

The Importance of Connecting with Others on Your Fragile X Journey

How Social Media and Technology can foster relationships that last a lifetime



Special Needs Parenting Vs. Parenting

- Inchstones Vs. Milestones
- People Telling You How to Parent
- Comparing Stressors
- Family & Friendships
- The Grieve/Recover/Grieve/Recover Cycle

The Importance of Social Support

- Paula



The Importance of Social Support

- Holly



The Importance of Social Support

- Melissa



How Technology Can Help Connect

- Blogging



- Facebook



- Twitter



- Pinterest



- NFXF Website



Bridging into the “Real World”

- Overcoming Anxiety
- Taking Risks, Step Out of Your Comfort Zone
- Online Interaction **WILL** Make Things Easier
- The Story of Melissa
- LINKS Involvement
- Canada 
- Lifelong Friendships



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