



James Michael Forrest

James Michael "Mike" Forrest, 73, passed away on February 22, 2016. He was born on October 30, 1942 in Shreveport, LA to Howard and Elizabeth "Betty" Forrest. Mike graduated from Reagan High School in Houston, TX and received his Bachelor of Arts in Psychology from the University of Houston. He worked for many years in the oil industry before completing his Master of Arts in Counseling from Sam Houston State University. He then worked as a licensed children's play therapist before retiring to Lovelady, TX. He enjoyed creating art, was an avid photographer and cyclist, loved to read and build computers. Mike is survived by his children Troy Forrest, Tiffany Forrest, and Mark Forrest and his grandchildren, Emily and Amy. A memorial service will be held at Distinctive Life Cremations & Funerals at 5455 Dashwood Street Bellaire, Texas at 2:00 pm on Saturday, March 5th. He will be buried at Antioch Cemetery in Lovelady, TX.