



# PULASKI HEIGHTS UNITED METHODIST CHURCH CARING MINISTRIES

Opportunities for Supportive Care, Crisis Care,  
Chronic Care and Follow-up Care

*Please register at the websites/emails/numbers listed below*

Single & Parenting Zoom Support Group/Seminar  
[www.singleandparenting.org](http://www.singleandparenting.org)  
**Starting Sunday November 7th, 7-8pm**

GriefShare Zoom Support Group/Seminar  
[www.griefshare.org](http://www.griefshare.org)  
**Starting Thursday October 28th, 5-7pm**

DivorceCare Zoom Support Group/Seminar  
[www.divorcecare.org](http://www.divorcecare.org)  
**Meeting Sundays 1-3pm through December 5th**

CancerCompanions/Cancer Friends Zoom Support Group/Bible Study  
[www.cancercompanions.org](http://www.cancercompanions.org)  
**Meeting the 2nd Wednesday of each month, 5-6:30pm**

Stephen Ministry Zoom Training  
[jhampton@phumc.com](mailto:jhampton@phumc.com)  
**Meeting Sundays 3:30-5:30 (also individual online training available)**

## Support During the Holidays

GriefShare Surviving the Holidays: [www.griefshare.org](http://www.griefshare.org)  
**Monday November 15, 5-7pm (single event)**  
**Monday December 6, 5-7pm (single event)**

DivorceCare Surviving the Holidays: [www.divorcecare.org](http://www.divorcecare.org)  
**Tuesday November 16, 5-7pm (single event)**  
**Tuesday December 7, 5-7pm (single event)**

CancerCompanions/PHUMC Cancer Friends  
"Celebrating Christmas in your Cancer Journey"  
**Wednesday December 8th, 5-6:30pm**

# WHO CARES? WE DO!

"BEAR ONE ANOTHER'S BURDENS, AND IN THIS WAY YOU WILL FULFILL THE LAW OF CHRIST."

GALATIANS 6:2