



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.



**Lesya 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."*

Lesya 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  
jhampton@phumc.com • (501) 664-3600

July 8th - September 30th, 5:00 pm - 7:00 pm

[www.griefshare.org](http://www.griefshare.org)