



Pulaski Heights
United Methodist Church
Grief Support Group
via Zoom Meeting

GriefShare is a special weekly seminar and support group designed to help you rebuild your life. We know it hurts, and we want to help.



Debbie Benson, Co-Facilitator

"After the loss of my son in 2008, I felt called to devote time to causes which help others who are grieving the death of a loved one."

Debbie is a member of PHUMC and a Stephen Minister.



Lesa Booker, Co-Facilitator

"I was moved to serve in the grief ministry after the death of my mom in 2019 and my son in 2020."

Lesa is a member of PHUMC and serves as an usher for the contemporary Service and a leader of Disciple Bible Study.

Contact us today to sign up for GriefShare online Zoom support meetings at PHUMC

Dr. Jeff Hampton, Staff Representative
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Thursdays: July 8th - September 30th, 5-7 pm

www.griefshare.org