Pull-thru NETWORK

2026 NATIONAL CONFERENCE

July 15-19, 2026 ▪ Charlotte, North Carolina

Embassy Suites by Hilton Charlotte Concord Golf Resort & Spa

DAY 1 • Wednesday, July 15	
5:00 PM – 7:30 PM	**Registration & Information**
6:00 PM - 8:00 PM	**Meet & Greet Reception** *Concord G/H/I/J* ***Pick up Conference Materials and Meet our Sponsors***
7:30 PM - 8:00 PM	**Playroom Orientation** *Kannapolis Ballroom* *Learn about our two supervised playrooms, available for children ages 0–7 and 8–15, designed to be a fun and safe place for kids while parents attend sessions. Children under age 3, as well as older children who need one-on-one attention, must have a parent, guardian, or sibling stay with them in the playroom. This required orientation explains supervision guidelines and policies, and parents must remain in the conference center at all times while their children are using the playrooms.*
DAY 2 • Thursday, July 16	
9:30 AM – 5:30 PM	**Registration & Information**
10:30 AM - 11:00 AM	**First-Time Attendee's Orientation** *Concord I/J* *This orientation welcomes first-time attendees, offering a clear overview of the conference goals, schedule, and available resources. Participants will learn how to navigate sessions, connect with medical experts, develop relationships with other attendees, and make the most of their conference experience with confidence.*
11:00 AM - 11:30 AM	**Playroom Orientation** *Kannapolis Ballroom* *Learn about our two supervised playrooms, available for children ages 0–7 and 8–15, designed to be a fun and safe place for kids while parents attend sessions. Children under age 3, as well as older children who need one-on-one attention, must have a parent, guardian, or sibling stay with them in the playroom. This required orientation explains supervision guidelines and policies, and parents must remain in the conference center at all times while their children are using the playrooms.*
12:00 PM - 1:15 PM	**Lunch Buffet & Opening Remarks** *Concord E/F*
1:30 PM - 2:30 PM	**Concurrent Sessions**
	Hirschsprung Disease: Meet & Greet *Concord A* *This informal meet-and-greet brings together attendees affected by Hirschsprung Disease to meet one another, connect, and share experiences in a welcoming setting. Participants will have the opportunity to build community, find support, and learn from others who share similar journeys.*
	ARM in Early Childhood (Birth - age 6) *Concord B* *This session explores the diagnosis and treatment of anorectal malformations in young children. Participants will learn about surgical options, factors that influence continence outcomes, and ways families can support their child's health and development in the early years.*
	Gynecology in Young Women with ARM *Concord C/D* *New questions about gynecologic and urologic health often arise during and after puberty for women with anorectal malformations (ARM). This session will provide information, guidance, and resources to help support healthy development and address common concerns in adolescence and beyond.*
	Affected Adults Meet & Greet *Carolina Ballroom* *This informal meet-and-greet brings together affected adult attendees to meet one another, connect, and share experiences in a welcoming setting. Participants will have the opportunity to build community, find peer support, and learn from other adults who share similar journeys.*
	Sibling Meet & Greet (ages 8 & up) *Fairway Ballroom* *This informal meet-and-greet brings together siblings of affected individuals to meet one another in a fun welcoming setting. Come meet other siblings who will be at conference who are like you and get a preview of the sibling sessions!*
2:30 PM - 2:45 PM	**Break**

2:45 PM - 3:45 PM	**Concurrent Sessions**
	Bowel Management Basics *Concord B* *Starting bowel management can feel overwhelming, but the right plan can make a big difference in your child's health and confidence. This session will explain what bowel management is, when to consider starting, and how families can support their child through the process.*
	Bladder & Kidney Health (repeated on Saturday) *Concord C/D* *This session will cover the basics of keeping your child's bladder and kidneys healthy. Families will learn about common issues to watch for, steps to prevent problems, and how to support their child's long-term urinary health.*
	Family Life with a Medically Complex Child *Concord I/J* *Raising a child with complex medical needs affects the whole family, but a healthy and fulfilling home life is possible. This session offers practical strategies and supportive guidance to help families strengthen routines, relationships, and resilience together.*
	Affected Adults (30 years +) with Healthcare Professionals *Carolina Ballroom* *This informal session brings together affected adults ages 30 and older and healthcare professionals for open conversation and discussion. Participants will have the opportunity to ask questions, share experiences, and engage directly with experts in a relaxed, supportive setting.*
	PTN Kids/Young Teens (ages 8-15 yrs) Meet & Greet *Fairway Ballroom* *Calling all PTN Kids and younger teens! This informal meet-and-greet brings together PTN kids and teens to meet each other in a fun, welcoming setting. Hang out with us, meet other kids like you at the conference, and get a preview of the PTN Kids and Teens sessions ahead!*
4:00 PM - 5:00 PM	**Concurrent Sessions**
	Chat Session for the Spouses and Significant Others of Affected Adults *Concord A* *This session for spouses and significant others of affected adults, offers a welcoming environment for sharing experiences, gaining valuable insights, and building connections with others in similar situations.*
	I Couldn't Tell You: The True Story of a Mother and Daughter's Journey to Overcome Their Mental Health Demons *Concord I/J* *This session will cover what caregiver PTSD looks and feels like in an ARM parent. Sarah Deschamps will present passages from her newly published memoir," I Couldn't Tell You: The True Story of a Mother and Daughter's Journey to Overcome Their Mental Health Demons." You will come away with ideas about how to find hope and build community as you travel through some of our most difficult times.*
	Affected Adults (30 years +) with Healthcare Professionals (*continued*) *Carolina Ballroom* *This informal session brings together affected adults ages 30 and older and healthcare professionals for open conversation and discussion. Participants will have the opportunity to ask questions, share experiences, and engage directly with experts in a relaxed, supportive setting.*
	PTN Teens/Young Adults (16-25) Meet & Greet *Fairway Ballroom* *Calling all older PTN Teens and young adults! This informal meet-and-greet brings together PTN older teens and young adults to meet each other in a fun, welcoming setting. Hang out with us, meet others like you at the conference, and get a preview of the sessions that may be of interest to PTN Teens and young adults!*
5:30 PM - 7:00 PM	**Dinner Buffet** *Concord E/F*
7:00 PM - 9:00 PM	**Teen Movie Night (PG-13 movie-TBD)** *Concord C/D*
7:00 PM - 9:00 PM	**Family Bingo** *Concord E/F*

Day 3 • Friday, July 17, 2026	
7:30 AM – 5:30 PM	**Registration & Information**
8:30 AM - 12:00 PM	**PTN Kids Program – Affected Children (age 8 & up)** *Fairway Ballroom* *Get ready for an epic morning just for you. Join us for fun, cool activities and awesome bonding time. Hang out with friends, new and old, and have an amazing time. Talk to an older kid who has been there, done that. Who knows? You might just learn something!*
8:30 AM - 9:30 AM	**Concurrent Sessions**
	Complex ARM: Cloaca *Concord B* *This session will delve into the complexities of ARM, focusing specifically on cloaca, including detailed discussions on diagnosis, surgical options, and long-term prognosis.*
	Bladder & Sexual Health for ARM Males *Concord C/D* *This session explores important topics, focusing on bladder function, sexual health, and overall well-being for males with anorectal malformations (ARM). Experts will share practical guidance to support healthy development, confidence, and quality of life.*
	Hirschsprung Disease Overview *Concord G* *Explore accurate diagnosis, various surgical options, and supplementary treatments. Participants will gain a deeper understanding of managing HD to improve patient outcomes and quality of life.*
	Sharing Your Story: Talking About Sensitive Topics with Confidence *Concord I/J* *This session offers practical strategies for discussing your child's needs with others when bathroom concerns are private or sensitive. Participants will learn how to share essential information respectfully and effectively to ensure understanding, support, and dignity for their child.*
9:45 AM - 10:45 AM	**Concurrent Sessions**
	Enema Options and Techniques *Concord B* *This session explores the different types of enemas—rectal, antegrade (Malone & cecostomy), and TAI—explaining when each is appropriate. Participants will also learn how to make saline solutions and what additives can be safely used to support effective bowel management.*
	Tethered Cord and Anorectal Malformations *Concord C/D* *This session explores the connection between tethered cord and anorectal malformations (ARM), including signs to watch for, diagnostic approaches, and treatment options. Participants will gain practical guidance on managing symptoms, optimizing function, and supporting long-term health and quality of life.*
	College Accommodations *Concord G* *This session offers practical suggestions regarding college disability accommodations to students and families who are getting ready for college (or thinking about it). Topics include: assessing the specific needs of the individual student, evaluating potential college campuses, and navigating the accommodations process after enrollment..*
	Colorectal Research *Concord I/J* *This session will highlight current advances in colorectal research, including new insights into diagnosis, treatment, and long-term management of colorectal conditions. Participants will learn how emerging findings may impact clinical care, patient outcomes, and future directions for research and collaboration.*
	Affected Adults Chat Session *Carolina Ballroom* *Join us for an engaging discussion and support network tailored for our affected adults navigating medical complexities. Share experiences and gain valuable insights in a welcoming and understanding environment.*

11:00 AM - 12:00 PM	**Concurrent Sessions**
	Troubleshooting Urology Challenges *Concord B* *This session provides practical guidance for identifying and managing common urology issues in children with ARM or related conditions. Participants will learn strategies to recognize problems early, communicate effectively with healthcare providers, and implement solutions to support optimal bladder health and function.*
	Gynecology & Urology for Girls with ARM *Concord C/D* *This session addresses key health topics for girls with anorectal malformations (ARM), including bladder function, sexual health, and overall well-being. Experts will provide guidance to support healthy development, confidence, and quality of life throughout childhood and adolescence.*
	Understanding & Managing Medical PTSD *Concord I/J* *This session explores what medical PTSD is, how it can affect both children and parents, and practical ways to recognize and manage its impact. Participants will gain insight into effective coping strategies, therapeutic approaches, and resources for fostering emotional healing and resilience.*
	Affected Adults (30 years +) Bowel Management – What to Do When You Don't Have a Colorectal Team *Carolina Ballroom* *This session offers affected adults ages 30 and older practical guidance on managing bowel care when you don't have access to a dedicated colorectal team. Participants will learn strategies, resources, and tips for daily management while connecting with peers who face similar challenges.*
12:15 PM - 1:15 PM	**Lunch Buffet** *Concord E/F* ***PTN Kids/Teens sit together at reserved tables***
1:30 PM - 4:15 PM	**PTN Teens and Young Adults Program (ages 13 & up)** *Fairway Ballroom* *PTN Teens will get back together after lunch to continue hanging out and learning about things that impact you as you get older. Thriving in high school and thinking about what comes next are on the agenda. PTN Young Adults are welcome to join us, too.*
1:30 PM - 2:15 PM	**Concurrent Sessions**
	Dads Only *Concord A* *This session offers a space for fathers to connect, share experiences, and exchange practical advice about supporting children with ARM or HD. Other male adult role models are also welcome to join and contribute to the conversation.*
	To Share or Not to Share: Protecting Your Child Online *Concord B* *This session helps families consider the long-term implications of sharing information about their child's ARM or HD diagnosis online. Participants will learn strategies to respect their child's privacy, honor future wishes, and make thoughtful decisions about what, when, and how to share in digital spaces.*
	Sacral Nerve Stimulation: What, When, and Why *Concord G* *This session explains sacral nerve stimulation, a treatment that uses electrical impulses to improve bladder and bowel function. Participants will learn how it works, when it is recommended, and what to expect before, during, and after the procedure to support informed decision-making.*
	All Things Malone (MACE) *Concord I/J* *This session explores the Malone Antegrade Continence Enema (MACE) procedure and common issues that may arise afterward. Participants will learn how to manage post-surgery care, troubleshoot challenges, and support effective bowel management for long-term success.*
	Adults with Hirschsprung Disease *Carolina Ballroom* *Join us for an engaging discussion and support network tailored for our affected Hirschsprung adults navigating medical complexities. Share experiences and gain valuable insights in a welcoming and understanding environment.*
	Ask the Experts – Roundtable Discussion ***attendee sign up required*** *Piedmont, Blueridge, Kitty Hawk & Harrisburg* *In this interactive "Ask the Experts" session, each roundtable will include up to three healthcare providers and 2–3 families, creating a small-group setting for meaningful discussion. Participants can ask questions, share experiences, and gain practical insights on managing medical, surgical, and daily life challenges.*
2:15 PM - 2:30 PM	**Break**

2:30 PM - 3:15 PM	**Concurrent Sessions**
	Dads Only *(continued)* *Concord A*
	Pelvic Floor Therapy and Biofeedback *(repeated Saturday afternoon)* *Concord B* *This session introduces pelvic floor therapy for individuals with anorectal malformations (ARM), explaining what it is and how it can support bowel and bladder function. Participants will learn about the benefits, techniques used, and how therapy can improve control, strength, and overall quality of life.*
	Pull Through Re-do for ARM *Concord C/D* *This session explains when a pull-through repeat may be necessary for individuals with anorectal malformations (ARM). Participants will learn about the medical indications, what to expect before and after surgery, and strategies for recovery and long-term bowel management.*
	Understanding Outcomes in Hirschsprung Disease *Concord G* *This session explores why some individuals with Hirschsprung disease experience better long-term outcomes than others. Participants will learn about factors that influence success, including surgical approaches, post-operative care, bowel management strategies, and ways families can support optimal health and quality of life.*
	Insurance Insights for Families *Concord H* *This session offers practical guidance for navigating health insurance for children with ARM or HD. Participants will learn strategies for understanding coverage, managing claims, maximizing benefits, and advocating effectively to ensure their child receives necessary care and services.*
	Ask the Experts – Roundtable Discussions *(continued)* ***attendee sign up required*** *Piedmont, Blueridge, Kitty Hawk & Harrisburg*
3:15 PM - 3:30 PM	**Break**
3:30 PM - 4:15 PM	**Concurrent Sessions**
	Dads Only *(continued)* *Concord A*
	Mastering the Potty *Concord B* *This session provides practical strategies for helping children with anorectal malformations (ARM) or Hirschsprung disease (HD) achieve successful toilet training. Participants will learn techniques to build independence, overcome common challenges, and establish consistent routines that support long-term bathroom success.*
	Telemedicine: Connecting with Care *Concord G* *This session explores the use of telemedicine for children with ARM or HD, highlighting how virtual visits can support ongoing medical care. Participants will learn about best practices, benefits, and limitations of telehealth, as well as tips for preparing for successful remote appointments.*
	A Word from the Siblings – Panel Discussion *Concord I/J* *Gain insights into the unique experiences, challenges, and opportunities faced by siblings of medically complex individuals; learning ways to foster empathy and support within families.*
	Ask the Experts – Roundtable Discussions *(continued)* ***attendee sign up required*** *Piedmont, Blueridge, Kitty Hawk & Harrisburg*

4:30 PM - 5:15 PM	**Concurrent Sessions**
	Dads Only *(continued)* *Concord A*
	Miss Amazing *Concord C/D* *Gain insights into the mission of the Miss Amazing program which creates spaces where girls and women with disabilities can define who they are and who they want to be – on their own terms.*
	Grandparents' Meet & Greet *Concord G* *This relaxed meet-and-greet is a chance for grandparents attending conference to spend time together, get to know one another, and share their experiences in a warm, welcoming environment. Attendees can connect with others who understand their journey, offer and receive support, and learn from one another's experiences.*
	Ask the Experts Roundtable Discussions *(continued)* ***attendee sign up required*** *Piedmont, Blueridge, Kitty Hawk & Harrisburg*
5:30 PM	**Dinner on your own**
Day 4 • Saturday, July 18, 2026	
7:15 AM - 8:15 AM	**Let's Do Yoga!** *Concord A* *Spend part of your morning with this gentle yoga session, designed to help you relax, reset, and get ready to take on this full day. Move, stretch, and breathe in a calm, supportive space to refresh your mind and body.*
7:30 AM – 5:30 PM	**Registration & Information**
8:30 AM - 12:00 PM	**PTN Sibling Program – Siblings (age 8 & Up)** *Fairway Ballroom* *Spend a morning just for you, the awesome sibling! Enjoy fun games, creative activities, and chances to share stories with others who understand what it's like. Meet older siblings who've navigated similar experiences and pick up helpful advice while having a blast.*
8:30 AM - 9:30 AM	**Concurrent Sessions**
	Let's Do Yoga! *Concord A* *Start the day with this gentle yoga session, designed to help you relax, reset, and get ready to take on this full day. Move, stretch, and breathe in a calm, supportive space to refresh your mind and body.*
	Transition of Care – How to Prepare Your Child (*for parents*) *Concord B* *This parents-only session provides guidance on helping children with ARM or HD transition from pediatric to adult healthcare. Participants will learn strategies for fostering independence, teaching self-advocacy, and ensuring a smooth and supported transition to adult medical care.*
	Bladder & Kidney Health (repeated from Thurs afternoon) *Concord C/D* *This session will cover the basics of keeping your child's bladder and kidneys healthy. Families will learn about common issues to watch for, steps to prevent problems, and how to support their child's long-term urinary health.*
	Anxiety and Mood Concerns: Recognition and Support *Concord I/J* *This session helps parents and caregivers identify signs of anxiety and mood challenges in children with ARM or HD. Participants will learn strategies to provide support at home, recognize when professional help may be needed, and access resources to promote emotional well-being.*
	PTN Adults Chat Session *Carolina Ballroom* *Join us for an engaging discussion and support network tailored for our affected adults navigating medical complexities. Share experiences, and gain valuable insights in a welcoming and understanding environment.*

9:45 AM - 10:45 AM	**Concurrent Sessions**
	Reoperation in Hirschsprung Disease *Concord B* *This session explores the circumstances that may require reoperation in individuals with Hirschsprung disease. Participants will learn about medical indications, what to expect before and after surgery, and strategies for recovery and long-term bowel management.*
	Understanding Bladder Augmentation *Concord C/D* *This session provides an overview of bladder augmentation surgery, including when it may be recommended for individuals with ARM or related conditions. Participants will learn about the procedure, potential benefits and risks, and strategies for post-operative care and long-term bladder management.*
	Ask the Doctor – Boys age 11-14 *Concord G* *Boys ages 11-14 with ARM/HD engage with medical experts, discussing concerns and questions in a safe and supportive environment, gaining insight, guidance, and empowerment. No parents allowed.*
	Ask the Doctor – Girls age 11-14 *Concord H* *Girls ages 11-14 with ARM/HD engage with medical experts, discussing concerns and questions in a safe and supportive environment, gaining insight, guidance, and empowerment. No parents allowed.*
	Understanding & Managing Medical PTSD (repeated on Friday) *Concord I/J* *This session explores what medical PTSD is, how it can affect both children and parents, and practical ways to recognize and manage its impact. Participants will gain insight into effective coping strategies, therapeutic approaches, and resources for fostering emotional healing and resilience.*
	Affected Young Adults Only (age 18-30) with Healthcare Professionals – Transition of Care Issues – How to Find a Provider *Carolina Ballroom* *This session connects affected young adults (ages 18–30 only) with healthcare professionals to discuss transition of care challenges. Participants will get guidance on finding providers, navigating adult healthcare, and strategies for a smooth move from pediatric to adult care.*
11:00 AM - 12:00 PM	**Concurrent Sessions**
	Nutrition & Hydration for Individuals with ARM/HD *Concord B* *Eating and drinking well are key to helping individuals with anorectal malformations (ARM) or Hirschsprung disease (HD) stay healthy and thrive. This session will share practical tips, common challenges, and everyday strategies to support good nutrition and hydration.*
	Navigating School 504 and IEP Accommodations *Concord C/D* *This session helps parents and caregivers understand how to identify, request, and implement appropriate school accommodations for children with ARM or HD. Participants will learn strategies to advocate effectively, collaborate with educational teams, and support their child's success in the classroom.*
	Ask the Doctor – Boys age 15-18 *Concord G* *Boys ages 15-18 with ARM/HD engage with medical experts, discussing concerns and questions in a safe and supportive environment, gaining insight, guidance, and empowerment. No parents allowed.*
	Ask the Doctor – Girls age 15-18 *Concord H* *Girls ages 15-18 with ARM/HD engage with medical experts, discussing concerns and questions in a safe and supportive environment, gaining insight, guidance, and empowerment. No parents allowed.*
	When Your Bowel Routine Stops Working *Concord I/J* *This session provides guidance on recognizing when a bowel management plan is no longer effective and outlines practical steps to troubleshoot and adjust the routine. Participants will learn strategies to identify underlying issues, collaborate with healthcare providers, and restore successful bowel management.*
	Affected Adults (age 18-30) with Healthcare Professionals – Transition of Care Issues *(continued)* *Carolina Ballroom*
12:15 PM - 1:15 PM	**Lunch Buffet** *Concord E/F*
1:30 PM - 4:15 pm	**PTN Sibling Teens Program – Siblings (age 13 & up)** *Fairway Ballroom* *PTN Sibling Teens will get back together after lunch to continue hanging out and learning about things that impact you as you get older. Thriving in high school and thinking about what comes next are on the agenda.*

1:30 PM - 2:15 PM	Concurrent Sessions
	Why I Chose an Ostomy *Concord A* *This session features personal stories from individuals with ARM or HD who have chosen an ostomy, sharing their experiences and decision-making process. Participants will gain insight into the benefits, challenges, and considerations involved, helping families understand the role an ostomy can play in managing bowel health and improving quality of life.*
	Pelvic Floor Therapy & Biofeedback (repeated on Friday afternoon) *Concord B* *This session introduces pelvic floor therapy for individuals with anorectal malformations (ARM), explaining what it is and how it can support bowel and bladder function. Participants will learn about the benefits, techniques used, and how therapy can improve control, strength, and overall quality of life.*
	Preparing Your Child for a Medical Procedure *Concord C/D* *This session offers practical strategies to help children feel more comfortable and confident before undergoing medical procedures. Participants will learn techniques to reduce anxiety, explain procedures in age-appropriate ways, and support their child's emotional and physical well-being throughout the experience.*
	Mom to Mom Roundtables: Introductions *Concord G - Moms of affected kids infant-15 years /* *Concord H - Moms of affected kids age 16+* *This session offers a supportive space for mothers to connect, share experiences, and exchange practical advice about raising children with ARM or HD. Participants can discuss challenges, celebrate successes, and gain encouragement and insights from other moms who understand their journey.*
	Understanding Motility Issues in ARM Patients *Concord I/J* *This session provides an overview of motility challenges commonly experienced by individuals with anorectal malformations (ARM), including causes, symptoms, and treatment options. Participants will learn strategies for managing bowel function, optimizing quality of life, and collaborating with healthcare providers to address ongoing concerns.*
	PTN Adults – Fertility & Intimacy Concerns (Female/Male concurrent) *Carolina AB & Carolina C* *This session is for affected adults and their spouses or significant others only. This session will provide a safe, supportive space to discuss fertility and intimacy concerns with knowledgeable professionals and peers. Separate concurrent discussions for females and males will allow for open, honest conversation and shared learning.*
	Ask the Experts Roundtable Discussions ***attendee sign up required*** *Piedmont, Blueridge, Kitty Hawk & Harrisburg* *In this interactive "Ask the Experts" session, each roundtable will include up to three healthcare providers and 2–3 families, creating a small-group setting for meaningful discussion. Participants can ask questions, share experiences, and gain practical insights on managing medical, surgical, and daily life challenges.*
2:15 PM - 2:30 PM	**Break**

2:30 PM - 3:15 PM	**Concurrent Sessions**
	Irritable Bowel Syndrome *Concord B* *This session explores Irritable Bowel Syndrome (IBS) as it relates to individuals with Anorectal Malformations (ARM) and Hirschsprung Disease (HD). Participants will learn about symptoms, management strategies, and how IBS can overlap with or differ from condition-related bowel challenges.*
	Advocacy for Teens – Developing a PTN Youth Council *Concord C/D* *This interactive session empowers teens to build self-advocacy skills and use their voices with confidence at school, in healthcare, and beyond. Participants will also explore the idea of creating a PTN Youth Council, learning what a council could look like and how teens might get involved in shaping future youth-led initiatives.*
	Mom to Mom Roundtables: How to Give Yourself Grace *Concord G - Moms of affected kids infant-15 years /* *Concord H - Moms of affected kids age 16+*
	Post-traumatic Stress Disorder 2024 PTN Survey Results *Concord I/J* *This session will share key findings from the 2024 Post-traumatic Stress Disorder survey completed by PTN members. Results will highlight common experiences, challenges, and insights to help inform future support and resources.*
	PTN Adults Session – How to Deal with Medical PTSD *Carolina Ballroom* *This affected adults-only session provides a supportive space to discuss medical PTSD and its impact on daily life. Participants will learn coping strategies, resources, and ways to support healing while connecting with others who understand these experiences.*
	Ask the Experts Roundtable Discussions *(continued)* ***attendee sign up required*** *Piedmont, Blueridge, Kitty Hawk & Harrisburg*
3:15 PM - 3:30 PM	**Break**
3:30 PM - 4:15 PM	**Concurrent Sessions**
	Nutrition Strategies for Constipation and Diarrhea *Concord C/D* *This session explores dietary and nutrition interventions to help manage constipation and diarrhea in children with ARM or Hirschsprung disease. Participants will learn practical tips for meal planning, hydration, and foods that support healthy bowel function.*
	Mom to Mom Roundtables: Facing Your Fears *Concord G - Moms of affected kids infant-15 years /* *Concord H - Moms of affected kids age 16+*
	Research Survey - What is the Impact of Colorectal Diagnoses on Coping, Relationship with Family and Food, and the Use of Complementary and Alternative Medicine *Concord I/J* *This session will provide participants the opportunity to complete a survey to explore the experiences of individuals with colorectal diagnoses, focusing on coping strategies, changes in family relationships, food-related challenges, and the use of complementary and alternative medicine (CAM).*
	PTN Adults Session – Relationships *Carolina Ballroom* *This session focuses on navigating adult relationships while living with complex medical experiences. Participants will explore communication, boundaries, and building healthy connections with partners, friends, and family in a supportive, understanding space.*
	Ask the Experts Roundtable Discussion *(continued)* ***attendee sign up required*** *Piedmont, Blueridge, Kitty Hawk & Harrisburg*
4:15 PM - 4:30 PM	**Break**

4:30 PM - 5:15 PM	**LGBTQ+ Social** *Concord A*
	Mom to Mom Roundtables: Open Topics *Concord G - Moms of affected kids infant-15 years /* *Concord H - Moms of affected kids age 16+*
	Ask the Expert Roundtable Discussions *(continued)* *(if needed)* ***attendee sign up required*** *Piedmont, Blueridge, Kitty Hawk & Harrisburg*
5:15 PM - 5:30 PM	**Break**
5:30 PM - 5:45 PM	**Group Picture • Wear your Conference T-shirt if You Have One**
6:00 PM - 7:00 PM	**Dinner Buffet** *Concord E/F*
7:00 PM - 10:00 PM	**Dance Party** *Concord E/F*
DAY 5 - Sunday, July 19, 2026	
8:30 AM – 11:00 AM	**Registration & Information**
9:30 AM - 11:00 AM	**Closing Session - 2026 PTN Games Grand Finale** *Concord E/F* *Join us for a trivia challenge. Teams will have one final opportunity to earn points before scores are totaled. The team with the highest overall score will be crowned the 2026 PTN Games Champions!*
11:00 AM	**2028 Announcement**