

**Having young kids  
and aging parents is  
completely, wonderfully,  
mentally exhausting.**

**(Can I get an Amen?)**



Find the resources, referrals  
and support you need to  
make sure your loved ones,  
both old and young, are  
properly taken care of.

**1.877.215.6614 | [wseap.com](http://wseap.com)**

CAREGIVER SUPPORT | CHILD CARE OPTIONS | ONLINE SEMINARS | CAREGIVING TIPS | CONFIDENTIAL COUNSELING

**WE  
GOT  
THIS.**