

## 2011 Adult Workshop & Lecture Series Carlsbad Senior Center

Workshop & Lecture #2:

### Are You “Sandwiched” In-between? Helping Aging Parents while Supporting “Boomerang” Children

#### **Sandwich Generation: Caught in the Middle**



Some 17 MILLION American families are caught in-between, helping aging parents and supporting boomerang children & grandchildren, while preparing for their own retirement. These challenges are an everyday reality and part of an ever-growing 21<sup>st</sup> century phenomenon called the “Sandwich Generation.”

This workshop/lecture is designed to help ask and answer: “How do we know if we are a candidate to be “sandwiched?” “What do we need to know?” “What can be done?” “Where can we find help?” Join us to learn about the “do’s and don’ts” if faced with this increasingly common reality.

#### **Location:**

City of Carlsbad  
Senior Center

799 Pine Avenue Carlsbad, CA 92008-2428

#### **Cost:**

**Free** admission, but seating is limited.  
Reservations are recommended; call 760-602-4650.

#### **Date & Time:**

Wednesday, May 25 from 6:30 to 8:30 p.m.