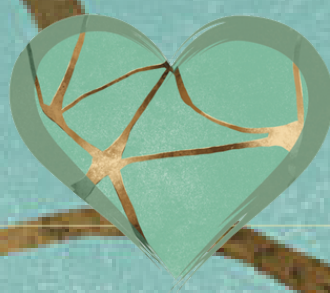


*If you are experiencing loss,
estrangement, or relationship challenges
with a father figure, these tips may help
ease complicated emotions surrounding
Father's Day*

Resources to *ease grief this* Father's Day



NEW ORLEANS
GRIEF CENTER

Ritual

Do something meaningful that reminds you of the person. You can...

1

Make a meal they loved

2

Listen to their favorite music

3

Do an activity they enjoyed

4

Light a candle in remembrance

Create

Sometimes, physically doing something can help process complicated feelings. You can...

1

Write a letter to your loved one

2

Paint or draw

3

Write a poem or short story

4

**Spend some time on your
favorite hobby**

Talk

Verbilizing how you feel, or simply connecting with a loved one, can be beneficial in processing emotions. You can..

1

Reach out to a role model and wish them Happy Father's Day

2

Let friends and family know how you're feeling

3

Jornal

4

Listen to a comforting podcast

Activity

Planning an. activity for a day of remembrance can help ease anxiety surrounding the date. You can...

1

Make plans to see others who knew the person you lost

2

Watch a movie

3

Get a meal or coffee out

4

Walk in a nearby park