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**Sunbeam Recognizes Foster Care Month, Older Americans Month
and Mental Health Awareness Month**

(OKLAHOMA CITY) – During the month of May, Sunbeam Family Services is celebrating Foster Care Awareness Month, National Older Americans Month and Mental Health Awareness Month. Sunbeam’s mission is to provide people of all ages with help, hope and the opportunity to succeed through Early Childhood, Foster Care, Counseling and Senior Services programs. The nonprofit is committed to meeting the growing needs of Central Oklahoma’s most vulnerable citizens.

“Over Sunbeam’s 112-year history, we have evolved to meet the growing needs of children, families and seniors in our community,” said Donita Goodin, co-interim CEO of Sunbeam. “Each year, we help nearly 15,000 central Oklahomans through our robust Early Childhood Education program, our long-standing Foster Care program, our sliding scale Counseling program and our multifaceted Senior Services program. This month, we are celebrating three of our programs and their impact across our community.”

FOSTER CARE: National Foster Care Month is a time to acknowledge foster parents, family members, volunteers, mentors, policymakers, child welfare professionals and other members of the community who help children and youth in foster care find permanent homes and connections. During National Foster Care Month, Sunbeam renews its commitment to ensuring a bright future for the more than 8,000 children and youth in DHS custody throughout Oklahoma and celebrates those who make a meaningful difference in their lives.

Sunbeam has served Oklahoma’s children in Foster Care for over 100 years and provides safe, stable homes and loving families to children ages 17 and under. After recruiting and training new foster parents, Sunbeam’s Foster Care program provides ongoing support, case management and access to our wraparound services to ensure long-term success. Sunbeam’s Counseling services are available to support foster parents and children. Additionally, children in foster care have priority placement in Sunbeam’s Early Childhood centers.

SENIOR SERVICES: Older Americans Month celebrates the impact seniors have across America. Each year, more and more older adults are making a positive impact in their communities. Sunbeam’s Senior Companion program seeks to make a positive impact through its volunteers, age 55 and above, who are passionate about serving senior adults. With the goal of helping seniors stay in their home for as long as possible, Senior Companions provide quality, in-home support and companionship to individuals who cannot afford who cannot afford home-health care and service.

Sunbeam’s Senior Companion program is a win-win-win as it provides purpose for the volunteer companion, reduces isolation for the homebound senior and offers relief from around the clock duties for caregivers. Sunbeam’s Senior Companion program improves quality of life for the client, caregiver and volunteer.

COUNSELING: Mental Health Awareness Month is dedicated to raising awareness and breaking the stigma of mental health by reaching millions of people through media, local events and screenings. 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.

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.

To learn more about Sunbeam's Foster Care, Senior Services and Counseling programs visit www.sunbeamfamilyservices.org or 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.