



## Caring for aging parents and growing kids? We can help ease the pressure.

Your Employee Assistance Program (EAP) can help you manage the stress of caring for two generations

Nearly half of all adults in their 40s and 50s are caring for an older adult while raising a child or grandchild or supporting a grown one. These duties can put financial and emotional stress on the caregiver, who is caught in the middle. Your Employee Assistance Program (EAP) has tools and resources to help manage the strain of being part of this new sandwich generation.

Log on to our website this month to read these feature articles. They're under the **Monthly Promotion** tab in the **Centers** section:

- Sandwich generation: caregivers in the middle
- Respite care fact sheet
- Caregiving: adjusting to your new role
- Affirmations for parents



Visit our website or call for  
free, confidential help from  
our team of EAP experts.\*

800-346-5484  
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