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WEBSITE:

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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 Student Assistance Program is available 24/7 to help with you and your family.

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

**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.



November

**WHATEVER YOU NEED,**

**WE ARE HERE TO HELP.**

***Just call or log on to get started.***

**Visit your home page starting November 19th:**