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

April 13, 2020

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**Sunbeam Launches Video Support Groups During COVID-19 Crisis**   
*Support Grandparents Raising Their Grandchildren and Caregivers*

**(OKLAHOMA CITY)** – Recently, Sunbeam Family Services launched video support groups to provide assistance to caregivers and grandparents who are raising their grandchildren.

“Grandfamilies are facing unique challenges during this time,” said Talena Ford, caregiver fundamentals program manager. “Support groups provide an opportunity to share experiences and resources, and have socialization. This is a great time to try a support group from the comfort of your own home. Grandparents may join anonymously and, while sharing is encouraged, it is not required to attend.”

Grandparents Raising Grandchildren Support Groups are held Wednesdays and Fridays in April at 1 p.m. via Zoom. 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 like school supply assistance. To participate in this program, grandparents must live in Oklahoma, Cleveland, Canadian or Logan county.

“I am not sure how we would make it through this difficult process without the support, direction and love we receive from Sunbeam’s staff,” said Victoria, a grandmother who participates in the Grandparents Raising Grandchildren support group. “They treat us as if we are not only grandparents raising our grandchildren, but family. And when you’re caring for a beautiful grandchild, times are hard.”

Caregiver Support Groups will be held Tuesdays and Thursdays in April at 1 p.m. Caregiver support groups are for all caregivers to share information, insight, advice and encouragement. Groups are an opportunity to learn from caregivers who face similar challenges and allow caregivers to talk about experiences.

For more information about Sunbeam’s Senior Services, call (405) 609-8939, email [tford@sunbeamfamilyservices.org](mailto:tford@sunbeamfamilyservices.org) or visit sunbeamfamilyservices.org.

Established in 1907, Sunbeam is Oklahoma’s longest-serving social service agency. Each year, Sunbeam helps more than 10,500 Central Oklahomans with life-changing services through its robust Early Childhood Education program, long-standing Foster Care program, compassionate Counseling program, and multifaceted Senior Services program. For more information visit sunbeamfamilyservices.org or call (405) 528-7721.

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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.