

## ANNUAL CONFERENCE

Our 4-day Annual Conference is the best place to connect with others who stutter and those who support them. Activities, motivational speakers, support from others who stutter, the latest in research, and much, much more! It's impossible to describe how powerful it is to spend time at an event where people who stutter are the majority!

## LOCAL CHAPTERS

Often considered the backbone of the NSA, our local chapters for kids, teens, families, and adults are powerful spaces where you can connect directly with your local stuttering community. No matter what point you're at in your stuttering journey, experience the life-changing power of attending a local chapter where you can share your story, bond with fellow people who stutter and allies, and embrace the support of our ever-growing community.

## ONLINE SUPPORT

The NSA can provide you with support without ever leaving your computer. Find support through the NSA's various online support communities. Connect with real people through the latest technology and interactive resources, such as email blasts, Facebook, Twitter, Instagram, video chat applications, and more.

Kids, teens, and parents can connect with people who really understand what they're going through. Help the students and families that you work with get connected with one another by providing them with information about our useful resources.

## WORKSHOPS & CONTINUING EDUCATION

The NSA provides the latest information about stuttering treatment and research to persons who stutter and to speech-language pathologists through our series of nationwide workshops and ASHA-approved continuing education (CE) presentations.

In addition, our NSA Research Committee seeks to facilitate interactions and collaboration between scientists and people who stutter. This includes supporting researchers in the recruitment of study participants and disseminating research findings to interested members of the stuttering community.



*The National Stuttering Association is a 501(c)(3) nonprofit organization. Since 1977, we have dedicated ourselves to bringing hope and empowerment to children and adults who stutter, their families, and professionals through support, education, advocacy, and research.*

**COPYRIGHT © ALL RIGHTS RESERVED  
NATIONAL STUTTERING ASSOCIATION**

P. 800.WESTUTTER (937.8888) | E. INFO@WESTUTTER.ORG

**WESTUTTER.ORG** | [f](#) [t](#) [@](#) [in](#)



# STUTTERING: SO MUCH CAN BE DONE



# THE OPPORTUNITIES TO LEARN FROM OTHERS WHO STUTTER ARE ENDLESS

## THE NSA HELPS KIDS, TEENS, ADULTS, & THEIR FAMILIES

Founded in 1977, the NSA is the largest self-help/ support organization for people who stutter in the United States. Throughout our history, we have worked to improve the lives of people who stutter and their families, whether that is changing the life of one individual or raising awareness of stuttering throughout the nation and the world. For example, the NSA was instrumental in securing a Presidential Proclamation establishing the second week of May each year as National Stuttering Awareness Week. The NSA is here to help you on every step of your journey through life.

Surveys have shown that people who attend support groups through the NSA and the Annual Conference:

- Develop more self-confidence and positive attitudes towards speaking and stuttering
- Have fewer problems at work and in school because of stuttering
- Are less likely to avoid speaking situations or feel embarrassed about stuttering
- Have more successful speech therapy

These are just a few of the things the NSA can offer.

## MEET OTHERS WHO UNDERSTAND WHAT IT'S LIKE TO LIVE WITH STUTTERING

Attend a local chapter meeting, workshop, regional event, or our life-changing Annual Conference. Meeting other members of the National Stuttering Association will help you see that **IF YOU STUTTER, YOU'RE NOT ALONE!**

## STUTTERING & WHAT CAN BE DONE ABOUT IT

The more we understand stuttering, the better we can cope with it. The NSA brings together the knowledge of countless people who stutter. The NSA has partnered with leading stuttering specialists and researchers to provide the most up-to-date information about research and treatment. The more you know, the more you can do to help yourself.

## TREATMENT OPTIONS & ADVICE FROM THOSE WITH EXPERIENCE

The NSA does not endorse any one specific treatment, therapy, medication, or device, but we understand that many people are interested in learning more about the options that are available. Through our website, current research, and other resources, we seek to provide you with the facts about treatment so you can decide for yourself. Also, many NSA members have participated in various treatment programs. Learning from their experiences can help you make well informed decisions for your own life.

## GET CONNECTED & STAY CONNECTED

Check out WeStutter.org today to stay connected in a variety of ways, including periodic email blasts, Social Media (Facebook page and community-specific groups, Twitter, YouTube, and Instagram), and much more! Be sure to log in and join our mailing list to receive all of the latest news.

## DEAL WITH CHALLENGING WORKPLACE SITUATIONS

Have a job interview coming up? What about handling communication at work or in social situations? NSA members have been there, and we have collected their knowledge and experience. Visit the **WeStutter @ Work** section of our website to get advice, set up a mock interview, or join in a topical webinar.

## YOU CAN DO ANYTHING

Countless NSA members have found themselves doing things they never thought they could do, such as talking on the phone, speaking freely with friends and family—and even strangers, giving presentations and speeches, taking leadership roles at work, becoming more accepting of themselves and their stuttering, and simply enjoying more in their lives. With the support and encouragement of the National Stuttering Association, you can, too!

