



Theresa Contreras

June 23, 1955 - March 2, 2025

Theresa Zapata Contreras, of Houston, Texas, was born on June 23, 1955, and passed away on March 2, 2025. She is preceded in death by her parents and brother, Joseph Perez Zapata, Maria Del Refugio Zapata and Victor Zapata. Theresa is survived by her long-time husband of 48 years, Stephen Contreras; children, Chris, Stephanie, Matthew, Daniel and Jacob, grandchildren; 7 granddaughters and 2 grandsons; siblings, Irma, Anna, Joseph, Sylvia and Martha and many nieces and nephews. Theresa graduated from Stephen F. Austin HS 1973 and then graduated from University of Houston 1976. She worked for Houston Home & Garden as their Art Director for 2 years. First child came along, Theresa never looked back at her work life. She became full-time stay home Mom, always helping out at the schools her children attended, watching out for neighbors, church choir, school field and band trips, later in life helping out with aging parents on both sides. She always had a beautiful smile when she greeted people. She gave all the glory to God.

Tribute Wall



“ *A sympathy card was purchased for the family of Theresa Contreras.* ”



March 13, 2025 at 10:11 PM