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**Sunbeam Family Services Offers Powerful Tools for Caregivers
Six Week Educational Program**

(OKLAHOMA CITY) – Sunbeam Family Services is offering “Powerful Tools for Caregivers”, a six week evidence-based educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Attendees will benefit from this class whether they are helping a parent, spouse, friend, or someone who lives at home, in a nursing home, or even across the country.

“Powerful Tools for Caregivers” helps family caregivers reduce stress, improve self-confidence, better communicate feelings, balance their lives, increase their ability to make tough decisions and locate helpful resources. This class meets once a week for six weeks and each class builds on the previous week’s information. Two experienced class leaders conduct the series. Many leaders are experienced caregivers themselves, who have successfully applied the techniques they teach. Interactive lessons, discussions and brainstorming help caregivers put the techniques learned into action.

Dates: April 1, 8, 15, 22, 29, and May 6.

Time: 9-11:30 a.m.

Location: Sunbeam Family Services, 1100 N.W. 14th Street, Oklahoma City, OK 73106

Cost: A donation of \$25 is suggested to cover the cost of the book, but is not required to attend.

To Register: Call Talena Ford at 405-609-6551 or email Andrea Hughes at ahuges@sunbeamfamilyservices.org.

Through March 31, Sunbeam is asking the community to join them in “giving hope and restoring dignity” for Oklahoma’s homeless seniors through raising \$65,000 to fund Sunbeam’s Emergency Senior Shelter, the only homeless shelter for seniors in the state. Each year between 90–110 homeless seniors aged 60 and older seek safety in the Emergency Senior Shelter, many of whom are without a family support system and have a limited monthly income. For more information, visit sunbeamfamilyservices.org/dignity or call 405-609-8994.

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About Sunbeam Family Services

Founded in 1907, Sunbeam Family Services is one of Oklahoma’s longest serving nonprofits and is one of the original United Way of Central Oklahoma Community partners. Sunbeam’s mission is to provide help, hope and the opportunity to succeed to people of all ages and all stages of life in central Oklahoma through Early Childhood, Counseling, Foster Care and Senior Services. To learn more, call 405-528-7721, visit sunbeamfamilyservices.org, or join the conversation on Facebook, Twitter and Instagram. Sunbeam is a United Way partner agency.