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For Everyone the Holidays Leave Behind: Grief Fest Selects 150+ Films for 2026

A cinematic sanctuary from the season's noise — films from six continents, for anyone carrying loss.

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NEW YORK — Nov. 24, 2026 — Grief Fest, the nonprofit, independent film festival devoted to grief, remembrance and community during the holiday season, on Tuesday announced its 2026 Official Selections: more than 150 films chosen from 1,000+ submissions across 64 countries. Presented by the award-winning organization My Grief Angels, the festival streams online during two holiday windows — Nov. 25-29 and Dec. 24 through Jan. 3 — with a one-day community screening Nov. 27. Press materials and interview requests are available at grieffest.com/press.

“When we opened submissions, we didn't know how many filmmakers would be willing to sit with grief on camera,” said Augusto Failde, festival director. “More than a thousand films from 64 countries answered that question. Grief is the most universal story there is, and this year's filmmakers told it with uncommon honesty and tenderness.”

The festival extends the tech-enabled bereavement initiatives of My Grief Angels, which Everyday Health named among the best mental health resources in both 2025 and 2026 and BetterHelp listed among the best online grief support groups. The Research and Markets *Grief Counselling Market Report 2026-2035*, featured on Yahoo Finance, cited the organization for “leading innovations in digital grief support — multilingual materials, peer-led groups, virtual workshops, and community platforms.”

The 2026 Official Selections bring together filmmakers from six continents and span narrative, documentary, animated, AI, dramedy, experimental, poetry and educational work. The program moves through four strands drawn from the films themselves: Navigating Loss, Love & Connection, Healing & Renewal, and Paths Through Grief — a reminder that grief cinema is as much about hope and remembrance as about sorrow.

The festival's timing is deliberate. Grief is often felt most sharply when the calendar fills with celebration, and Grief Fest is built as a gentle counterweight: “When Holiday Noise Feels Too Heavy, Find Quiet Company Here.” For audiences facing a first holiday without someone, or a twentieth, the festival offers what it calls “A New Tradition For Those Missing Old Ones” — an invitation to gather, remember and watch together, wherever they may be, rather than alone.

“Every one of these films gives grief somewhere to go,” Failde added. “Together they make a program you can sit inside, not just watch.”

Grief Fest 2026 opens with its first virtual window on Wednesday, Nov. 25 — running through Nov. 29 — continues with a one-day community screening on Nov. 27, and closes with a second virtual window from Dec. 24 through Jan. 3, 2027. Access is through a Virtual All-Access Pass, available now at GriefFest.com, which covers both virtual windows and the full slate of Official Selections.

FOR PRESS

Press materials — the official video announcement (https://youtu.be/rdxGM6DK-7Q), high-resolution logos, Official Selection laurels, 1920×1080 data charts and the 2026 Program Guide — are at grieffest.com/press. For an interview with the festival director or additional information, email media@grieffest.com and include your outlet, topic and deadline. The Virtual All-Access Pass is available at GriefFest.com.

ABOUT GRIEF FEST

Grief Fest is a nonprofit, independent film festival presented by the award-winning organization **My Grief Angels**, dedicated to films about love, loss and healing through the lens. Held during the holiday season — when grief is often felt most acutely — the festival gathers the best cinematic works around grief to explore remembrance, resilience and community. Grief Fest 2026 reviewed 1,000+ submissions from 64 countries. Learn more at GriefFest.com.

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