

# Upcoming Webinars through ComPsych® GuidanceResources®



## April

### *The Sandwich Generation: Balancing Your Personal Life with the Needs of Your Older Parents or Loved Ones*

- **Date:** April 17, 2024 from 10:00 am - 11:00 am
- **Description:** Most of us reach a point in life when parents or elderly relatives begin to require more attention and time, and sometimes, our financial support as well. Caring for an older person can be complicated and few of us are trained for the many aspects of that care. Providing care for an elder is a very personal matter. No two situations are the same and there are no simple solutions. You can, though, benefit from following some practical suggestions. Balancing work, family, and care-giving responsibilities can present some challenges. This workshop provides an overview of information to help the participant cope with their personal life while dealing with their elder's needs.

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