



The  
Jewish  
Board

# Navigating Grief Around Father's Day

ENDURING LIGHT: JEWISH LOSS AND BEREAVEMENT SERVICES



## When Father's Day Feels Different

Father's Day can bring a range of emotions for those who have lost a father, grandfather, child, spouse, or other important father figure. Even years after a loss, holidays and milestones can reignite grief in unexpected ways. Many people report that the anticipation of the day can feel just as difficult as the day itself.

## What You May Be Feeling

There is no "right" way to experience Father's Day after a loss. You may feel:

- Sadness or longing
- Anger or frustration
- Guilt or regret
- Numbness
- Relief (particularly after a complicated relationship)
- A desire to avoid the day altogether

All of these reactions are normal. Grief is not linear and often resurfaces around anniversaries, holidays, and family celebrations.

## Get in Touch

If you would like additional support Jewish Community Services at The Jewish Board offers bereavement groups and individual counseling rooted in Jewish tradition and values.

For more information or to speak with someone, please contact 212-632-4790, option 1 or [BereavementSupport@jbfcs.org](mailto:BereavementSupport@jbfcs.org).

## Ways to Honor a Loved One

Consider creating space for remembrance in a way that feels meaningful to you:

- Light a memorial candle.
- Share stories with family and friends.
- Visit a meaningful place.
- Look through photographs or keepsakes.
- Write a letter, card, or journal entry to your loved one.
- Prepare their favorite meal or participate in an activity they enjoyed.

## A Jewish Perspective

Jewish tradition recognizes that grief does not end after shiva (the 7-day formal period of mourning following burial) or even after the first year. Remembrance remains an ongoing part of life through practices such as:

- Lighting a yahrzeit candle
- Giving tzedakah (charity) in a loved one's memory
- Gathering with community for support and remembrance

These rituals can provide comfort and connection while honoring the enduring impact of those we have lost.



## Supporting Children and Teens

Children and adolescents often experience grief differently than adults. Their emotions may appear through behavior, questions, physical complaints, or changes in routine. Open, honest conversations and opportunities to express feelings can help young people navigate loss.

## If You're Supporting Someone Who Is Grieving the Loss of their Father

Sometimes the most meaningful support is simple acknowledgment:

- Reach out and let them know that you're thinking of them.
- Mention their loved one's name.
- Share a positive memory.
- Listen without trying to "fix" their grief.

Many grieving individuals share that they feel isolated on Father's Day and appreciate knowing they have not been forgotten.