THE SANDWICH GENERATION

– Caring for kids while supporting aging parents

Event Highlights

Discussion

Caring for aging parents and raising children at the same time can be overwhelming. Join us for this free program speaking to the "sandwich generation" reality, with expert panelists led by CJFS social worker, Amy Neiman, LICSW.

Panelist

Pam Leonard, LBSW, CDP (CJFS)

-Director of CJFS CARES Respite Care and facilitator of the Caregiver Support Group

Beverly Thorn, PhD, ABPP

-Professor Emerita of Psychology, University of Alabama. and author of 'Before I Lose My Own Mind'

Marshall Rathmell, CFP, CPA/PFS (BCR Wealth Strategies)

-Financial Advisor

Julia Marx

-Caregiver and member of the 'Sandwich Generation'

Light Nosh

Wednesday
March 18
6 - 7:00 pm
Temple Emanu-El

RSVP

Adrian Dyer-Smith,
adrianblumberg@yahoo.com

This program is hosted by CJFS and Temple Emanu-El Sisterhood in partnership with the agencies below.

CJFS · Temple Emanu-El Sisterhood Est. 1882 · TBE Sisterhood · Hadassah Birmingham · Chabad of Alabama · The Birmingham Jewish Federation · JCC Levite Jewish Community Center · N. E. Miles Jewish Day School Learning for a Lifetime