

Resources & Support After Losing a Father

Losing your dad or a father figure is one of life's most challenging changes. We compiled the list of books and podcasts for informational purposes; Afterall does not profit nor endorse any of the following. We also have articles on our website, and remember that your funeral provider is another excellent resource for bereavement support.

Podcasts

- **Shapes of Grief with Liz Gleeson**
Grief therapist Liz Gleeson hosts meaningful conversations with everyday people about their loss and how they navigated the grieving process.
- **Good Mourning with Sally Douglas and Imogen Carn**
Best friends Sally and Imogen invite guests to share their stories, hoping to normalize grief and inject hope and humor along the way.
- **Grief Out Loud from the Dougy Center**
From the renowned Dougy Center, Grief Out Loud features personal stories, tips for supporting children, teens, and yourself, and professional interviews.



Books

- **H Is for Hawk (Helen Macdonald)**
A New York Times best-seller, this powerful Macdonald's raw grief after her father's death as she adopts and trains Mabel, a goshawk. Together, hawk and human navigate the pain and beauty of being alive, a journey that has captivated millions of readers worldwide.
- **Memories of My Daddy (Kathryn Robinette)**
Memories of My Daddy is designed for children up to age 12 who have lost their father (teen and adult versions also available). With over 100 prompts, it helps kids reflect on special memories independently or with support, ensuring those moments are written down and cherished.
- **Loss of a Parent: Adult Grief When Parents Die (Theresa Jackson)**
Author Theresa Jackson offers healing practices, expert guidance, and practical resources to support those navigating grief. By sharing her own experience and the personal journeys of others who have lost a parent, she aims to help bereaved adult children find comfort.