

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

## 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

Providing support and encouragement for people who stutter for four decades, our network of nearly 200 chapters for people who stutter is nationwide, and includes a growing number of chapters specifically for NSA Kids (ages 7-12), Teens (13-17), Families (7-17), Adults (18+), and Military Personnel.

## LETTING GO NEWSLETTER

*Letting Go*, the NSA's newsletter, creates a broad-based awareness of and support for those who stutter, by providing the latest research, therapy options, coping management strategies, in addition to offering a connection to the stuttering community for those not in speech therapy or geographically distanced from a support group. All issues are free and available online.

## 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.

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.



**NATIONAL CHANGING THE  
STUTTERING LIVES OF PEOPLE  
ASSOCIATION WHO STUTTER**

*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.*

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

3285-B RICHMOND AVENUE #119 STATEN ISLAND, NY 10312  
P. 800.WESTUTTER (937.8888) | E. INFO@WESTUTTER.ORG  
[WWW.WESTUTTER.ORG](http://WWW.WESTUTTER.ORG) | [f](#) [t](#) [i](#) 'WESTUTTER'



# STUTTERING: SO MUCH CAN BE DONE

# THE OPPORTUNITIES TO LEARN FROM OTHERS WHO STUTTER ARE ENDLESS

## 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 specific treatment, but we understand that many people are interested in learning more about the treatment options that are available. Through our website, newsletters, 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 our newsletters - *Letting Go*, 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 **We Stutter @ 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!

The National Stuttering Association is dedicated to providing hope, empowerment, and support for people who stutter and their families. By being a part of the NSA, you become part of a growing community of people who understand stuttering and the needs of people who stutter. The greatest gift you can give yourself is the knowledge that you are not alone.

