



**SENIOR SERVICES**

## 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@sunbeamfamilyservices.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

##### 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

#### 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

#### 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 Gardens 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 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 Arcawide 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.



1100 NW 14th Street Oklahoma City, OK 73106  
405.609.6551  
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sunbeamfamilyservices.org/supportgroups

