

Torchlight *Parenting & Caregiving* supports parents and 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, trustworthy resources to help you make the best decisions. Build the knowledge and skills needed to support your child or elder and achieve your caregiving goals.

CONNECT WITH AN ADVISOR.

If you are facing a parenting or caregiving concern and need guidance and care, our consultants are here to support you. Schedule a one-to-one session to better understand available options and resources to make an action plan to effectively move forward.

DISCOVER SELF & COMMUNITY.

Consider your own wellness and resilience, plus learn alongside others in the Torchlight community. Explore live web chats and webinars, so you can get the right support at the right time.

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 and you are on your way to making the best caregiving decisions for your family.



EDUCATIONAL
WEBINARS &
WEB CHATS



DIGITAL
GUIDES



1-1
ADVISING



Q&A
LIBRARY



DOWNLOADABLE
TOOLS

Create or log in to your employer-provided account today:

nfp.torchlight.care

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), web chats, Q&A library, worksheets, and other tools. Torchlight offers 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 Seniors, 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.

The screenshot shows a dark blue login and registration interface. At the top, there are two buttons: 'CREATE ACCOUNT' with a dropdown arrow and 'LOG IN'. Below these are input fields for 'First Name' (containing 'Sarah') and 'Last Name' (containing 'Smithson'). There is an email field with a checkmark icon and the text 'ssmithson123@gmail.com'. Two password fields are shown, each with a lock icon and a strength indicator. A checkbox is checked with the text 'I've read and accept the Terms of Service.' Below the form is a yellow button that says 'CREATE YOUR FREE ACCOUNT'. At the bottom, there is a link: 'Need help creating your account? Contact us.'

*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 guide! Guides are a great way to get an overview of an important topic along with deeper information and steps. 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.

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nfp.torchlight.care

LifeSpeak Inc.

FAQs About Your Torchlight Benefit

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

A Absolutely. Torchlight provides self-care and mental wellbeing 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 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 for you to access any time.

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

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