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@sunbeamfamilyseervices.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@sunbeamfamilyseervices.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@sunbeamfamilyseervices.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@sunbeamfamilyseervices.org

Choctaw Support Group
146553 Dean Street
3rd Tuesday of every month
12:00-1:00 pm, light lunch provided
RSVP: Talena Ford at Sunbeam, 405.609.6551 or tford@sunbeamfamilyseervices.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@sunbeamfamilyseervices.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

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@sunbeamfamilyseervices.org

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@sunbeamfamilyseervices.org

Norman Support Group
The Gardents 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 Ford 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@sunbeamfamilyseervices.org

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