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Spring Brings New Beginnings

(OKLAHOMA CITY) – This is the time of spring’s return. This is the time of rebirth, of all things young, playful and new. This is a time when there are energies that will help us to make and keep vows, or resolutions. April is the month to complete unfinished projects; to follow through on self-improvement desires. A time to look within and bring forth ideas, hopes and wishes to be fulfilled.

“Do you have a talent that you have buried and not expressed? A wish for yourself that you have kept in the dark? If so, this is the time to bring it to the light,” said David Swope, LPC, LADC, CEAP, clinical director at Sunbeam. “The energies of spring will support and help you to express your deepest desires. Be all you can be. No more hiding your light behind the curtain!”

Sunbeam offers high-quality, affordable Counseling services for people of all ages who need help with life’s challenges. Clients learn ways to identify, cope and build strengths to overcome difficulties. Clients learn ways to identify, cope and build strengths to overcome difficulties.

Sunbeam’s staff consists of mental health professionals who provide traditional counseling services based on their professional training, experience and areas of expertise. Counselors are Licensed, License Eligible, or Master Level Interns who are supervised by Licensed Clinicians. Sunbeam’s counselors are professionally trained in individual, marital, relationship and family therapies. They have the experience and dedication to help individuals and families find solutions that provide hope. For more information call 405-528-7721.

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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.