



For Immediate Release

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Contact

Jeremy Coleman

Marketing and Communications Manager

jcoleman@sunbeamfamilyservices.org

Office: (405) 609-1947 Cell: (405) 202-5140

November is National Family Caregiver Month

Sunbeam Family Services Provides Support, Resources to Caregivers

(OKLAHOMA CITY) – November is National Family Caregivers Month and Sunbeam Family Services is stepping up to continue providing support and resources to caregivers. Family caregivers are caretakers, navigators, interpreters and advocates for their care receivers.

“Sunbeam is proud to come alongside caregivers to provide support and practical solutions to help caregiver’s physical, mental and emotional well-being,” said Talena Ford, senior engagement program manager at Sunbeam. “If you are caring for a loved one and want to explore resources, find caregiver friends, or just need to know you are not alone in this journey, our Caregiver Support Groups are available for you.”

Caregiver Support Groups are held Tuesdays at 1 p.m. and Thursdays at 6 p.m. The support group create an opportunity to learn from others who face similar challenges. It also offers a place to share experiences, resources and to socialize.

"Sunbeam has been a great help to me from day one when I went to a support group," shared Vic, who attends Sunbeam’s Caregiver Support Groups. “I’ve been involved with their support groups for three years now and the people and the facilitators have been great help. Someone is always available. The seminars have always been extremely helpful and beneficial. Now that I’m taking a little more of an active role, I’m looking forward to be able to share my experiences through Sunbeam’s network.”

For more information about Sunbeam’s Caregiver Support Groups, call (405) 609-8939, email seniorservices@sunbeamfamilyservices.org or visit sunbeamfamilyservices.org/grg.

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About Sunbeam Family Services

Founded in 1907, Sunbeam Family Services is one of Oklahoma’s longest-serving nonprofits. The nonprofit helps children, families and seniors learn, grow and thrive. To learn more, call (405) 528-7721, visit sunbeamfamilyservices.org, or join the conversation on Facebook, Twitter and Instagram.