

Maria-Helena Fragoso Ferreira Sousa

Born July 4th, 1936 in Villa Franco do Campo San Miguel, Azores, Portugal. Passed away October 4th, 2024.

It is with great sadness that the Sousa family announces the passing of Maria-Helena Sousa (Helena) cherished wife of 60 years to the late Jose Sousa, devoted mother to Luiz and Joe Jr., loving grandmother to Scott, Kayla and Tyler, and proud great grandmother to Mateo.

Helena and Jose immigrated to Victoria in 1963, embarking on a new life together as immigrants. They quickly became integral members of the well-established Portuguese community. A kind-hearted, selfless, and gentle homemaker, Helena found joy in cooking and cherished every moment spent with her family. She passed away peacefully in her sleep, reuniting with her beloved Jose just over a year after his passing.

The family extends their deepest gratitude to the compassionate staff at the Royal Jubilee Hospital, who provided comfort and care during her final moments.

A Funeral service to celebrate Helena's life will be held at Our Lady of Fatima Church, 4635 Elk Lake Drive, Victoria, on Friday, October 25, 2024, at 10:30 a.m.

Condolences may be offered to the family below.

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