



OLA

Bereavement & Grief Support Group

Grief is a process. We help families and their loved ones get through the process of healing.

The goal is to help individuals cope with feelings of grief, loss and sadness in a safe and caring environment.

*Blessed are they who mourn
for they shall be comforted.
Matthew 5:4*

Please Come Join Us.

We meet on the third Wednesday of the month beginning November 15 from 7:00 p.m– 8:30 p.m. in our the Parish Rectory.

Contact Lara Montoya at mon-
toya_lara@yahoo.com.



PRAYER

FELLOWSHIP

HUMILITY

Our Lady of Angels is a Capuchin Franciscan Catholic Church and School Community.

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