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Sunbeam Announces New Caregiver Support Group in Guthrie
Sunbeam partners with Community Church of Guthrie

(OKLAHOMA CITY) – Sunbeam Family Services announces a new caregiver support group in partnership with Community Church of Guthrie. The support group will take place at Community Church, located at 512 E. Seward Road in Guthrie, the fourth Saturday of every month from 9 to 11 a.m.

Sunbeam's Caregiver Fundamentals program provides support groups, assistance and counseling to families caring for loved ones. According to the National Alliance for Caregiving, more than 43 million adults in the United States provided unpaid care to an adult or child in the last year. Additionally, studies show elderly spousal caregivers, aged 66 to 96, who experience caregiving-related stress have a 63 percent higher mortality rate than those of non-caregivers of the same age.

"Sunbeam is proud to partner alongside caregivers to provide support and practical solutions to help caregiver's physical, mental, and emotional well-being," states Talena Ford, caregiver fundamentals program manager for Sunbeam.

Last year, Sunbeam's Caregiver Fundamentals program served 2,278 clients and provided 161 educational workshops and support groups to help caregivers. This program creates an environment of support for families providing care to others in their families. With the goal of encouraging self-care, the program provides support groups, counseling, respite care, training services and resources-referral information.

For more information, visit sunbeamfamilyservices.org/Caregiver or contact Susan Swart at 405-361- 2121 or susan@communitychurch.tv.

Sunbeam helps children, families and seniors learn, grow, heal and thrive. The nonprofit'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.

Through June 30, Sunbeam is asking the community to join them in reaching their goal of raising \$5,000 to empower Oklahoma families and individuals and break the cycle of poverty. Thanks to Sunbeam employees, donations will be matched dollar for dollar, up to \$2,200. Last year alone, nearly 15,000 Oklahomans benefited from Sunbeam's services. For more information, visit sunbeamfamilyservices.org/familymatch 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 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.