



THE EMPOWER NETWORK

Holiday

GIFT GUIDE

GIFTS MADE BY CHRONICALLY ILL AND DISABLED CREATORS

SPECIAL THANKS TO OUR SPONSORS



OUR SPONSORS HELPED MAKE THIS GUIDE POSSIBLE BY COVERING THE BEHIND THE SCENES COSTS THAT MOST DISABLED CREATORS CAN'T ABSORB ALONE.

Sponsors played a practical role in this guide. Their contributions covered ad spots for creators who couldn't afford placement, which meant more disabled and chronically ill entrepreneurs had a chance to be seen. That support goes further than one page in a gift guide. It helps counter the financial and capacity barriers that keep so many creators from gaining visibility in the first place.

Nonprofits depend on a mix of community support, grants, and sponsorships to keep programs running. Sponsors help fill the gaps that donations alone can't always reach. They make it possible for us to offer scholarships, accessible resources, and low cost opportunities throughout the year.

If you or your company want to support future guides or ongoing programs, get in touch.

Sponsorships come in different sizes and can be tailored to what you're able to contribute. It's a direct way to invest in disabled creators and help expand what this community can access next.

BECOME A SPONSOR





GIFTS THAT GIVE: A HOLIDAY GUIDE WITH HEART

What if the holiday season wasn't about consuming, but about connection, care, and showing up for each other in small but powerful ways?

This guide was created to make your gift-giving easier and to make sure your hard-earned dollars brighten the days of both your gift recipient and the creator who poured their heart and energy into their work.

Every listing features a product, service, or resource from a disabled or chronically ill entrepreneur. So when you shop this collection, you're not just picking out presents, you're helping someone rest, recover, and keep doing what they love.

Whether you're searching for cozy comforts, stocking stuffers, self-care treats, or something beautifully unexpected, we're so glad you're here.

Let's make this season a little softer and a little more supportive for all of us.

Behind every listing is an entrepreneur who kept going on the hard days, who poured their limited energy into something meaningful, and shared it with love.





OUR MISSION

THE EMPOWER NETWORK STORY



UNLOCKING PROFESSIONAL OPPORTUNITIES FOR THE CHRONICALLY SICK AND DISABLED COMMUNITY

The Empower Network exists because traditional work wasn't built for bodies that fluctuate. Too many disabled and chronically ill people want meaningful careers but are pushed out before they ever get a chance to thrive.

The Empower Network exists because we believe there's a better way.

We create spaces where disabled and chronically ill entrepreneurs can build meaningful, sustainable work without sacrificing their wellbeing.

We help people build work around their real lives through:

- **Accessible Education** that meets people where they are
- **Community Support** that reduces isolation and builds confidence
- **Resources & Tools** that make starting and sustaining a business possible
- **Pathways to Opportunity** that increase visibility and connection

Your part in this story

When you support The Empower Network, you're investing in a future where disabled and chronically ill people can build stability without burning out.

[GET INVOLVED](#)



THE EMPOWER NETWORK

Unlocking professional opportunities for the
chronically ill and disabled community.



MEET THE TEAM



STEPHANIE SWANSON

CEO & BOARD OF
DIRECTORS CHAIRPERSON

Stephanie is an ICF-certified coach, founder of The Empower Network, and disability advocate. A former aerialist and physician leader, she now helps others navigate life with chronic illness and unexpected limitations.



JORDAN JOYCE

CFO & BOARD OF
DIRECTORS TREASURER

After chronic illness shifted her plans post-college, she left the traditional workforce and found more health and joy in self-employment. She supports The Empower Network to help others feel less alone in that transition.



GERRY BOURNE

VICE CHAIR, BOARD
OF DIRECTORS

Gerry is a former cardiologist turned life coach. After facing the challenges of working with a chronic illness, he joined The Empower Network to help others build connected, meaningful careers outside traditional systems.



CHRISTINA ACCARDI

SECRETARY, BOARD OF
DIRECTORS

With a background in teaching and social justice research, Christina is committed to challenging systems that marginalize folks. She supports The Empower Network for its focus on community-led, values-based entrepreneurship.



LAKEESHA SCOTT

BOARD MEMBER

Lakeesha Scott is the founder of (3) LLCs, and has 20 plus years as an entrepreneur as a real estate investor, restaurant owner, staffing /career coaching, cleaning business, and entrepreneurial business consulting. She holds a Bachelor's Degree in Human Resource Management and Master's degree in Management and Leadership.



RHEANNA NUTTER

COO & TEAM HYPE GIRL

Rheanna is a business strategist, success coach, and founder of The Chronic CEO. With over 20 years of experience and a degree in organizational dynamics, she helps shape the systems and strategy behind The Empower Network. Her work centers sustainability, clarity, and care for entrepreneurs navigating chronic illness and disability.

WHERE DOES THE MONEY GO?

THE EMPOWER NETWORK STORY

FUNDING SYSTEMS OF SUPPORT, NOT JUST A SINGLE SEASON

This guide isn't just a seasonal project. It's part of a bigger effort to build long-term support for disabled and chronically ill entrepreneurs.

It has been powered by charitable donations, contributions from the creators who are listed here, and 100+ hours of volunteer labor.

When you choose to donate to The Empower Network, you're helping build a safety net for disabled and chronically ill entrepreneurs who are doing the best they can with the capacity they have.

Your gift helps fund **scholarships for creators** who can't afford visibility, keeps our tools and community spaces up and running, and ensures we can continue offering support without burning out the volunteers who make this work possible.

We're a small, community-powered nonprofit, and every dollar strengthens the support system we're building for disabled and chronically ill entrepreneurs.

Thank you for giving in the ways that truly matter.

[DONATE](#)



Did you know?

When you purchase from the listings in this guide, 100% of the funds go to that creator.



ORDER PROCESS



STEP 1

Browse the guide and find a product, service, or resource you love. Each listing is created by a disabled or chronically ill entrepreneur.

For smaller font, please zoom in for readability.



STEP 2

Click the link provided in the listing. It will take you directly to the creator's online shop or service page.



STEP 3

Make your purchase as you normally would. All transactions happen directly with the business owner.

We've included order deadlines & shipping restrictions when provided by the seller.



STEP 4

Feel good knowing your gift is supporting someone's real life, real rest, and real work in the world.



HANDCRAFTED GIFTABLES



ENAMEL PINS

PAW PINS & DESIGNS

Pinque Noire

Featuring: The Pride Baphomet Collection. Spooky, cute, and loud with pride! Each pins celebrates identity in every color, with the Disability Pride design taking center stage! bold, joyful, and unapologetically visible.

\$15 EACH

[Link to Shop Paw Pins Designs](#)



USA ONLY. ORDER BY DEC. 11TH TO RECEIVE FOR CHRISTMAS

STAINED GLASS CASTLE ACRYLIC PAINTING

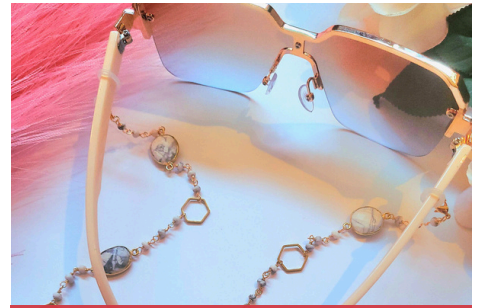
LE'STELLAR

Leslie

A gorgeous one of a kind painting for both dark fantasy lovers and bibliophiles. Combining the beautiful aesthetics of Beauty and the Beast and Dracula. Sure to brighten up your space.

STARTING AT \$12 FOR PRINTS

[Link to Shop Le'Stellar](#)



INQUIRE DIRECTLY FOR DELIVERY ESTIMATES

GEMSTONE GLASSES CHAIN GLITTER QUEEN CREATIVE

Emily Daft

Add a little shimmer under the tree — handcrafted gemstone glasses chains wrapped in 14k gold or silver, and heaps of cheer. The chic, thoughtful gift for the one who has everything (or loses everything).

STARTING AT \$40 CAD

[Link to Shop Glitter Queen Creative](#)



USA ONLY. ORDER BY DEC. 15TH TO RECEIVE BEFORE CHRISTMAS!

TOWELS, SHAWLS, PLUSHIES, JEWELRY, WOVEN BELTS, SPELLS, AND SOAPS.

LORIA'S LITTLE CORNER

Isabella Laurie

Crochet Pride Cat Beanie, \$24, adult sized made out of acrylic yarn. Salted Caramel Macchiato Soap, \$5, rich coffee, salted caramel scent mixed with coffee grinds. Crochet Plush Mothman, starting at \$20, plush made of acrylic yarn.

Loria's Little Corner is owned by a queer, disabled witch that loves to learning new crafts. Many of my new creations can be found in my shop. From delicate lace shawls to handmade soaps and spells, nearly everything here is crafted by my own hands.

[Shop Link - Loria's Little Corner](#)



ORDER BY DEC. 15TH TO RECEIVE BEFORE CHRISTMAS!

A COIN PURSE DESIGNED WITH SPACE AND STRUCTURE

DARLINGFACE DESIGNS

Summer

Available in Orange or purple, stay spooky year round with this jackolantern to display your pins & hold your change. Interchangeable face inserts & double zipper pulls plus a push clasp to help be more accessible.

Darlingface Designs started with adventures in wearable art. I needed to find who I am outside of a disabled stay at home mom. I design enamel pins, handmade stickers and custom button pinbacks, paint, sew and more. It's an adhd driven art shop.

[Shop Link: Darling Face Designs](#)

\$30



CROCHET AND CLAY CAT

HANDCRAFTED GIFTABLES

\$14



STRESS MALLOWS

STRESS BALL PLUSHIES

These mini marshmallow plushies are the size of a stress ball but way softer! A fidget to keep your hands busy, for yourself or a neurodivergent loved one. Hold, squeeze, squish, and let your stress melt away.

\$40



FAIRY DOOR EARRINGS

HANDMADE CLAY JEWELRY

These enchanted door earrings add a touch of whimsy and magic to your everyday attire! Each clay door is adorned with delicate florals and handmade accents to create a mystical look. Get ready to embark on a magical journey

\$16



SNOWFLAKE STITCH MARKERS

CROCHET MARKERS

Keep your spot when crocheting and knitting with these cute marker sets. Handmade with polymer clay and stainless-steel clips, perfect for gifting to a fiber artist friend. Cozy up on the couch with your yarn of choice!

[SHOP STRESS SUPPORT](#)

[MEANDER THE PRETTIES](#)

[SHOP GIFTS FOR YARNIES](#)

*Continental US shipping only - order by December 12, 2025 to receive in time for the Christmas Holiday.



CAROLYN | JEWELRY, FIDGET TOYS, HOME DECOR, AND STITCH MARKERS FOR FIBER ARTISTS

When life is a bit chaotic, don't underestimate the value of joy and whimsy! My name is Carolyn and I'm a crochet and clay artist. All of the items in my shop are made by hand. Crochet and Clay Cat is all about adding handmade joy into people's everyday lives. I add kawaii and whimsical details to make each piece special.

As a one woman show who has chronic health issues, I know how much of an impact the little things can make in our quality of life! That's why my crocheted plushies are specifically geared towards supporting neurodivergents and mental health. My clay jewelry, stitch markers, and home décor blend my love for whimsy and function -- because your day deserves to be anything but boring!



SEE MORE FROM CROCHET AND CLAY CAT:

[CROCHET PLUSHIES & FIDGETS](#)

[SHOP POLYMER CLAY JEWELRY](#)

[SHOP HOME DECOR](#)

[SHOP COZY BOOKISH PICKS](#)



VISIBILITY IS ACCESS

THE EMPOWER NETWORK STORY

SHIFTING POWER AND RESOURCES THROUGH COMMUNITY-LED COMMERCE

As you shop this holiday season, you have the chance to make a difference in the lives of those who have been overlooked and excluded from the traditional work economy.

Visibility is access, and for many disabled and chronically ill creators, being seen is the difference between closing a shop and keeping a dream alive.

Jesse, whose journey with dysautonomia and mental health struggles inspired her to create artwork to inspire others.

Sydney, a former nurse now navigating chronic illness, turned her lived experience into **Roman Home Essentials**, creating heartfelt tools and guides that help others move through illness with comfort and confidence.

David, a psychologist living with disability, writes about grief, resilience, and the ways life reshapes us. His work gives language to what so many feel but can't articulate.

When you shop here, you're not just finding gifts. You're helping someone stay visible, supported, and able to keep doing what they love.

Thanks for choosing care, connection, and community this season.



STICKERS & STATIONERY



SCARLET'S FRECKLES | STICKERS

For soft hearts with fire in their veins. Our vinyl stickers are tough enough for the dishwasher and cute enough for your journal. We've got reusable sticker books for all your sticker piles, plus sticker advent calendars for the ultimate serotonin countdown. Our hand-drawn designs celebrate color, humor, and identity. We embrace themes of advocacy, neurodivergence, queerness, chronic illness, and cozy creativity - with a touch of sarcasm for good measure. Because even smallest things make a big impact.

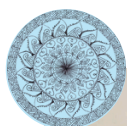
[SHOP NOW!](#)

STARTING AT
\$3.50



CLAIRE MILLER

Scarlet's Freckles was inspired by Scarlet, a cowboy corgi, beloved by Founder Claire Miller. Scarlet's spots-affectionately called her freckles-are the first thing everyone notices, and the joy she brings is contagious. That same joy drives Claire to spread that joy with others through her stickers. Each design reflects Claire's passions and interests, but nothing is more rewarding than hearing people feel seen, represented, and delighted by those silly little stickers.



SKETCHUAL HEALING | HAND-DRAWN MINDFULNESS STICKERS

Our stickers are a collective reminder to stop and breathe. Using line art techniques to create mandalas, doodles, and florals, these stickers are created from our FREE hand-drawn coloring pages and sold to help support our goal of bringing mindful self-care to everyone! Our collection includes 5 different designs with two holographic varieties to add a little shimmer to your self-care.

[SHOP NOW!](#)

\$3



ANGELA J SHUPE

Sketchual Healing simply began as a regret. Three years ago, I had a major health scare. Motivated to tackle my bucket list, number one was to finish my associate's degree, and the second was to finally register my LLC. I took both to heart. When my health worsened, I simply pivoted my goals. I finished my degree, added a professional certificate, and am nearing the end of my bachelor's. As for my business? I decided advocacy was where I was meant to be.



STICKERS & STATIONERY



ORDER BY DEC. 11TH TO
RECEIVE FOR CHRISTMAS

ENAMEL PINS, STICKERS, LANYARDS, ETC

RETROPHILIAC

Margaux Wosk

Pins that speak for you, and so much more! Enamel pins designed by a disabled artist, these vibrant pins celebrate identity and inclusion.

Note: ships anywhere except Germany due to packaging laws

**STARTING AT \$14
CAD/~\$17.50 USD**

[Link to Shop Retrophiliac](#)



USA ONLY

HANDDRAWN FOLK INSPIRED HOLIDAY CARD PACK

DRISHTI CO

Tania Chatterjee

Celebrate the holidays with our elegant holiday card packs, featuring hand-drawn folk-inspired nature motifs in bold colors.

STARTING AT \$26

[Link to Drishti Design Co](#)



USA ONLY. ORDER BY DEC. 15TH TO
RECEIVE BEFORE CHRISTMAS!

HOLIDAY CARDS AND ART PRINTS

LYNNEA CREATES

Lynnea Handley

Share warm holiday greetings with a high-quality print of an original painting! These 5x7 greeting cards (blank inside) are printed on heavyweight matte paper and can also be framed as artwork.

STARTING AT \$8

[Link to Shop Lynnea Creates](#)



ORDER BY DEC. 15TH TO RECEIVE
BEFORE CHRISTMAS!

COLORING BOOK, ORIGINAL ART, UNIQUE THRIFTED FINDS

SKYWARD SYSTEM

Amber Greene

SkywardSystem shop is a curated mix of original art, custom lettering, unique prints, and handpicked thrifted finds. From one-of-a-kind pieces to new-with-tags gems, every item is chosen to add charm, personality, and a little magic to your space or style.

As a survivor of extensive trauma, Amber Greene knows what it means to rebuild a life. Their work honors resilience, self-love, and the quiet power of creative expression. They create with intention, inviting others to pause, reflect, and reconnect with themselves.

[Shop Link - SkywardSystem Poshmark Shop](#)



USA & USA-APO ONLY. ORDER BY DEC. 15TH TO
RECEIVE BEFORE CHRISTMAS!

STICKERS, FINE ART PRINTS, BOOKMARKS, AND CARDS.

DESERT LIGHT CO.

Sarah Hoppes

Desert Light Co. stickers are printed on high quality vinyl that is water proof and weather proof! You can stick them everywhere from your bottle, to your kindle. My stickers range from silly to inspiring. Perfect for the sticker lover in your life!

After developing POTS in 2014 I turned to art to cope. In 2020 I founded Desert Light Co. to share my art. Now I sell everything from whimsical bookmarks, to empowering stickers, cute cards, and dreamy landscapes. My art will look good in your home!

[Shop Link: Desert Light Co. Art](#)

\$4.50+



STICKERS & STATIONERY



THE LITTLE SHOP OF STICKERS | STICKERS & STATIONARY

This comforting sticker is a thank you note for everyone who struggles. Featuring a glossy soft pink heart with navy blue script reading, "thank you for being here" surrounded by glitter flowers in purple, blue, and silver. Each sticker is printed on high quality vinyl glitter paper with UV laminate to protect them from sun and weather. Ready to stick on your laptop, water bottle, tablet, or anywhere you or your loved ones need a sweet reminder.

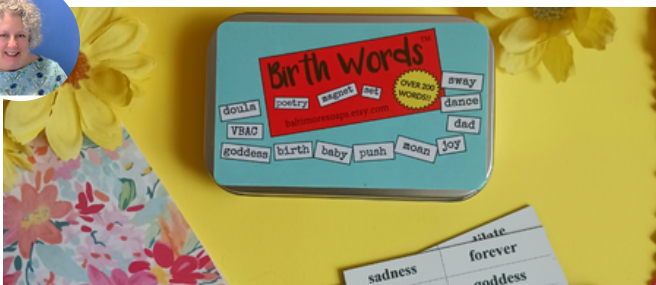
SNAG THIS STICKER!

\$4.50



JESSE E. POWELL

The Little Shop of Stickers was inspired by Jesse's lifelong love of stationary, her passion for drawing, and her own mental health struggles. She strives to make comforting and funny art that is accessible and affordable. Her sticker shop allows her the freedom of self-expression and a way to connect with others. She loves designing and drawing emotional support stickers. Many of her stickers are printed by small businesses, and Jesse recently began printing them herself.



USA ONLY. ORDER BY DEC. 10TH TO RECEIVE BEFORE CHRISTMAS!

BIRTH WORDS POETRY MAGNET SET

BIRTH WORDS POETRY MAGNETS

Barbara Stratton

\$35

Over 200 words that you can attach to any metal surface. Perfect gift for expectant parents, baby showers, midwives, doulas, and labor and delivery nurses.

Barbara Stratton is a disabled, queer birth activist and former doula. She noticed that a birth-themed poetry magnet set didn't exist anywhere and so designed one and had it professionally manufactured.

Shop Link: Birth Words Poetry Magnets

ONE IN SIX

The World Health Organization estimates that more than 1.3 billion people worldwide live with a disability. That's about 1 in 6 people.



STICKERS & STATIONERY



THE WITTY LADYBUG | GREETING CARDS, STICKERS, PRINTS, CERAMICS

For people who use dark humor to cope but still genuinely care. Each design is created by Sarah, the owner and illustrator, printed locally in Colorado, and hand-assembled with care. Every card includes a suggested inscription, and orders are packaged in envelopes made from old book pages, because a little charm and sustainability never hurt. Perfect for celebrating, commiserating, or just saying “same.”

[CLICK FOR MORE](#)

\$5.99

SARAH HOUSEHOLDER

Hi, I'm Sarah—the tired, sarcastic soul behind The Witty Ladybug. After my health crashed and I was diagnosed with Dysautonomia, I started making art to cope. What began as therapy turned into my purpose: Sharing Hope and Humor Among the Darkness. My cards are for anyone surviving on cuss words, sheer willpower, and pure stubbornness. You're stardust in a meat suit, go forth and do great things.

ADAPTATION IS STILL RARE

More than 1.3 billion people worldwide live with a disability, yet most workplaces still aren't designed for fluctuating energy or access needs. Many disabled creators turn to self employment because it's one of the few paths that allows them to work safely.



WITCHBRIAR COTTAGE

STICKERS & STATIONERY

\$34+



WINTER SOLSTICE ART ADVENT CALENDAR

This countdown is inspired by warmth, light & magic. Open one envelope per day to read gentle vignettes, joyful affirmations, silly poetry, and receive cozy, handcrafted art. Each day's envelope reveals a new piece from our exclusive Winter Solstice collection - a mix of original mini prints, waterproof matte stickers, and one full sticker sheet!



Lux Edition - the full solstice experience: Golden twine, wax-sealed finale, and mulberry paper letters.

Basic Edition - accessible simplicity. Includes numbered envelopes with crisp white paper inserts.

Both versions feature the same art!

OPTIONS | LUX OR BASIC

There are two variants, Lux and Basic: Lux features premium gilded envelopes with hand-stamped numbers, tied with golden twine, and a 12th day sealed with hand-mixed, hand-painted wax - and the daily letters are printed on beautiful mulberry paper. Basic contains all the same art as Lux, but with simple envelopes and regular crisp white paper.

[BUY NOW](#)

Order by December 11, 2025 to receive in time for the Christmas Holiday in USA
No guarantees on arrival time for international shipping.



KATU MATSON | WITCHBRIAR COTTAGE, STICKERS, ART, STATIONERY, ACCESSORIES

Witchbriar Cottage exists because I love drawing, but not backgrounds. Well, sort of. I dreamed of owning a little online sticker shop - and in 2023, committed to that goal, roped in my bff Cas (also an artist), and let my hyperfixation with creation take us to the robust art business that we are now!

We now create whimsical, beautiful, silly, and eerie art for curious hearts - in the form of stickers, art prints, puzzles, keychains, 3D designs, and more! Our art is inspired by many things, from the natural to the magical to the nostalgic; and it's often either cute, weird, or both. Our offerings are made with intention: that of bringing joy either through beauty or laughter, and that of being unique artistic products.



MORE FROM WITCHBRIAR COTTAGE

[ALL LINKS](#)

[SHOP PUZZLES](#)

[SHOP ART PRINTS](#)

[SHOP WHOLESALE](#)

USE CODE **ENETGG10** FOR 10% OFF!



BODY AND SKINCARE



USA ONLY. ORDER BY DEC. 8TH TO
RECEIVE BEFORE CHRISTMAS!

ROSEHIP FACE OIL

WONDERGRASS BAMBOO

Michael Mariolis & Deisha Oliver

\$30

Rosehip Face Oil made with bamboo triple infused in organic rosehip. A skincare elixir designed for the quietly extraordinary. Apply daily. Look fantastic. Tell nobody.

At Wondergrass Bamboo, we are delightfully preoccupied with the extraordinary potential of a single plant—bamboo. Locally grown, infinitely renewable, and quietly brilliant, it is our muse and our medium creating lush scalp, hair, and body products.

[Shop Link - Wondergrass Bamboo](#)

SELF CARE IS A HEALTH NECESSITY

The WHO notes that self care practices improve health outcomes for people with chronic illness, but access to supportive products and environments is uneven worldwide.



USA ONLY. ORDER BY DECEMBER 12TH TO
RECEIVE BY CHRISTMAS

BEXI'S BESPOKE REVITALISATION | SKINCARE PRODUCTS MADE FROM HIGH-QUALITY WHOLE FOODS

Bexi's skincare line uses high quality whole foods, locally sourced where possible, to provide you with ease, comfort, joy, & delight in your skin. Each product is formulated to be used in multiple ways to impart life & vigor to your skin, leaving you with more radiant skin that needs less care with every application. Bexi's is for anyone looking for an easy, simple, & sustainable way to revitalize & care for their skin and look their best.

[SHOP SKINCARE!](#)

\$35



DR. BEXI LOBO, PHD

Dr. Bexi Lobo, PhD, is a scientist living with Sjogren's disease & dysautonomia. She founded Bexi's Bespoke Revitalisation to offer a different approach to skin care: one that uses Nature to nurture skin function & health & honors & celebrates diversity & your innate beauty. Dr. Bexi specializes in skin care for people with fatigue & dry, sensitive skin caused by Sjogren's & other chronic illnesses.



BODY AND SKINCARE

The Loopy Spoonie



THE LOOPY SPOONIE | VEGAN BATH & BODY- SENSITIVE SKIN FRIENDLY

I specialize in formulating for those of us with allergies, sensitivities, and limitations that're often an afterthought, if considered at all! Bath & Shower products are Olive Oil & Mango Butter based for extra gentleness; Body products are intentionally formulated to dry matte without a greasy or sticky residue! Formulated without coconut oil, tree nut oils, palm oil, shea butter, or avocado oil

[SHOP THE SOAPERY](#)



LOOPY

Accessibility benefits everyone, and belongs at the forefront of every product, process, and design. As someone with 26+ allergies, I understand the exhaustion of not being able to just pick something up off the shelf without reading the label in detail, and then STILL being jump-scared by an undisclosed ingredient. And the frustration of finding a product that works, but it rolls away easily, is difficult to securely grip etc...So I decided to do something about it.

DESIGN THAT PUTS ACCESS FIRST

Globally, disabled consumers report that personal care items are among the least accessible products to handle, open, or safely use. We are proud to partner with members and collaborators that center accessible design in their products.



CLOTHING



ORDER BY DECEMBER 17TH TO
RECEIVE BY CHRISTMAS

CHRONICALLY HUMORED X SHOP INTAGLIO | VEGAN FRIENDLY CLOTHING

A cozy blend of humor, honesty, and heart. Each ultra-soft Bella Canvas tee is printed in small batches using WRAP-certified, vegan-friendly materials. Designed for comfort and conversation, every shirt tells a story of resilience, laughter, and community. Ethically made and inclusive in sizing (XS-4X in select colors), each piece is crafted to last and remind us that empathy and humor never go out of style.

[SHOP T-SHIRTS](#)

\$26



WENDY BROWN | LIS BOKT

Chronically Humored x Shop Intaglio began as a creative outlet for Wendy Brown and Lis Bokt to bring humor, heart, and community into everyday life. Together, they design t-shirts, stickers, mugs, and posters that blend comfort, laughter, and meaning. Each piece is made to remind people that kindness, honesty, and a little wit can turn even hard days into art.



PLEASE ALLOW SHIPPING TIME OF
1-2 WEEKS

STILL THRIVING CLUB | SENSORY-FRIENDLY APPAREL AND ACCESSORIES

For neurodivergent people and trauma survivors. Born from survival, not trends. Each piece is made-to-order with soft, breathable fabrics and tear-away tags for sensory comfort. Designs celebrate ADHD, mental health, and resilience with humor and heart – from 'I Thought It Was Just Vibes' to 'Queen of the Mess' to our flagship Still Thriving Club collection. Apparel that reminds you you're not alone, you're still standing, and you're still thriving.

[SHOP HERE](#)

\$60



ZOE CHARLES-HAWLEY

I'm a neurodivergent creator who survived severe trauma. I built Still Thriving Club because I needed proof I wasn't alone and I wanted you to know you're not alone either. Every design comes from lived experience: the burnout, the overwhelm, the survival, the healing. I make soft, sensory-friendly apparel for the ones still standing despite everything. This isn't a trend or a cash grab. It's a club for people who made it through, and a reminder that you're still thriving too.



THANKS ICON

CLOTHING



BIMBO WITH BRAIN FOG CROP TOP

HAVING BRAIN FOG HAS NEVER LOOKED SO ICONIC.

This Y2K-coded crop top features "is made in puff vinyl that wrinkles like a brain, because fashion is neurology, babe. Each design is heat-pressed by hand on a soft, stretchy cotton-blend tee that's flattering, fitted, and made for the chronically stylish.

[SNAG THIS FUN TEE](#)



I HAVE A MIGRAINE TODAY CROP TOP

SAY IT WITH YOUR CHEST: I HAVE A MIGRAINE TODAY.™

This limited edition crop top was made for the days when talking feels impossible, lights are too bright, and the world just doesn't get it. Instead of explaining yourself, let your shirt do the work.

[YASS GIMME!](#)



CHRONIC BACK PAIN CLUB CROP TOP

SAY IT WITH YOUR SPINE: CHRONIC BACK PAIN CLUB. ✨

This limited edition crop top makes the "invisible," visible to others. Heat-pressed by hand on a soft, ribbed cotton-blend baby tee, it's fitted, flattering, and ready to be your new fave statement piece.

[SAY LESS, I NEED THIS](#)



SAMANTHA JADE DURÁN | A DISABLED ICON

Thanks Icon is the disability awareness fashion brand by Disabled Latina designer and activist Samantha Jade Durán, creating wearable advocacy with style and intention. Every crop top and hat is designed with comfort, accessibility, and lived experience at the center: turning chronic illness, disability, and activism into fashion that empowers. Each purchase supports Samantha's mission to spread disability awareness in the fashion world and uplift disabled creators through future collections.

THANKS ICON®

MORE ICONIC LINKS

[SHOP THE THANKS ICON STORE](#)

[FOLLOW ME ON IG](#)

[SHOP MERCH](#)



AUTHOR RACHEL LABERGE

BOOKS

\$23



YOUR SECRET TO KEEP SIGNED PAPERBACK

A slow-burn sports romance about second chances and chronic illness. Lia lands her dream NBA job but must prove herself on tough days. Brooks Pittman fights his own battles. Together, they learn that love is about showing up.

[SHOP NOW!](#)

\$21



A LODGE AFFAIR SIGNED PAPERBACK

After a shocking betrayal, Ivy escapes to The Emerald Canopy Lodge, tucked away in the PNW. The grumpy owner, Holland, disrupts her carefully planned life, and together they discover that love sometimes means letting go.

[SHOP NOW](#)

\$16



THE ONE BED RULE SIGNED PAPERBACK

Snowed-in with one bed and zero plans, Claire and her brooding bodyguard Seth are forced to share more than space. A birthday surprise, a blizzard, and one rule: the one bed rule. Cozy, steamy, and unforgettable.

[SHOP NOW](#)

***Continental US shipping only - order by December 12, 2025 to receive in time for the Christmas Holiday.**



RACHEL LABERGE - AUTHOR

Rachel LaBerge is best known for writing her own mental health and chronic illness experience in her romance books. Her writing explores the honest and heavy truth of both — slow days, invisible battles, and the small, bright moments of grace that come anyway.

She's been writing for as long as she can remember — stories tucked into notebooks, thoughts scribbled in margins, words becoming a quiet way to make sense of the world. The decision to publish came during a depressive season, born from a need to find light again. From that moment came her debut romance novel, and she's been creating swoony love stories with complex characters and real-life struggles ever since.

All book purchases come signed with matching bookmarks and stickers.

AUTHOR
Rachel LaBerge

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RACHEL)**

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LIFE & CAREER COACHING STEPHANIE SWANSON COACHING

Stephanie Swanson

ICF-Certified Life & Career Coaching. Thoughtful, practical support for navigating chronic illness, career shifts, and life transitions. Add this to your wish list for the coming year and step into more clarity and confidence. *All services provided virtually.*

\$120 PER SESSION

[Link to Stephanie Swanson Coaching](#)



You're not broken.

You're just done playing by the wrong rules.

HEALTH COACHING / NERVOUS SYSTEM & MIDLIFE WELLNESS VITAL WELLNESS

Dr. Mandy Marziaz, DC

New Year Nervous System Reset — from \$160. A giftable 60-min coaching session for women in midlife. Gentle, science-meets-soul support to calm stress, restore energy, and map a 2026 reset. Digital gift certificate + easy online booking.

STARTING AT \$160

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LIFE COACHING

ADAPT FOR WELLBEING

Gerry Bourne, MD

Navigate major life changes with clarity and confidence through supportive, values-driven life coaching.

INQUIRE FOR PRICING

[Link to Adapt for Wellbeing](#)



INNER PEACE ART STUDIO | HEALING ART STARTER KIT

For the flare-up days, the quiet days, and every unpredictable day in between. The free Healing Art Starter Kit helps women with chronic illness reconnect to creativity and calm through low-pressure painting, journaling, and mindful art-making. You'll get art supply demos, printable workbooks, and step-by-step guidance to start creating for healing — not perfection. Download it, print it, use it, gift it - whatever feels good!

[SNAG FOR FREE!](#)

FREE



KATIE GOODLING

Katie founded Inner Peace Art Studio after autoimmune illness turned her life upside down. Once a senior creative leader, she began studying expressive and mindful art to find a softer way to heal. Through her journey, she discovered that healing isn't always loud or linear — sometimes it's watercolor on a page, an imperfect journal entry, or laughter with people who just get it. Inner Peace Art Studio is the gentle landing place she once needed — and now shares with others.



SERVICES & DIGITAL DOWNLOADS



ROMAN HOME ESSENTIALS | CHRONIC ILLNESS REFERENCE GUIDE

Thoughtfully created for those navigating new or ongoing health challenges, this digital guide brings readers more clarity and confidence, with a touch of luxury. Each hand-designed page is filled with practical tips, gentle guidance, and adaptable ideas for everything from energy management to doctor visits. Available as an instant PDF download, it's the perfect gift to send to a loved one (or even to yourself!) to bring more comfort and calm to life with chronic illness, disability, fatigue, or neurodivergence.

GIFT THIS DIGITAL GUIDE!

\$17



SYDNEY BATES, MSN, RN

Roman Home Essentials began as a way to bring more comfort into daily life with chronic illness. Our founder, Sydney, worked as a nurse before she became chronically ill herself. She now lives with rheumatoid arthritis, oxygen use, and more. With valuable, handwritten resources and a growing online community, Roman Home Essentials helps make life a bit easier (and a little less lonely!) for others navigating a similar path. We believe comfort isn't a luxury; it's a lifeline!



2025 "RESTIVE" SEASON ADVENT CALENDAR

THROUGH THE TREES HEALTH & WELLBEING COACHING

Christina Accardi, PhD

The 2025 Restive Season Advent Calendar offers a gentle pause each day in December to help you slow down, re-connect, and carry a sense of rest and ease through the festive season and into the new year. Health coaching gift cards also available.

£6.00/\$6.98

[Link to Shop Through The Trees Coaching](#)



PSYCHOLOGIST AND WRITER

NAVIGATING LOSS

David Younger, PhD

I'm a husband, father, and psychologist living with a disability. I write from the inside of loss—about grief, tenderness, and what it means to keep living when life breaks and reshapes you.

FREE

[Link to Navigating Loss](#)



NURSE CARE MANAGEMENT

MELIORA NURSE CARE MANAGEMENT

Sophie M. Munoz MS, RN, CNL

Meliora Nurse Care Management helps clients manage chronic health conditions and navigate the health system. "Meliora" is Latin for "better," and that's what we're here to do: make your health journey better. *Service areas listed on website.*

RATES VARY

[Link to Shop Meliora Nurse Care Mgmt.](#)



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JORDAN J
BOOKKEEPING

BOOKKEEPING SERVICES

JORDAN J BOOKKEEPING

Jordan Joyce,

If you have been trying to do all of your accounting and bookkeeping yourself, or need someone with more of an expertise in real estate finance, then book a call and we can talk about your business.

If you're in the Kansas city metro area, I'd love to sit down for a cup of coffee.

[Link to Jordan's Website](#)

**ACCORDING TO THE
INTERNATIONAL LABOR
ASSOCIATION, DISABLED
WORKERS WORLDWIDE
ARE MORE LIKELY TO
EXPERIENCE INCOME
GAPS DURING HEALTH
FLARE UPS.**



FINANCIAL STABILITY IS A BARRIER FOR MANY

Disabled entrepreneurs around the world face higher financial volatility because medical costs, variable capacity, and inaccessible workplaces limit traditional income pathways. Reliable bookkeeping and financial support make it easier to build stability, plan for slow seasons, and keep a business sustainable over time.



RHEANNA NUTTER - THE CHRONIC CEO

SERVICES & DIGITAL DOWNLOADS



SPOON SAVER COMFORT MENU

FREE DOWNLOAD

A comfort menu of 45 low-energy, high-impact business tasks to keep things moving when you're stuck in bed.

[SHOP NOW!](#)



SPOON SAVER VISIBILITY KIT

NOTION + AI VISIBILITY KIT

Visibility doesn't have to be exhausting. This instant-access toolkit gives you a full set of reusable, AI-powered templates that make pitching, following up, and promoting yourself simple even on your lowest-energy days.

[SNAG THE KIT](#)



90 MIN STRATEGY SESSION W/30 MIN FOLLOW-UP

STRATEGY SESSION

Imagine walking away from a single call feeling lighter. Clearer. Like the swirling chaos in your head finally landed on paper with a path that actually makes sense. That's the power of a 90 Min. Strategy Session.

[SHOP NOW](#)



RHEANNA NUTTER | BUSINESS STRATEGIST FOR ENTREPRENEURS WITH CHRONIC ILLNESS & DISABILITIES

When you're battling chronic illness, disabilities, or the unpredictable chaos of neurodivergence and mystery symptoms, the hustle-and-grind life falls apart fast. I learned the hard way that rest can't be a reward. It has to be part of the strategy.

After 20 years in the game (and more lived chaos than I'd ever put on a résumé), I've seen both sides of business: the corporate machine and the reality of limited capacity.

My work is built on one simple truth: your business should bend to fit your capacity. Not the other way around. I create systems, strategies, and shortcuts that actually respect your energy so you can build something sustainable instead of surviving on fumes.



MORE RESOURCES FROM THE CHRONIC CEO:

[SHOP CUSTOM CHATBOTS](#)

[SHOP SIGNATURE SPRINTS](#)

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ADDIE RAY - ACCESS FOR ALL, LLC

SERVICES & DIGITAL DOWNLOADS



KEYNOTE SPEAKING & TRAININGS

PRICING VARIES BASED ON BUDGET

Educational presentations on a variety of disability related topics

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FACILITY ADA COMPLIANCE EVALUATION

PRICING VARIES BASED ON BUDGET

Go through a building from parking lot up to determine what needs to be done to achieve compliance with the 2010 Accessible Design Standards

[LEARN MORE](#)



NEW BUILDING CONSULTING

PRICING VARIES BASED ON BUDGET

Meet with the design and/or architect teams to make sure that a building is accessible from the beginning

[LEARN MORE](#)



CONSTANCE (ADDIE) RAY | DISABILITY INCLUSION & AMERICANS WITH DISABILITIES CONSULTING

Access For All, LLC offers Keynote speaking & trainings, accessibility audits and other services meant to help other businesses be more inclusive in order to benefit their missions and communities as a result. This focus stems from the experiences and knowledge of the Founder/CEO, Addie Ray who strives to demonstrate that businesses being disability inclusive benefits society as a whole.

Addie Ray is the founder and CEO of Access For All, LLC, launched in 2017 to support businesses and organizations in achieving true accessibility and inclusion. As a lifelong wheelchair user, Addie combines personal insight with deep knowledge of the Americans with Disabilities Act to offer training, facility evaluations, and consulting to help foster environments where all people can participate fully.



[LEARN MORE](#)

ACCESS & DISABILITY INCLUSION CONSULTING



HOW TO GET INVOLVED

GETTING INVOLVED DOESN'T HAVE TO BE A HEAVY LIFT.

Every part of this work grows through small, steady contributions from people who care about disabled creators having real opportunities.

Browse upcoming programs, join the community, sponsor a member, volunteer, or donate. Pick whatever fits your capacity or budget right now. Each choice strengthens the support system we're building together.

SPONSOR A
MEMBER

VOLUNTEER

DONATE

JOIN THE
COMMUNITY

UPCOMING
PROGRAMS

GET INVOLVED





JOIN THE COMMUNITY



THIS COMMUNITY EXISTS BECAUSE SICK AND DISABLED CREATORS SHOULDN'T HAVE TO CARRY EVERYTHING ON THEIR OWN.

Chronically sick and disabled business owners deserve community that fits their lives, not expectations built around endless capacity.

The Holiday Guide shows what happens when creators with real limits come together to share their work and support each other.

Membership gives you year round connection, practical resources, and a place where your pace is respected. You can join coffee hours, access tools, ask questions, and be part of a community that understands flare days and slow seasons.

It is support without pressure and momentum without the weight of doing everything alone.

[JOIN HERE](#)



Every member is a creator carving out a path on uneven days, offering what they can, finding support when they need it, and building a community that grows through shared care.



WHAT THEY'RE SAYING ABOUT US

"I look forward to joining the virtual coffee hour each week - it's such a welcoming and intentional space to workshop business ideas, share strategies for navigating health challenges (like advocating for yourself during appointments), and support each other through ups and downs. I always leave feeling more grounded, aligned, and on top of things, both personally and professionally."

**CHRISTINA, PHD EDUCATION,
HEALTH & WELLNESS COACH,
THROUGH THE TREES COACHING**

"It's an amazing feeling to be surrounded by like-minded people, who know what we were going through and want to grow together."

EMPOWER NETWORK MEMBER

"Imposter Syndrome is so real. Why would someone hire me, when I need accommodations, when they could hire someone 'easier?' This community has given me the courage to put myself out there again."

EMPOWER NETWORK MEMBER



Every testimonial is someone pausing in the middle of real life to share what helped, what mattered, and what made the work feel lighter. Together, these stories show how support lands in the community and why it continues to grow.



THANK YOU

Your support means more than you know

Whether you found a gift, shared the guide, or simply took time to explore what our community has to offer - thank you.

Every view, every purchase, every moment of attention helps shift visibility, access, and opportunity toward chronically ill and disabled creators.

This guide was built to support small, independent creators, and your support helps further that mission.

We're so glad you chose to be part of it.



THE EMPOWER NETWORK



THE EMPOWER NETWORK



Holiday GIFT GUIDE

GIFTS MADE BY CHRONICALLY ILL AND DISABLED CREATORS