



Ottawa Support Group for People Who Stutter

By and For People who Stutter

Basics

Mission & Goals:

- ❖ To provide support for those who stutter
- ❖ Raise awareness about stuttering
- ❖ Create community

**ALL ADULTS WHO
STUTTER ARE
WELCOME**

Members meet to:

- ❖ take part in speech-related games and activities
- ❖ practice fluency techniques in a supportive and friendly environment
- ❖ discuss common challenges
- ❖ share experiences with other people who stutter

Location & Dates

1st and 3rd Thursday of every month @ 7pm

Next Meetings: Nov 3, Nov 17, Dec 1

The Perley and Rideau Veterans' Health Centre, 1750 Russell Rd, Ottawa, ON K1G 5Z6

Typical Agenda

- ❖ Welcome and news
- ❖ Describe and practice a fluency technique in a particular context (e.g. when talking about a hobby, or reading text together)

Techniques may include:

choral reading	slow speech	blending
easy onsets	cancellations	pull-outs
intentional stuttering (bounces)		

- ❖ Open Discussion - support, sharing, relief