

**FOR** **IMMEDIATE RELEASE:**

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**CONTACT:**

Angie Doss

Chief External Relations Officer  
[adoss@sunbeamfamilyservices.org](mailto:adoss@sunbeamfamilyservices.org)

(619) 347- 4057 (c)

**Sunbeam Continues Video Support Groups During COVID-19 Crisis**   
**Supports Grandparents Raising Their Grandchildren, Caregivers**

**(OKLAHOMA CITY)** – Sunbeam Family Services continues to offer video support groups for caregivers and grandparents who are raising their grandchildren.

“Caregivers are sharing frustrations, encouraging stories, resources, and this is a place to know you’re not alone in your caregiving journey,” said Talena Ford, caregiver fundamentals program manager. “During this time, we had a male caregiver whose wife is currently in a long-term care facility. He was unable to go be with her and struggled with this greatly. He attended the support group for encouragement and ideas on how to cope.”

Caregiver Support Groups are held Tuesdays and Thursdays at 1 p.m., and Grandparents Raising Grandchildren Support Groups are held Wednesdays and Fridays at 1 p.m. Both support groups create an opportunity to learn from others who face similar challenges. They also offer a place to share experiences, resources, and have socialize.

“Caregivers are finding the online option helpful,” said Ford. “They are able to attend without having to find someone to sit with their loved ones. During the pandemic, caregivers are not allowing anyone in their homes to provide respite, and the support group allows them a safe place to share their frustrations.”

Through the Grandparents Raising Grandchildren program, Sunbeam supports grandparents who are raising grandchildren without the presence of parents in the home. Participants are empowered through support groups and resources. To participate in this program, grandparents must be above the age of 55 and live in Oklahoma, Cleveland, Canadian or Logan county.

According to Ford, the support groups are “truly a community.” For more information about Sunbeam’s multifaceted Senior Services, call (405) 609-8939, email [tford@sunbeamfamilyservices.org](mailto:tford@sunbeamfamilyservices.org) or visit sunbeamfamilyservices.org.

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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 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.

About Grandparents Raising Grandchildren  
 The Grandparents Raising Grandchildren Program, a program of Sunbeam’s Caregiver Fundamentals Program, 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 participants; however, donations are accepted. Suggested donation per services: Information Services, $1/activity; Access Assistance, $1/activity; Support Group, $2.50/meeting; Respite, $2.50/visit; School Supplies, $5/family; and Training Seminars, $5/seminar.

**Support groups social post**

PHOTO: <https://www.flickr.com/photos/sunbeamfamilyservices/47951170093/in/album-72157708802936146/>

FACEBOOK: We miss seeing our caregivers and grandparents in person, but just because we are apart doesn’t mean we can’t stay connected! Sunbeam is still offering virtual support groups for caregivers and grandparents raising grandchildren. These groups create an opportunity to learn from other caregivers who face similar challenges and offer a place to share experiences, resources, and have socialization safely at home. For more information, call (405) 609-8939, email Talena Ford [tford@sunbeamfamilyservices.org](mailto:tford@sunbeamfamilyservices.org) or visit sunbeamfamilyservices.org.

TWITTER: Although we can’t be together, we can still be connected! Sunbeam is still offering virtual support groups for caregivers and grandparents raising grandchildren. These groups offer a place to share experiences and resources while socializing safely from home. For more information, visit sunbeamfamilyservices.org.

INSTAGRAM: We miss seeing our caregivers and grandparents in person, but just because we are apart doesn’t mean we can’t stay connected! Sunbeam is still offering virtual support groups for caregivers and grandparents raising grandchildren. These groups create an opportunity to learn from other caregivers who face similar challenges and offer a place to share experiences, resources, and have socialization safely at home. For more information, call (405) 609-8939, email Talena Ford [tford@sunbeamfamilyservices.org](mailto:tford@sunbeamfamilyservices.org) or visit sunbeamfamilyservices.org.