



## The Sandwich Generation: Meeting the Challenges of Multigenerational Caregiving



# November

Visit your home page starting  
November 19th:

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**WHATEVER YOU NEED,  
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### ONLINE SEMINAR

Looking at a few common family dynamics—from elders who feel anger and shame at losing their independence and role in society, to children who are confused, frustrated and embarrassed by a grandparent's decline—caregivers have a lot to worry about. As stress increases, caregivers should know how to identify the triggers that indicate that they may need more help and external service providers.

This session provides a timely overview of how to cope as a caregiver in the 'sandwich generation', including competing pressures of family life and work while caring for a young and/or elderly relative.

Your Employee Assistance Program (EAP) is available 24/7 to help with you and your family.