



# Empowering Families, Changing Lives

Providing knowledge, resources and tools, and connecting you with a community that cares.

**[Make a Donation](#)**

**Fragile X 101**

# Our Impact

Empowering families living with Fragile X and the professionals who serve them every day

## Advocacy

Promoting effective advocacy for families and individuals to meet the ongoing challenges of the Fragile X journey.

[Advocate for Fragile X →](#)

## Education

Providing tools and resources to help manage the day-to-day challenges of life with Fragile X.

[Explore our resources →](#)

## Research

Facilitating research for families and professionals and centering patients and families in work toward treatments and a cure.

[Discover research →](#)

## Treatment

Improving access and availability of informed treatment options for all patients with Fragile X.

[Find a Fragile X clinic →](#)

# **Hope for the Future**

Every individual living with Fragile X deserves to receive the support and care they need to reach their full potential. By making a gift today, you can make a difference in the lives of all those impacted by Fragile X!

[Learn more](#) about our impact, where your donations go, and our responsibility as a nonprofit.

One-time

Monthly

Choose an amount to donate

\$500

\$1,000

\$2,000

\$5,000

USD ▾    \$ Other

Continue

New to Fragile X?

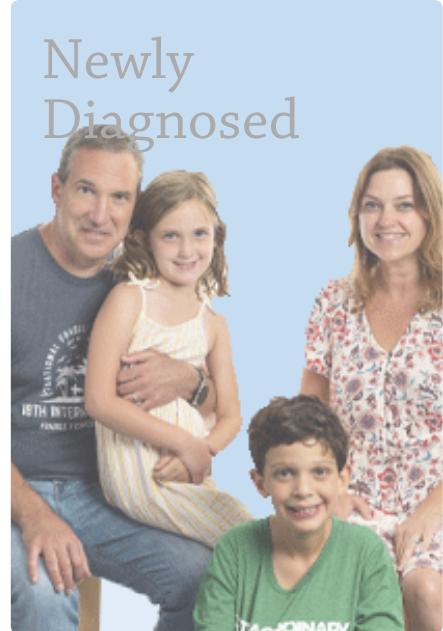
## What is Fragile X?



## Xtraordinary Individuals



## Newly Diagnosed



# Living With Fragile X



## CAREGIVER STORIES

### Kara

Kara always thought she would return to work after having children. Two sons with FXS meant taking a different path. She chose instead to focus on advocating for her sons to get the medical services and educational support they need. Hear about Kara's family's experiences and how National Fragile X Foundation has helped them make their way. Part of our series alongside Shionogi spotlighting caregivers and their unique experiences for Fragile X Awareness Month.

[Hear Kara's Story](#)



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Discover what's new and coming up every week.

email address

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## WATCH & READ

### Latest Webinars

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FXPOI Issues    FXPOI

**Fragile X-  
Associated Primary  
Ovarian  
Insufficiency**

June 27, 2025 • 01 h 01 m

[Watch Now](#)

Research    Webinar

**Peer-Reviewed  
Medical Research  
Program's FY25  
Funding  
Opportunities for  
Researchers**

May 28, 2025 • 00 h 34 m

[Watch Now](#)

Caregiving    FXS

**Top Financial  
Mistakes to Avoid  
for Special Needs  
Dependents**

May 13, 2025 • 01 h 11 m

[Watch Now](#)

# Latest Posts

In the News FXPOI

## Breaking New Ground: The Spectrum of Fragile X Disorders in New England Journal of Medicine

July 22, 2025 • 00 min

[Read Now](#)

Research FXS

## NFXF Belonging Project: Site Updates 2025

July 16, 2025 • 05 min

[Read Now](#)

Community General

## Moshi Moshi Sushi Fundraiser

July 7, 2025 • 00 min

[Read Now](#)

Since 1984, the NFXF has supported and empowered families impacted by Fragile X by providing the knowledge, resources, and tools they need to navigate daily challenges and support individuals in reaching their full potential. Our work focuses on four strategic areas: promoting advocacy, providing education, advancing research, and improving treatments.

### **JOIN OUR MAILING LIST**

Stay informed with your weekly dose of news, resources, and community.

Email Address

**SUBSCRIBE**

### **DONATE TO NFXF**

Empower the Fragile X community with knowledge, resources, tools, and hope! Thank you!

[Donate Now](#)

## ABOUT GIVING

NFXF Financials and Impact

Ways to Give

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## POPULAR RESOURCES

Fragile X 101

Newly Diagnosed

Webinars & Videos

Fragile X Clinic Finder

Treatment Recommendations

Advocacy Programs

Research Opportunities

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