



# 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  
1<sup>st</sup> Thursday of every month  
12:00-1:30 pm, light lunch provided  
RSVP: Talena Ford at Sunbeam, 405.609.6551 or  
tford@sunbeamfamilysezrvices.org

### Parkinson Foundation of Oklahoma

720 West Wilshire Blvd., Suite 114  
2<sup>nd</sup> 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 14<sup>th</sup> Street, OKC (Classen and 14<sup>th</sup>)  
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 13<sup>th</sup>, OKC (near OU Health Science Center)  
4<sup>th</sup> Wednesday of every month  
12:00-1:30 pm, light lunch provided  
RSVP: Talena Ford at Sunbeam, 405.609.6551 or  
tford@sunbeamfamilyservices.org

### Choctaw Support Group

146553 Dean Street  
3<sup>rd</sup> Tuesday of every month  
12:00-1:00 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  
3<sup>rd</sup> 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  
4<sup>th</sup> Saturday of every month  
9:00-11:00 am, light snacks provided  
RSVP: Susan Swart, 405.361.2121 or  
susan@communitychurch.tv

### Moore Support Group

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

### Mustang Support Group

Senior Center Partnered w/Parkinson Foundation  
1201 N. Mustang Rd. Mustang  
2<sup>nd</sup> 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 Gardents at Rivermont  
750 Canadian Trails Dr. Norman  
1<sup>st</sup> Wednesday of every month  
12:30-2:00 pm, light lunch provided  
RSVP: Stacy Olson at Rivermont, 405.360.6056 or  
Talena Ford at Sunbeam, 405.609.6551

### Yukon Support Group

Spanish Cove  
11 Palm Ave, Yukon, Fiesta room  
1<sup>st</sup> 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 Areawide 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.



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