held in New York, Jacksonville, Washington, DC, San Diego, Dallas and Boston.

PROJECT COMMON BOND

Project COMMON BOND brings together young adults, ages 15-21, from around the world who share a 'com-mon bond' — the loss of a family member due to an act of terrorism, violent extremism or US military service. Participants engage in a dialogue of healing and community building, collaborate to promote the dignity of all, and learn conflict negotiation and peacebuilding skills, all to create positive change in their lives and communities. Project COMMON BOND has united 800+ young adults from 31 countries in summer and winter sessions.



Tuesday's Children's Military Initiative

guides Families of the Fallen beyond grief into next steps towards a lifetime of healing.

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Contact Karen Burris, Karen@tuesdayschildren.org or 212-332-2980 for more information.

"It's organizations like Tuesday's Children that have allowed the young men and women of our armed forces for the last 15 years to make me extraordinarily proud. Tuesday's Children is about resilience, it's about enabling people to overcome extraordinary tragedy. There's a motto in the Marine Corps, 'Semper Fidelis.' It stands for 'Always Faithful.' That's Tuesday's Children — always faithful."

— General Joseph Dunford,
Former Chairman of the Joint Chiefs of Staff

OUR MISSION

Tuesday's Children provides a lifetime of healing for families who have been forever changed by terrorism, military conflict or mass violence.

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The New York Times



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