NYS Balance
Resources for Work & Life

FOR NYS EMPLOYEES

www.nysbalance.ny.gov
Username: nys • Password: balance

AUGUST: CAUGHT IN THE MIDDLE

The New Sandwich Generation

MONTHLY WEBINAR

Strategies for Multigenerational Caregiving

Thursday, August 20, 2015
12:00 p.m. - 1:00 p.m.

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.

BE SURE TO REGISTER IN ADVANCE

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online.

RESOURCES: CONSULTANTS AND WEBSITE

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 NYS-Balance program can provide you with tools and resources to help manage the stress of being part of the new sandwich generation.

Call or visit us online to get started.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit www.worklife.ny.gov.

Andrew M. Cuomo, Governor,
State of New York

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life less complicated