



The Sandwich Generation: Meeting the Challenges of Multigenerational Caregiving



Employee Resource Systems, Inc.

November

Visit your home page starting
November 19th:

Go to www.ers-eap.com, enter
your company's username and
password then look for the
SEMINAR link in the middle of the
page.

WEBSITE: www.ers-eap.com

Username: laborers

Password: foxvalley

TOLL-FREE: 800-292-2780

**WHATEVER YOU NEED,
WE ARE HERE TO HELP.**

Just call or log on to get started.

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.

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.