



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 each month from 7–8:30 pm
in the Parish Rectory.

Contact Lara Montoya at
montoya_lara@yahoo.com



PRAYER

FELLOWSHIP

HUMILITY

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

1721 HILLSIDE DRIVE BURLINGAME, CALIFORNIA 94010