

“How do I balance time with my kids with caring for my parents?”

please join us on

“How do I make financial plans when college and nursing homes cost so much?”

**Sunday, March 14 at 9
AM**

Nosh with Rabbi Josh

“How do I care for my children and my aging parents?”

“Should my mother move in with us?”

Many of us are members of the ‘sandwich generation,’ simultaneously caring for both children and parents. Please join Rabbi Josh, Amy Grossman, and **Barbara Sklar, MSW, LSW** for suggestions and resources for managing this challenging balancing act.

“How do I keep myself from getting burned out?”



→ AS ALWAYS: No RSVP’s necessary—just stop by as you are!