



# Parenting and Caregiving Resources



**Empowering parents and caregivers every step of the way. Whether seeking resources to help your child flourish or caring for an aging or disabled loved one, we're here to support you.**

Our platform connects you with experts for guidance and actionable solutions tailored to a wide variety of caregiving challenges. No matter the age, stage, or complexity, we provide the tools and strategies to help you approach parenting and caregiving with confidence.

## Find Answers

Access on-demand, curated resources to help make the best decisions to support your loved ones.

## Get Expert Guidance

Schedule 1:1 advising sessions to discuss options and resources and make an actionable plan.

## Connect and Learn

Expand your caregiving toolkit with our expert Q&A and webinars (live & on-demand).

## Your trusted guide for parenting & caregiving.

Getting started is easy! Simply create or access your account and you are on your way to making the best caregiving decisions for your family.

- Live Webinars and Events
- Digital Guides
- 1-1 Advising
- Q&A Library
- Downloadable Tools



## Strategy and Advice

Get clear explanations, effective support strategies, and practical solutions.



## Consultation and Direction

Get 1:1 support and problem-solving with interpreters available for 200+ languages.

**Create or log in to your account:**

**[local183.torchlight.care](https://local183.torchlight.care)**

**Get started today!**