

FOR IMMEDIATE RELEASE:

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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.

“An exhausted Caregiver attended ‘Powerful Tools for Caregivers’ and was struggling to maintain her household and care for her loved one,” said Talena Ford, caregiver fundamentals program manager at Sunbeam. “Her yard had become overgrown and a family member said they would handle all yard work, but they were not following through. During the sessions, we discussed communication techniques on how to ask for help. She implemented these techniques and said her yard has been completely transformed. Because of her new skills, she has developed a stronger bond with her family member and is now equipped to address future issues.”

Dates: Aug. 5, 12, 19, 26; Sept. 2 and 9

Time: 9 to 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: Contact Andrea Hughes at ahuges@sunbeamfamilyservices.org or 405-609-6551.

Join the movement to help children grow, heal, learn and thrive. Through Aug. 31, donations made to help children will be matched, dollar for dollar, up to \$5,000. This donation match is made possible thanks to Tall Oak Midstream. To make a donation visit SunbeamFamilyServices.org/thrive 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.