

GRIEF RESOURCES FOR MOTHER'S DAY & FATHER'S DAY



Like many holidays throughout the year, Mother's Day and Father's Day can spark a multitude of emotions, especially when you're grieving. While these holidays primarily make us think about children who are grieving the death of a parent or caregiver and parents who have lost a child, these days can be equally treacherous for those who have complex relationships with parents and parenthood.

If you're concerned about the approach of Mother's Day or Father's Day, or want to support someone who is grieving, here are some resources to explore.

Download a Mother's & Father's Day Tip Sheet [here](#).

Looking for a way to honor the person who died? Try this activity designed for griever of all ages. Write or draw your responses. You can download the full-sized activity sheet [here](#).



Listen to these Grief Out Loud podcasts

[Ep. 13: Grieving Through Mother's Day](#)

[Ep. 16: Grief & Father's Day](#)

[Ep. 147: Grief & Mother's Day — A Teen's Take](#)

A note about these holidays and the COVID-19 pandemic

During this time, there may be limitations to how you and your family can acknowledge these days. You might not be able to gather with family and friends, travel to special spots like a favorite hike or gravesite, or visit a restaurant the person who died loved.

If what you would normally do on these days isn't possible right now, talk as a family about how to adapt. Is the restaurant offering take out or delivery? Can you do a virtual tour of an outdoor location or museum that your person liked or always wanted to visit? Would you be able to set up a video chat with friends and family and invite people to share photos, stories, and memories?

