

# MICHAEL'S WARRIORS FOUNDATION



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## Standing With Our Warriors and Caregivers

At Michael's Warriors, we walk alongside families facing some of the most rigorous journeys imaginable. The children we support live with significant medical challenges and developmental delays, including cancer, profound Autism, cerebral palsy, spina bifida, Down syndrome, MPS, epilepsy, and many more. Behind every child is a caregiver carrying an extraordinary load.

Caregiver burnout doesn't happen all at once. It builds through sleepless nights, constant medical appointments, therapies layered on top of treatments, and the emotional work of advocating in systems that don't always understand the whole child.

Burnout is not a lack of love or strength. It's what happens when families are asked to navigate too much for too long without enough support.

And this is where hope lives.

Hope lives in community. In knowing families are seen, believed, and supported. In moments of relief, connection, and compassion that remind caregivers they don't have to do this alone.

At Michael's Warriors, we are committed to supporting the whole family—because caring for caregivers is part of caring for children. Together, we can create space for rest, understanding, and brighter days ahead for the families we serve.

## When Holidays Are Hard

For many special-needs families, the holidays can feel overwhelming instead of joyful.

Changes in routine, sensory overload, medical needs, and social expectations can turn this season into one of survival. If the holidays look quieter, messier, or very different in your home—you are not alone, and you are not doing it wrong.