

Caught In The Middle

THE NEW SANDWICH GENERATION

EMPLOYEE
SUPPORT
PROGRAM
AUG 2015



Nearly half of all adults in their 40s and 50s are providing care to an older adult while raising a young child or grandchild or supporting a grown one. These responsibilities have a cost, both financially and emotionally, felt by the caregiver caught in the middle. Your Employee Support Program can provide you with tools and resources to help manage the stress of being part of the new sandwich generation.

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

WEBINAR

Strategies for Multigenerational Caregiving Aug 18th — 12 pm, 2 pm ET

Learn about the emotional and financial impact of being a member of the sandwich generation. Discover coping mechanisms that help restore work-life balance and support resilience.

TOLL-FREE: **800-346-0110**
WEBSITE: **www.inova.org/eap**
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