



Parenting & Caregiving

# Advising Services



## Actionable Guidance from an Experienced Advisor

Schedule a free and convenient consultation to address your concerns and challenges, improve your ability to advocate for your child, parent, or family member or friend. Walk away with helpful options and actionable steps.

### Get Started

To request a session, go to Torchlight *Parenting & Caregiving*, Expert Help, and complete a brief form. We will select an advisor to address your concerns. We work with you to schedule your one-to-one, up to 45-minute session at a time that is best for you.

### What to Expect During Your 1-1 Session

Our advisors are available to discuss your loved one's needs, address complex challenges, and figure out next steps. Sessions, typically by phone or Zoom, cover a range of parenting and caregiving concerns, like ADHD, anxiety, autism, dementia, housing, legal documents, mental health, and more.

#### Strategy & Advice

- Clear explanations and effective support strategies
- Practical solutions and assistance
- Peer-to-peer consultation and problem solving

#### Consultation & Direction

- One-to-one consultation and problem solving
- Education to help build advocacy skills



#### Next Steps

Within 3 business days you will receive your personalized session summary with curated resources and tools, along with the recommended action steps for you and your family.

#### Confidential Sessions

Your session with a Torchlight-designated consultant is confidential. The time together is meant to give you the opportunity to share your concerns and questions and get consultation and actionable next steps.

[nfp.torchlight.care](https://nfp.torchlight.care)

## What to Expect After Your Session

You will receive an email with your session summary within 3 business days of your consultation.

## Our Team of Consultants Is Ready to Help

Get direct access to advisors 24/7. Walk away with the resources and next steps you need to help your family flourish.

**Log in or create your employer-provided account today!**  
[nfp.torchlight.care](https://nfp.torchlight.care)

