

FAQs about your Torchlight benefit



Torchlight Parenting & Caregiving supports parents and caregivers like you.

Q What resources does Torchlight Parenting & Caregiving provide?

A Resources include digital guides, webinars (live and on-demand), podcasts, videos, Expert Q&A, worksheets, and other tools. Torchlight offers you Expert Advising sessions for an opportunity to connect 1-1 and get actionable steps.

Q How do I sign up for Torchlight?

Go to nfp.torchlight.care.

A Then create your account at Torchlight Caregiving for Children, Torchlight Caregiving for Senior, or both.*

Sign up with either a work or personal email address – whichever you prefer.

Once your account is created, simply log in to your account at either child.torchlight.care/login or elder.torchlight.care/login.

*You can use the same email address and password for both accounts.

Q Am I able to tailor the site to my parenting and caregiving interests and concerns?

A Yes, once registered, you will have the option to fill out a profile for each child or loved one. The profile is found in middle of the homepage. Share specific information about your children or loved one. It's easy to add another profile if you have more than one person in your care.

Completing the profile brings relevant topics right to your homepage. As your child's or loved one's needs change, simply update the associated profile to receive refreshed recommendations.

Q Can you recommend a starting point?

A Try a webinar! These are a great way to get an overview of an important topic. Every live webinar ends with questions and answers. We also have a rich library of on-demand webinars. Or explore our worksheets and tools which offer hands-on, practical ways to address parenting and caregiving concerns.

Q How do I get started finding helpful resources for my parenting/caregiving needs?

A The Torchlight Parenting & Caregiving is easy to navigate. The drop-down menu makes it easy to explore and discover the resources important to you and your family. And the "search" bar is an excellent way to enter your own search for the topics you are most interested in reviewing.

Access your employer-provided account today!

nfp.torchlight.care



Download the app on the App Store or Google Play

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Q Does Torchlight *Parenting & Caregiving* have topics like self-care?

A Absolutely. Torchlight *Parenting & Caregiving* provides self-care and mental health resources to support you in your role as a parent or caregiver.

Take just a few minutes to complete the Self-Assessment, accessed via the homepage. Your results provide an opportunity to reflect on your own wellness in key domains like, wellbeing, adaptability, self-care, collaboration, and effectiveness.

As your needs change, retake the Self-Assessment. Get the most up-to-date overview of your own wellness.



Q Is the information that I provide Torchlight kept private?

A Yes. Torchlight *Parenting & Caregiving* protects your privacy. The Torchlight team handles the security of your data with the utmost care. Names or individual identifiers are never shared, not even with your employer unless we have your explicit permission. The [Torchlight *Parenting & Caregiving* Privacy Policy](#) is available on the product for you to access any time.

Torchlight offers resources and solutions for your questions and challenges, no matter the age, stage, or concern.

Torchlight illuminates the way for parents & caregivers.

FIND ANSWERS.



Educational
Webinars



Downloadable
Tools



Digital
Guides

CONNECT WITH AN EXPERT.



1-1
Advising



Expert
Q&A

DISCOVER SELF & COMMUNITY.



Self-
Assessment



Customize
Profiles

Access your employer-provided account today!

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