

# WE HELP SPECIAL NEEDS FAMILIES BY PREVENTING CARETAKER BURNOUT

Labeled &  
**LOVED**

LIFELINES FOR DISABILITIES

## MISSION

Is to embrace and strengthen families with disabilities by providing connective experiences and educational resources for the primary caretaker igniting personal growth and systemic change within the community.

## ABOUT

Labeled and Loved began with a small group of women whose lives intersected only because we love someone with a label. Within our own families, we've witnessed firsthand the isolation that can occur when life doesn't go as planned following a child's diagnosis. But we also know the beauty of how connecting with others changes everything. Labeled & Loved is a registered 501(c)(3) non-profit organization.

REACHING FAMILIES IN  
**37 STATES**



## WEEKEND OF HOPE RETREAT

At this national retreat (attended by moms from 37 states), every moment is carefully curated to empower moms to combat these statistics, all while relaxing, having fun, finding community, and equipping them to return home with the tools to best care for their child and themselves. When the mom has lifelines, the whole family benefits.

**187+** ANNUALLY



## SISTERHOOD CIRCLES

These are intimate mom-led groups that discuss specific hope-based topics that arise within special needs motherhood. The best part is that they can be formed anywhere. Labeled & Loved provides a curriculum written by a psychiatric nurse practitioner who takes the time to interview moms and create lesson plans built around real-life stories of hope.

**125+** CITIES SERVED

## MOMS MINGLES

Created for mothers who have children with disabilities (any age or diagnosis), their one-night events are free opportunities to form relationships with other women who fully understand. Participants enjoy food, drinks, giveaways, immersive art, inspirational speakers, and most importantly, lasting connections with other special needs moms in that city. As soon as a mom walks in the door, she is greeted by a procession of hugs. This kicks off an immersive experience that builds quick friendships.

**700+** ANNUALLY



# Labeled & LOVED LEADERSHIP



**JULIE HORNOK**  
COFOUNDER & PRESIDENT



**DR. REGINA CRONE**  
COFOUNDER & VICE PRESIDENT



**KAMI SCHAAL**  
SECRETARY



**MARK KENNETH**  
TREASURER

[Learn more about Labeled and Loved Leadership](#)

## CARETAKER BURNOUT STATISTICS

Nineteen research studies have identified parents of children with disabilities to have an increased risk for depression (95%) and anxiety (90%). The divorce rate is over 85% for parents of children with a disability.

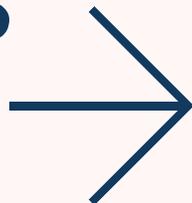
## 20+ Million Special Needs Families in the USA

**Labeled and Loved serves 4,000+ families representing 144 diagnoses**

We invite you to join us in serving moms of children with special needs by helping prevent caregiver burnout through meaningful community partnerships. Opportunities include sponsoring our Weekend of Hope Retreat, donating “Favorite Things” gifts, providing items for events, creating gifting booths, or assembling care baskets for moms facing hospitalization or grief. Your support makes a lasting impact.

[Learn more about Labeled and Loved Community Partnership Opportunities](#)

# FOR PRESS INQUIRIES



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JULIE HORNOK



LABELEDANDLOVED

# IN THE MEDIA

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# Labeled & LOVED

LIFELINES FOR DISABILITIES





*I wasn't okay.*

I hadn't been for years. But in October 2023, at the Labeled and Loved retreat, I felt my heart begin to heal. My story had been so intertwined with grief and struggles that I hadn't fully processed my son's diagnosis. And in many ways, I'm still processing it.

But I'm not alone anymore. I have a community of women who have walked this path before me, ready to lift me up when I need it most. I needed the retreat more than I even realized, and the sisterhood it provided, deeply.



I almost chickened out of going, even that morning as I loaded up the luggage for our 3 hour drive to San Antonio. But my support system and friends convinced me that I **NEEDED** this - for myself. For my son. For my life. And they were so right. For the first time, I saw a room full of other women who - without me having to say a word - got me.

**They understood my life. Why? How? Because it was their life too.**

Meeting new people can be hard, but was easier in this environment - it was a safe space. These mothers were probably scared and nervous just like me. I opened my heart up, and even walked away with new friends from all over the country that I remain in contact with even today.

# 2023 IMPACT

## at a glance

What is Labeled & Loved's impact in 2023?	
<b>Who we serve</b>	
Inclusion of families representing	144 disabilities
Families Served Nationally across	34 States
Families Served Internationally across	3 Countries
<b>2023 Weekend of Hope Retreat</b>	
Location	Colorado Springs, CO
Moms attending Retreat	186
Moms receiving Scholarships	24
Retreat Volunteers	14
Retreat Sponsors	14
<b>Community Outreach</b>	
National Leader Led Outreach Events	7
Local Leader Led Outreach Events	26
<b>Support Groups (Sisterhood/ Faith &amp; Friendship)</b>	
Caregivers joined for Support Groups	243
Volunteer Local City Leaders	8
Volunteer Virtual Leaders (Support Sisters)	9
Volunteer In Person Leaders (Support Sisters)	40
<b>Other</b>	
Sticky Notes for the Heart Text Subscribers	964
Total Volunteers	79
Total Financial Contributors, Donors, Sponsors	395

**\$261,336.67 FUNDS raised**

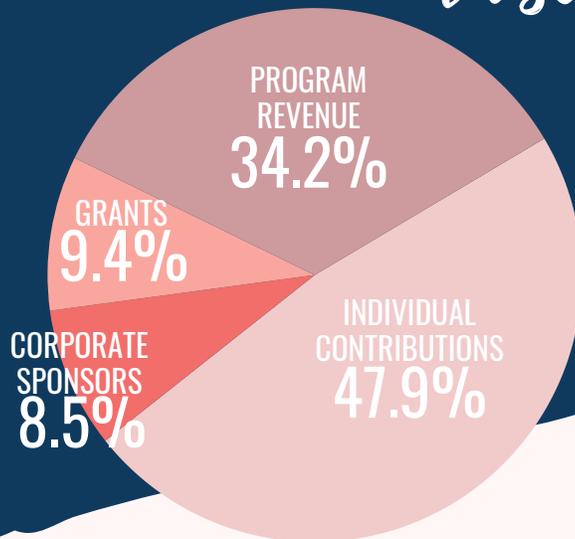
*Is fundraising efficient in 2023?*

FOR EVERY  
**\$1.00**

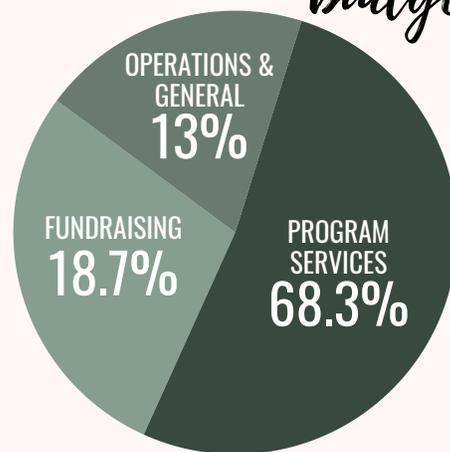
*received only*

**15¢**

*was spent fundraising*



**EXPENSE budget**



Labeled & **L**♥**VED**

### YOUR IMPACT AT A GLANCE

- ♥ 3,000 special needs families impacted!!!
- ♥ 928 enrolled in Text Support Program
- ♥ 403 enrolled in Support Groups
- ♥ 229 enrolled for Weeked of Hope
- ♥ 126 Cities served in Circle Program

**SPECIAL** *thank you*  
TO OUR PREMIUM PARTNERS

