Caregiver Support Groups

Are you a family member caring for a loved one?

Do you feel tired, overwhelmed, stressed, burned out? You're not alone. Please join one of our **Family Caregiver Support Groups**. This is a safe place for you to talk with and listen to other caregivers. You can share or just listen, and lunch is provided. **Please RSVP.**

Where: **Spanish Cove, Yukon**
11 Palm Ave, Yukon, Fiesta Room
First Tuesday of every month, 11:30 am—1:00 pm; Lunch is provided!
RSVP: Jessica Welp at Sunbeam: 405.609.8939 or jwelp@sunbeamfamilyservices.org

Where: **The Gardens at Rivermont, Norman**
750 Canadian Trails Dr, Norman
First Wednesday of every month, 12:30—2:00 pm; Lunch is provided!
RSVP: Stacy Olson at Rivermont: 405.360.6056 or Jessica at Sunbeam: 405.609.8939

Where: **Excell Hospice & Home Health (S OKC/Moore)**
1200 SW 104th, OKC, east entrance
Second Tuesday of every month, 12:00 – 1:30 pm; Lunch is provided!
RSVP: Jessica Welp at Sunbeam: 405.609.8939 or Trish Westcott at Excell: 405.631.0521

Where: **Mustang Senior Center** (Partnered w/Parkinson Foundation)
1201 N Mustang Rd, Mustang
Second Wednesday of every month, 2:30—3:30 pm; light snacks
RSVP: Jessica Welp at Sunbeam: 405.609.8939 or jwelp@sunbeamfamilyservices.org

Where: **Companion Healthcare, Guthrie**
1310 E Oklahoma, Guthrie
Second Saturday of every month, 11:30 – 12:45; Lunch is provided!
RSVP: Verla Raines at 405.519.0800 or verlaraines@gmail.com

Where: **Easter Seals Oklahoma**
701 NE 13th, OKC (near OU Health Science Center)
Fourth Wednesday of every month, 12:00 – 1:30 pm; Lunch is provided!
RSVP: Tony Lippe at Easter Seals: 405.239.2525 or Jessica Welp at Sunbeam: 405.609.8939

Where: **Sunbeam Family Services**
1100 NW 14th, OKC (Classen and 14th)
Last Tuesday of every month, 12:00 – 1:30 pm; Lunch is provided!
RSVP: Jessica Welp at Sunbeam: 405.609.8939 or jwelp@sunbeamfamilyservices.org

*To learn more, call Jessica at **405.609.8939.***

The project makes no distinctions on the grounds of race, color, gender, age, ancestry, national origin, religion, or disability. A portion of the project costs are met by state and federal OAA funds from Areawide Aging Agency and OKDHS Aging Services Division. There are no costs to the participants; however, donations are accepted. Suggested donation: Support Group, $2.50/meeting

United Way Partner Agency LIVE UNITED United Way

Providing help, hope and opportunity to people of all ages through
EARLY CHILDHOOD, **FOSTER CARE**, **COUNSELING** and **SENIOR SERVICES**

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