

# Torchlight Parenting & Caregiving empowers caregivers like you.



Looking for resources to help your child flourish? Caring for a loved one who is aging, ill, or disabled? We can help.



### FIND ANSWERS.

Enjoy easy access to curated resources to help you make the best decisions. Build the knowledge and skills needed to support your child and achieve your parenting goals.



### CONNECT WITH AN EXPERT.

Our experts are here to support you. Schedule a 1-1 advising session or post a question on our expert Q&A forum. Understand available options, learn advocacy skills, and make an action plan to effectively move forward.



### DISCOVER SELF & COMMUNITY.

Reflect on your own wellness, resilience, and self-care. Start with the caregiver Self-Assessment. Share your experiences and get support from the Torchlight community.

## Torchlight illuminates the way for parents & caregivers.

Torchlight offers expert resources and actionable solutions for a full range of parenting and caregiving challenges, no matter the age, stage, crisis, or concern.

Getting started is easy! Simply access your employer-provided account to find the best decision-making tools, expert Q&A, and 1-1 advising you need to make the right choices for your family.



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