



SENIOR SERVICES

Caregiver Support Groups

Are you a family member caring for a loved one?

Do you feel tired, overwhelmed, stressed, and 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. **Please RSVP to secure your spot.**

Oklahoma City Support Groups

NE Church of Christ

4817 N. Martin Luther King Avenue
1st Thursday of every month
12:00-1:30 pm, light lunch provided
RSVP: Talena Ford at Sunbeam, 405.609.6551 or
tford@sunbeamfamilyservices.org

Parkinson Foundation of Oklahoma

720 West Wilshire Blvd., Suite 114
2nd Friday of every month
11 am-12 pm, light snacks provided
RSVP: Talena Ford at Sunbeam, 405.609.6551 or
tford@sunbeamfamilyservices.org or Wendy
Mobley 405.810.0695,
wendy@parkinsonoklahoma.com

Sunbeam Family Services

1100 NW 14th Street, OKC (Classen and 14th)
Last Tuesday of every month
12:00-1:30 pm, light lunch is provided
RSVP: Talena Ford at Sunbeam, 405.609.6551 or
tford@sunbeamfamilyservices.org

WovenLife

701 NE 13th, OKC (near OU Health Science Center)
4th Wednesday of every month
12:00-1:30 pm, light lunch provided
RSVP: Talena Ford at Sunbeam, 405.609.6551 or
tford@sunbeamfamilyservices.org

Moore Support Group

Fresh Start Community Church
309 N. Eastern, Moore, OK 73160
2nd Tuesday of every month
12:00-1:30 pm, light lunch provided
RSVP: Talena Ford at Sunbeam, 405.609.6551 or
tford@sunbeamfamilyservices.org

Edmond Support Group

First United Methodist Church
305 E Hurd Street, Edmond
3rd Wednesday of every month
3:30-5:00 pm, light snacks provided
RSVP: Talena Ford at Sunbeam, 405.609.6551 or
tford@sunbeamfamilyservices.org

Guthrie Support Group

Community Church, Guthrie
512 E. Seward Rd. Guthrie, OK 73044
4th Saturday of every month
9:00-11:00 am, light snacks provided
RSVP: Susan Swart, 405.361.2121 or
susan@communitychurch.tv

Mustang Support Group

Senior Center Partnered w/Parkinson Foundation
1201 N. Mustang Rd. Mustang
2nd Wednesday of every month
2:30-3:30 pm, light snacks provided
RSVP: Talena Ford at Sunbeam, 405.609.6551 or
tford@sunbeamfamilyservices.org

Norman Support Group

The Gardens at Rivermont
750 Canadian Trails Dr, Norman
1st Wednesday of every month
12:30—2:00 pm, light lunch provided
RSVP: Stacy Olson at Rivermont, 405.360.6056 or
Talena at Sunbeam, 405.609.6551

Yukon Support Group

Spanish Cove
11 Palm Ave, Yukon, Fiesta room
1st Tuesday of every month
11:15am-1:00 pm, light lunch provided
RSVP: Talena Ford at Sunbeam, 405.609.6551 or
tford@sunbeamfamilyservices.org

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 Arcawide 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

Providing people of all ages with help, hope and the opportunity to succeed through early childhood, foster care, counseling and senior services.



1100 NW 14th Street Oklahoma City, OK 73106
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