

# *The Joys and Challenges of Long-term Relationships*



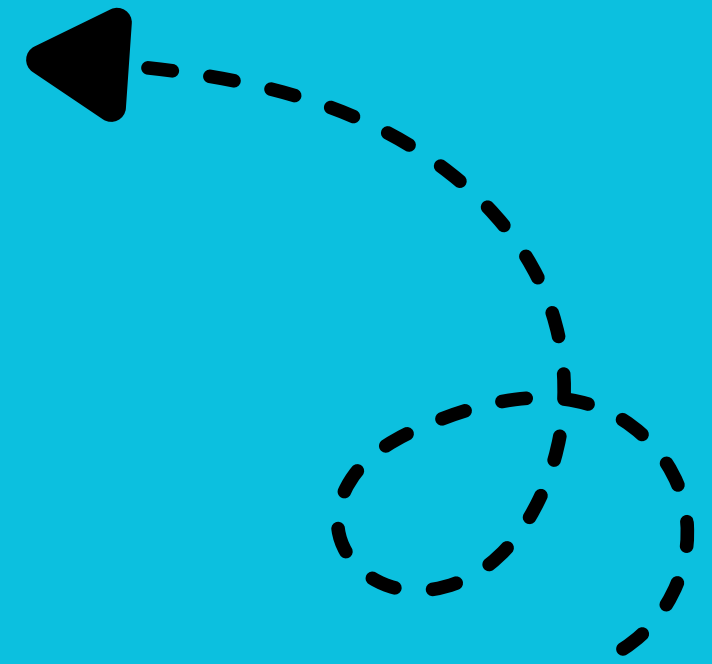
# *An opportunity to learn from each other*

Mary Byrnes, Founder and Executive Director of  
Harrison's Hope

Suzanne Emery, Program Director, Family Nurse Practitioner,  
FASCETS Center For Neurodiversity

Mary Schalk, Program Director for Partners in Prevention

*Humans are messy*



Why are relationships hard?

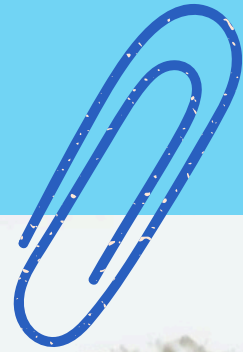
Because they involve humans



1. recognize potential challenges

2. share strategies to manage challenges





# *Our path today*

Panelists will share thoughts  
on several topics  
Audience ask questions and  
share comments



*Strengths that  
make you a  
good partner*

A photograph of a man and a woman embracing in a sunset setting. The man is on the left, wearing a white t-shirt, and the woman is on the right, with long dark hair. They are both looking towards each other. The background shows a sunset over a body of water.

*connection*  
*with*  
**FASD**

When was FASD  
identified?

How did that give  
you a different  
perspective?

# *Deeper conversations*

Quirks or behaviors that make a relationship difficult

How do you talk about the challenges?





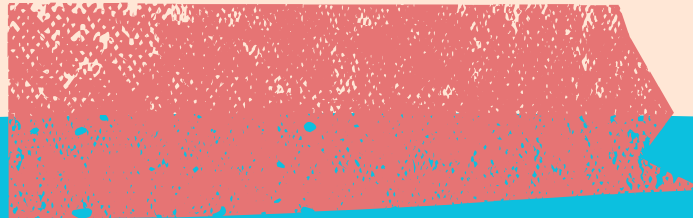
Difficulty seeing things from another person's point of view

Difficulty connecting actions and consequences

Processing speed? Or cognitive rigidity?  
Capacity to use feedback?

Confabulation





# Communication



# *Tools and strategies*

What helps?



# *Parenting*

Strengths and  
challenges

What should the  
children know?

*Final tips*

*Audience  
wisdom*

