

'From' Season 4 Gets Exciting Release Update from Catalina Sandino Moreno (Exclusive)

Catalina Sandino Moreno reassured fans that From Season 4 will be released this year.

By Aeron Mer Eclarinal Posted: January 14, 2026



Catalina Sandino Moreno, who plays Tabitha in all three seasons of *From*, shared an exciting release update for Season 4 of the hit MGM+ series, and it is expected to premiere sooner rather than later. Season 3 of the science fiction [horror series](#) consisted of 10 episodes and concluded its run on November 24, 2024. It has been over a year since *From* released a new episode, and anticipation is high due to the wild cliffhanger in the Season 3 finale.

From Season 4 wrapped filming in November 2025, which aligns with [Moreno's previous production update she gave to The Direct](#). Speaking in an interview with The Direct while promoting Netflix's *The Rip*, Catalina Sandino Moreno gave a promising release window for *From* Season 4, noting that she thinks it will arrive between March and April this year:

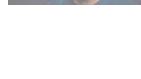
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The Direct: "You are also in 'From' which is a wonderful show, and fans are on the edge of their seats waiting for the release of Season 4. What can you tease about how long they're gonna have to wait before they get to see how the story progresses?"


Catalina Sandino Moreno: "I don't know exactly. I think it's coming out March, [maybe] April. But it's coming out. It's a great season. You're gonna love it. I enjoyed so much working on that show. It's fun. Again, it's fun to watch."

A March or April release date for *From* means that it will arrive on MGM+ over a year after the end of Season 3.

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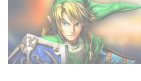
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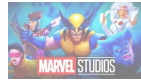
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A March or April 2026 release date for [From Season 4](#) emphasizes a faster turnaround time for the series, as production wrapped in November 2025. It's possible that MGM+ prioritized the quicker delivery due to *From*'s massive popularity.

Moreno's character, Tabitha, was a crucial part of *From* Season 3's cliffhanger because of a massive revelation that would change everything for the series. As it turns out, the finale confirmed that Tabitha is a reincarnation of Miranda (Victor's mother from the 1970s cycle), meaning that she was already part of the town alongside [Jade \(who was revealed to be Christopher, Miranda's husband\)](#).

At one point in the past, Jade and Tabitha's original selves were married to each other, and they failed to save their daughter from the ritual that made the town's citizens immortal, becoming the monsters that have been terrorizing the cursed town.

Why From Season 4's Early 2026 Release Window Is Good News

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Following several huge reveals at the end of Season 3, releasing the upcoming season as early as March or April 2026 helps maintain the overall hype for the series while still finding the right balance of breathing room between seasons. If anything, it prevents a dragged-out delay.

It also lessens the wait because there is a slightly shorter gap between seasons. There was a 17-

month gap between *From* Seasons 2 and 3. The Season 2 finale premiered on June 25, 2023, while the Season 3 premiere was released on September 22, 2024. If it arrives in March 2026, then there is only a gap of 15 months (the Season 3 finale premiered on November 24, 2024).

The March or April 2026 release window for *From* Season 4 represents a fan-friendly timeline, and this could also mean that a trailer is not too far behind. Releasing the first footage could also drum up anticipation for the series, as it has the potential to lead to more engaging fan discussions and theories.

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| September 22, 2024 | Catalina Sandino Moreno | Horror |
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- About The Author: Aeron Mer Eclarinal

Aeron is a news/features writer and Content Lead for The Direct who has been working for the site since March 2020. From writing about the inter-connectivity of the Marvel Cinematic Universe to having an extended knowledge about DC TV's Arrowverse, Aeron's expertise has since expanded into the realm of reality TV, K-drama, animated, and live-action shows from Netflix, Disney+, Prime Video, MGM+, Peacock, Paramount+, and Max. When he isn't writing and watching all things MCU, Aeron is heavily invested with the NBA (go Celtics!) and occasionally watches thrilling matches in the WWE.

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