



BALANCING TWO WORLDS: THE REALITIES OF YOUNGER CAREGIVERS

—— Online via ZOOM ——

Thursday, March 26, 2026 | 10:00 AM - 11:00 PM PDT

Many adults today find themselves caring for aging parents while still supporting children, managing careers, and maintaining their own households—a role often known as the sandwich generation. This webinar explores the unique emotional, financial, and logistical challenges faced by younger caregivers and offers practical strategies to help manage competing responsibilities without losing sight of personal well-being.

Participants will learn how caregiving demands differ for younger caregivers, how to set realistic expectations and boundaries, and where to find support, resources, and community. The session will also address stress, guilt, and burnout, and provide tools for building resilience while navigating multiple caregiving roles.

This webinar is designed for family caregivers, adult children supporting parents with dementia or other chronic conditions, and anyone who feels “caught in the middle” of caring for more than one generation.

To register, click here:
<https://bit.ly/GE3262026>

Presented by:
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