tuesday's
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To our Tuesday's Children community,

We are wrapping up another year at Tuesday's Children and putting the finishing touches on our final programs for the season. As the year comes to a close, we are filled with **gratitude**, for our families, for our partners and supporters, and for you.

Thus far this year, we've held more than **100 programs** attended by nearly 3,500 people, and we've linked over **10,000 individuals** to a nurturing community of support through 1:1 services. Throughout the year, our families have been excited to gather in-person again at programs nationwide and through a continuing range of virtual programs.

We know that, for some, the holiday season can be difficult, and that long-term healing is a process laced with reminders, both positive and painful. We invite all in our community to join us for a **free virtual discussion** on how to navigate grief and trauma reminders during holidays, anniversaries, remembrances and life milestones, Thursday, December 15th from 11:30am-1pm EST.
Register here.

This year, the peer support we've witnessed throughout all our programs, through the highs and lows, has been a steadfast reminder of why our mission continues. We are pleased to share some highlights from recent months and the many ways our families and supporters are **turning pain into purpose** and filling us with resilience, hope and gratitude for the year ahead.

Thank you for being part of our mission!

Terry Sears
Executive Director

RESILIENCE THROUGH ENDURANCE

Team Tuesday's Runners Go the Extra Mile

We are all winners this season. Our runners have gone the extra mile this year, and so many of our family members are turning their pain into purpose, running for our shared mission.

Hear from Team Tuesday's Why They Run

NYC Marathon runner Jesse Matuza photoshopped his dad looking over his shoulder to inspire him as he ran. His dad, Walter Matuza, Jr., died on 9/11.

"My reason for taking on this challenge is not only physical but to greater help an amazing organization in Tuesday's Children."

"Being a part of Tuesday's Children since its inception led me to want to help further their mission. They have done many things for so many people and families since the beginning in 2002.

... Completing this Marathon will be an amazing accomplishment for me! Alongside my friends will undoubtedly make it that much more special. I am sure my dad will be there for all 26.2 miles cheering us on and pushing us through to the finish line!"

Kate Mascali, NYC Team Captain & former Junior Board Co-Chair & Honoree, was recently interviewed by the Staten Island Advance. We are so honored to have Kate as part of our Tuesday's Children Family.

Click **HERE** to read Kate's article.

Dublin Marathon runner Aaron Crampton serves in the Irish Defence Forces and is a part-time terrorism studies student. He was inspired to join Team's Tuesday's for the children who have suffered due to terrorism, be it at 9/11 or in Ireland during the Troubles. He ran in full military gear, carrying 10kg.

"Go n-eiri an bóthar chun bualadh leat. May the road rise to meet you"

Top NYC Team Tuesday's Fundraiser Michael Lutz raised almost $20,000 for Tuesday's Children!

"One of my best friends lost his dad on 9/11. Tuesday's Children was a huge help to him and his little sisters in the following weeks and months. I consider them like family, so to support this cause was a no-brainer. My inspiration for running is becoming a better runner and person. Running is not only an outlet and release from life's problems, but it also develops discipline and fortitude to better face those problems. I like to live by the quote 'Don't think. Just move'."

BMW
BERLIN
MARATHON

Berlin Marathon Team Tuesday's Captain and Tuesday's Children Board Member Jes Waring is a #BerlinLegend and earned her 5th Abbott World Marathon Majors star this year!

Thank you, Team Tuesday's, for crushing these numbers in 2022:

- $180,000 raised (gross)
- 48 runners
- 4 marathons
- 1 half marathon
- 5 international runners — Berlin, London, Dublin
- 2 virtual 5Ks
- All winners

All our spirits are lifted by your feats of strength!

Are you interested in a race or event near you? We encourage you to set the goal, and our Tuesday's Children community will support you with training and fundraising leading up to the big day to make your miles matter!

Contact keri@tuesdayschildren.org or visit the Team Tuesday's page.

PROMOTING MENTAL HEALTH AND WELLNESS

Navigating the Holidays and Reminders This Season?

Watch the recording of the event and hear from survivors and experts on coping with the ups and downs of reminders of trauma and grief.

Watch Recording

Lessons in Recovery and Resilience

Remembrances, Reminders, Anniversaries and Milestones

December 15th 11:30am-1pm EST

Heather Dearman
CEO, 7/20 Memorial Foundation; Civil Service Specialist, City of Aurora; Cousin of Ashley Moser (wounded) and Veronica Moser-Sullivan (killed) from the 2012 Aurora, CO theater shooting

Julie Kaplow, PhD, ABPP
Executive Vice President of Trauma and Grief Programs and Policy at the Meadows Mental Health Policy Institute and Executive Director of the Trauma and Grief (TAG) Center at The Hackett Center for Mental Health

Kristin Urquiza, MPA
Co-Founder and Co-Executive Director, Marked by Covid and Disaster Equity Advocate leading the Covid-justice movement; daughter of Mark Urquiza, who lost his battle to COVID in 2020

Lieutenant Colonel (Ret.) John Vigna
Assistant Professor for History and American Politics, United States Military Academy, West Point; surviving spouse of Maj. Lisa Christine Jones Vigna

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Looking for additional resources?

Check out our tip sheets.

(Additional languages available here.)

Trauma and Grief Reactions by Ages

Coping with Traumatic Events

Monthly Peer-to-Peer Support for 9/11 Community

What's Next? A virtual peer support group for ages 50+.
This group is held the first Tuesday of every month. **Register here.**

Where are We Now? A virtual peer support group for ages 22-49.
This group is held the second Tuesday of every month. **Register here.**

CAREER RESOURCE CENTER

Slice of Advice Workshops and Career Resources

Tuesday's Children's **Career Resource Center** enhances life skills through leadership development, college preparation, and career guidance. With a focus on education, support, and guidance, we provide workshops for individuals who are beginning to envision their careers, looking for college guidance, seeking their first internship or job, or trying to return to the workforce following an absence.

This year our **"Slice of Advice"** career panel workshops featured professionals from notable companies such as the National Football League (NFL), KPMG, Sidley Austin LLP, Spotify and Verisk. Other workshops throughout the year included how to find and land an internship, how to make responsible financial decisions with State Farm, and how to prepare and turn an interview into a job offer.

The Career Resource Center has served more than **6,000** individuals. We are extremely grateful for our **140+** corporate partners and the valuable professional insight they provide; we look forward to future collaborations to support families who have been forever changed by terrorism, military conflict or mass violence..

Coming up in the Career Resource Center:

- Ring in the New Year - 5 Money Moves to Make in 2023 - January 19, 2023
- LinkedIn Profile and Resume Review Workshop - January 31, 2023

Registration details coming soon. View the calendar for all upcoming programs.

Contact Kathy@tuesdayschildren.org for information on Career Mentoring and upcoming programs.

PEER SUPPORT ACROSS COMMUNITIES

Peer support was a big theme this year, uniting so many families across the communities we serve, sharing common bonds, heart-to-heart perspectives, and survivor-to-survivor outreach.

Project COMMON BOND Welcomes Young Leaders

Young people from 10 countries participated in summer **Project COMMON BOND** this July and August in Bryn Mawr, PA, and we were so happy to gather again in person. We also hosted virtual reunion sessions this fall for participants and chaperones.

Applications are open for our January winter session of Project COMMON BOND in Bandera, TX over MLK weekend. **Learn more.**

With turmoil and tragedy continuing to impact the lives of children in the U.S. and around the world, Project COMMON BOND continues to welcome more participants.

Since 2008, we have united **1,000+** participants from **34** countries impacted by terrorism, mass violence and war, including Afghanistan, Algeria, Argentina, Belgium, Bosnia and Herzegovina, Canada, Columbia, Croatia, England, France, Haiti, India, Indonesia, Ireland, Israel, Kenya, Kosovo, Lebanon, Liberia, Macedonia, Morocco, Nigeria, Northern Ireland, Norway, Pakistan, Palestine, Republic of Congo, Russia, Spain, Sri Lanka, Sudan, Syria, Uganda and the United States.

At Project COMMON BOND, these young people become change makers and peacebuilders. Leaning on each other and guiding each other, they turn their experiences of trauma and loss into positive actions that can help others exposed to similar personal and public tragedies.

Learn more about Project COMMON BOND and how young leaders are inspiring peace, dignity and resilience.

Contact kathy@tuesdayschildren.org for more information.

Commemorative Resilience Luncheon Reunited 9/11 Community Members

On October 27th we held a Commemorative Resilience Luncheon for our families in the 9/11 community at the Loeb Boathouse in Central Park. Funded in part by AIG, the event was attended by nearly **200** family members and provided a unique opportunity for remembrance, reflection, peer support and resilience.

The feedback from family members in attendance was tremendous, and many families expressed the desire for more events of this kind, along with volunteerism and service-learning opportunities to give back to other communities in need.

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Participant Testimonial:

"A quick note to say thank you for putting together the beautiful Resilience luncheon at the Boathouse. As a single mother, most of my time is spent focusing on Andrew, and I am happy to do it. Knowing that day in Central Park was for me (+250 other people) meant more than you know.

For the first time in a long time, I felt like I was with my people. We all suffered a loss, a heartbreak, and it was ok to wear it like a badge. Thank you for making that possible."

—Heather, 9/11 surviving spouse

Thank you to AIG for making this event and so many of our peer support and wellness programs for the 9/11 community possible this year!

Heart to Heart with International Military Surviving Spouses in Washington, D.C.

This past June, Tuesday's Children welcomed military surviving spouses from the U.S. France and Lebanon in partnership with the Association des Victimes du Terrorisme-Liban for the Women's World Peace Retreat in Washington D.C.

Participants shared their common bonds of loss and formed lasting friendships while in a safe space for expression and healing.

Each morning, small talk groups, or "Dignity Sessions" allowed the participants to share their experiences and recognize their abilities to overcome challenges, to step back and draw on lessons in order to advance. Each afternoon, the participants were led in art therapy workshops in writing, working with clay, and movement of the body.

These workshops developed their capacity to grow in resiliency once they have returned to their homes. Thank you to all our participants for sharing and connecting!

Tuesday's Children Launched Survivors of Tragedy Outreach Program (STOP), a National Coalition Offering Survivor-to-Survivor Peer Support

This year, Tuesday's Children's Survivors of Tragedy Outreach Program (STOP)—a coalition of survivors and service providers dedicated to peer support and long-term healing—issued a joint statement in response to recent acts of mass violence in Uvalde, Buffalo, and so many other cities.

Read the full statement.

STOP offers survivor-to-survivor peer support and outreach from individuals directly impacted by and responding to terrorism, mass violence and military conflict.

> *"We are cardholders to a club we never wished to belong to. This club has an inexcusably high price. If we don't stop the violence now, you may hold the card next."*

"These families have a roadmap for Buffalo and Uvalde. They've been there." Hear from our STOP members in this multimedia article.

Contact sallie@tuesdayschildren.org to learn more.

ENGAGEMENT PROGRAMS, TOGETHER AGAIN

Tuesday's Children hosted Gold Star and 9/11 families for several family engagement events around the country. Our families were eager to gather in-person again, and we were so pleased to see them spending this time together bonding and creating memories.

Thank you to all our partners who made these events possible, including: 1-800-Flowers, the Atlanta Falcons, CBS New York, the Houston Texans, KPMG, NASDAQ, the National Football League (NFL), the New York Islanders, the New York Jets, the New York Yankees, Paramount Veterans Network, the Premiere Lacrosse League, State Farm, Salesforce, Sidley Austin LLP, Societe Generale, Statue City Cruises, TCS, UBS, Verisk, and the Washington Commanders, among others.

A 9/11 Anniversary Tradition: Ringing the Closing Bell

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Nasdaq

On September 9, 2022, we were joined by Tuesday's Children family members, board members, foundation and corporate partners and supporters as we rang the closing bell at NASDAQ on the last trading day before the 21st anniversary of September 11th. Thank you to NASDAQ for continuing this tradition!

Family Fun Day at SeaWorld Texas

Tuesday's Children was honored and proud to host Gold Star families at SeaWorld San Antonio on Father's Day for the Fourth Annual Family Fun Day.

This partnership with SeaWorld is a signature program to honor and remember Fallen Fathers and support their families on Father's Day.

Watch the story from KSAT-12 here.

You can see more photos by visiting here.

Statue City Cruises Excursion in NYC

Families whose fathers fell on 9/11 were treated to a trip to the Statue of Liberty just before Father's Day, courtesy of Statue City Cruises.

Father's Day weekend can be a difficult time for the families we serve. We are grateful they had the opportunity to spend this time together during such a special day.

[Click here to watch a story on the day from PIX Channel 11 NY.]

[Click here to view additional photos.]

Family Fun Day in Fayetteville

Thank you to everyone who came out on Father's Day for the Family Fun Day during the Fayetteville Woodpeckers game against the Kannapolis Cannon Ballers!

Families enjoyed lunch and were able to run the bases and play catch in the outfield.

[Visit here to view photos from the day.]

Family Members Spend Day on USS Intrepid

Thanks to Paramount Veterans Network & CBS New York, Tuesday's Children family members had the chance during Memorial Day weekend to attend **Coffee With Vets**, a special breakfast on the flight deck of the USS Intrepid in New York City, followed by a nearby screening of "Top Gun: Maverick."

Amidst more than two dozen authentically restored aircraft, we were joined by other families from Sons and Daughters In Touch, the Wounded Warrior Project and the National League of POW/MIA Families.

Thanks to everyone who came out for this unique and wonderful experience!

[Click here to view photos.]

A Night at the Ballpark with State Farm in Fayetteville

Thank you to State Farm for their generous $20,000 donation to Tuesday's Children during a night out at the ballpark for Gold Star families at the Fayetteville Woodpeckers ballgame vs the Carolina Mudcats.

The evening also included financial advice and employee engagement from State Farm, food and fireworks. The donation will help continue to provide resilience-building programs for children and families whose lives have been forever changed by terrorism, military conflict or mass violence.

Click here to watch a report from Spectrum News 1 North Carolina.

Charleston RiverDogs Host Career Day and Ball Game

Families spent an evening in August at the Charleston RiverDogs vs. Lynchburg Hillcats baseball game for an evening of fun, food and fireworks.

The evening also included a Career Shadow Experience with the RiverDogs, where children toured the field and locker rooms, and a Financial Seminar for the adults from State Farm.

Thank you, State Farm, for stepping up to the plate for Tuesday's Children. Your support is instrumental in continuing to provide resilience-building programs for children and families whose lives have been forever changed by terrorism, military conflict, or mass violence.

RECENT AND UPCOMING FUNDRAISING EVENTS

Rise Up for Resilience Gala Honored NYC Mayor Eric Adams, Lt. General Leonard Kosinski & Bob Woodruff

On Thursday, September 22, Tuesday's Children held our annual *Rise Up For Resilience* Gala at Guastavino's in Midtown Manhattan.

We commemorated 21 years of service and honored New York City Mayor Eric L. Adams, Lieutenant General Leonard "Leo" Kosinski, and Bob Woodruff.

Missed the event? Watch the recap or visit the photo gallery.

We are enormously grateful to all of our sponsors, supporters, partners and attendees who helped make the night a success, raising over $350,000.

Each year, this flagship event raises critical funds to provide resilience-building programs for children and families whose lives have been forever changed by terrorism, military conflict, or mass violence.

Join Our Mission

Junior Board Gala Honors Rising Stars at Nebula NYC

On Friday, October 14, 2022 the Tuesday's Children Junior Board held their annual Rise Up Midtown Gala at Nebula in New York City. A great time was had by all!

We were thrilled and extremely proud to honor outgoing Junior Board Co-Chairs; Katelyn Mascali, Kieran Morris, and Jes Waring for their years of dedication.

We are grateful to the Tuesday's Children Junior Board, event sponsors and all of our attendees for a very successful evening, which raised over $68,000 for our mission.

Thank You to Our Event Sponsors!

For information on joining the Junior Board, contact linda@tuesdayschildren.org.

Military Golf Outing Swings through Rain and Wind

On October 3, 2023, we held our annual Military Golf Outing at Forsgate Country Club. This year, we were proud to honor Patrick Dolan of Durst Organization.

Thank you to 39 foursomes who joined us and took a swing, despite rain and cold weather.

Many thanks to Board Member John Fitzsimmons for chairing this event each year, and to his growing committee for helping us gross $241,000!

Our special guest speaker for the evening was Gold Star family member Amy Dozier, surviving spouse of SSG Jonathan K. Dozier, who was killed in action on January 9, 2008.

John Fitzsimmons was presented with an award marking his retirement from an extended career with the Marines.

Upcoming Fundraisers

Save the Date for Plandome Benefit! Mark your calendar - March 28, 2023

Charity Boxing Event - coming in April 2023

THANKS TO PARTNERS WITH SHARED PURPOSE!

Tuesday's Children is grateful for our partners, who understand the importance of the work we do. With a shared sense of purpose, you help us **keep the promise** by making our 2022 and upcoming 2023 programs possible.

We are thankful for recent grants from the Bob Woodruff Foundation, Sarita Kenedy East Foundation, New York Life Foundation, USAA, Marylin Lichtman Foundation, AIG, the Alonso Foundation, PGA Superstore, TIAA, Burlington, Salesforce, Sidley Austin LLP, Home Box Office (HBO Max), KPMG, Oshkosh Corporation, Morgan Stanley, Gene Haas Foundation, and more.

Our Community Fundraisers and Days of Service continue to provide support and impactful experiences for the communities we serve.
Special thanks to: Mobile Cigar Lounge/Patriots of the Leaf, Salesforce, UBS, KPMG, Societe Generale, Champions for Charity, Tiffany's, J. McLaughlin, Kendra Scott, Patriot Day Golf, Music in the Garden, Chicken and Pickle, and other local partners for sharing in our mission!

We are grateful for opportunities to share our mission at conferences and community events hosted by valued partners, including:

- June 9 - Vibrant Crisis Emotional Care Team Symposium
- June 28 - New York Life Foundation Grantee Meeting, Orlando, FL
- August 11 - Combined Arms, Houston, TX
- September 7-9 - The United Nations Global Congress for Victims of Terrorism
- October 10 – Baltimore Military and Veteran Muster
- October 9-13 - AUSA Conference, Washington, DC
- October 23-25 – Leave No Victim Behind in San Marcos, TX
- November 1 – Youth Voice: a one-day conference hosted by the National Alliance for Children's Grief and the New York Life Foundation in New York City
- November 3-4 – Department of Homeland Security Terrorism and Targeted Violence Prevention Grantee Symposium in Washington, DC
- November 17 – MENTOR Maryland affiliate conference
- December 2-3 – Snowball Express in Orlando, FL

LEAVE NO VICTIM BEHIND

JOIN OUR MISSION

Support Tuesday's Children through the Combined Federal Campaign

YOU CAN BE THE FACE OF CHANGE

Please join Tuesday's Children in supporting our Military Gold Star Families, those who served our country with honor and distinction and gave their lives for our nation's freedom. Be the face of change by making a secure, tax-deductible gift through the Combined Federal Campaign, CFC's website, or CFC app. You can make a one-time donation, pledge to volunteer, set up automatic payroll deductions, and renew annually through the CFC online portal.

Giving to the CFC is quick, flexible, and secure. Tuesday's Children provides a lifetime of healing for families who have been forever changed by terrorism, military conflict, or mass violence.

Thank you in advance for your support and generosity in giving to Tuesday's Children # 97-980. The Combined Federal Campaign Charities will make a difference in our local communities, across the nation, and worldwide.
97-980 https://givecfc.org/

Got Crypto?

Tuesday's Children is now accepting cryptocurrency donations and we've partnered with The Giving Block to ensure the simplest and safest way to give!

Donate crypto today.

VISIT OUR ONLINE STORE!
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CLICK HERE for 50% off all inventory through 12/31/22

The Tuesday's Children online store is proudly powered by Still Serving Promos, LLC. They are a disabled veteran-owned company staffed entirely by veterans and military family members. To learn more about Still Serving Promos, and the vast array of products and services offered, please CLICK HERE.

Please support our work.
Help us continue to build resilience and promote healing in all those impacted by terrorism, military conflict or mass violence.

DONATE NOW

TURN PAIN INTO PURPOSE

- Make a donation
- Host a Facebook fundraiser
- DIY - Fundraise Your Way
- Select us as your charity on AmazonSmile
- Shop for good with Tuesday's Children
- Run for a cause with Team Tuesday's
- Contact us to volunteer or learn more
- Share our posts on social media

About Tuesday's Children

Tuesday's Children provides a lifetime of healing for families who have been forever changed by terrorism, military conflict or mass violence. Through a time-tested, long-term approach, Tuesday's Children programming serves and supports our nation's military Families of the Fallen; builds resilience and common bonds in communities worldwide recovering from tragedies; and keeps the promise to support all those impacted by Tuesday, September 11th.