




Creative Programs for Young People Who Stutter

A close-up portrait of a young boy with dark hair and eyes, resting his chin on his hands. He has a gentle, thoughtful expression. The background is dark and out of focus.

Reuben, age 10

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"SAY brought Reuben out of his shell, and in addition to building self-confidence, Reuben has made so many new friendships."

— Maria, Reuben's Mother

ABOUT US

For over 20 years, The Stuttering Association for the Young has provided support, advocacy, and life-changing experiences for young people who stutter. Through summer camp, regional day camps, speech therapy, and creative arts programming, SAY builds a community of acceptance, friendship, and encouragement where young people who stutter can develop the confidence and communication skills they need to thrive.

OUR MISSION

To empower young people who stutter and inspire the world to treat them with compassion and respect so they can achieve their dreams.

HOW WE HELP

Over 80 million people in the world stutter, including 5% of all children. Young people who stutter often face unimaginable fear and cruelty from a world that doesn't understand them. Over time, they may recoil from the world, silencing themselves to hide their stutter, embarrassment, and shame. Young people who stutter may also feel incredibly isolated and alone, and many face daily ridicule, teasing, and bullying.

Since 2001, SAY has offered comprehensive, innovative programs that address the physical, social, and emotional impacts of stuttering. So many incredible children have come to our programs in despair. Their courage has lifted us, and we have witnessed the transformation that occurs when children who stutter develop the self-confidence, lasting friendships, and support they need to express themselves fully and freely. We believe that every young person who stutters has a voice that deserves to be heard.

SAY programs are free or offered on a pay-what-you-can basis. To date, no child has ever been turned away from SAY's programs due to financial limitations.

FOUNDER'S MESSAGE



I believe every voice matters. Not some. Not most. Every voice.

— *Taro Alexander*
SAY Founder and CEO



Every day, kids who stutter shut down. How many silent kids, hiding in the back row of class, are actually brilliant — just pretending not to know the answers because they're afraid to talk? How many young people are keeping their heads down or not making friends because they are terrified of being laughed at, ridiculed, or bullied for the way they speak?

For years, I lived this way myself. I have stuttered since I was five years old, and I wish there had been an organization like SAY when I was a child. For much of my life, from the moment I woke up until the moment I fell asleep, my number one goal was to hide the fact that I stuttered. Of course, the best way not to stutter is not to talk. And I did a lot of not talking. I did a lot of watching the world from the sidelines, desperately wanting to throw myself into the game, but allowing fear to win out more times than not. I started SAY to reach out to young people who might otherwise never know the reassurance and relief of connecting with another person who stutters.

I started SAY to affirm that every voice matters, to help parents know that being an effective communicator is more important than being 100% fluent. I started SAY to make the world listen, to inspire even the quietest amongst us to embrace their voice and dreams. Seeing a child give up on communicating is a tragedy that we don't accept at SAY. Our dream is that each and every child will live out of courage instead of fear. Our expectations are high. We believe that young people who stutter can achieve whatever they dream of.

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"SAY helped me develop the self-esteem necessary to find my own voice. Thanks to SAY, I now live each day with more confidence - whether it's speaking in class or singing an original song - it's been so life-changing."

— Julianna, age 16



CAMP SAY

Join us at Camp SAY, the exciting summer camp where everything seems possible for a young person who stutters, where they develop the skills they need to communicate more effectively, build self-confidence, and forge friendships to last a lifetime.

Camp SAY is an American Camp Association (ACA)-Accredited, 2-week, sleep-away summer camp for young people who stutter, ages 8-18. Young people from across the country and beyond attend Camp SAY year after year.

THE SUMMER OF A LIFETIME

Each day at camp provides an essential balance between structured activities and choice, so children can discover their unique talents and enjoy the freedom of pursuing their personal interests and dreams. Campers spend time with children their own age and are also paired with camp buddies, so that older and younger campers can enjoy a rewarding mentoring experience.

In addition to having incredible fun, kids and teens leave Camp SAY with many meaningful and lasting benefits, including increased confidence, new friendships, greater independence, and the feeling of being much better prepared to begin a new school year.

At Camp SAY, campers are welcomed by friendly staff and fellow campers who stutter and immediately see that Camp SAY is a very different place where they are free to express themselves without fear or ridicule. Camp programs and activities are specially designed to meet each child's individual goals and needs.

We offer sliding scale rates for Camp SAY. No child has been turned away from our programming due to a family's inability to pay.

Learn more about the camp experience at CampSAY.org.



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"I love Camp SAY because I make friends from across the country that I stay in touch with all year long - which is awesome."

— Joe, age 18

SPEECH THERAPY

SAY: Speech provides customized, comprehensive speech therapy to help young people who stutter improve communication skills, build self-esteem, develop greater independence, increase academic and social skills, and advocate for themselves.

THE SAY APPROACH

SAY's speech therapy program is led by speech-language pathologist and board-certified stuttering specialist Brooke Leiman Edwards, MA, CCC-SLP, BCS-SCF. We currently offer teletherapy to families all over DC, MD, and NY, from the onset of stuttering through 18 years of age. Our holistic approach to therapy addresses the individual needs and goals of each child and family and incorporates education & advocacy, fear & avoidance reduction, physical strategies to make speaking easier, family & community integration, and a focus on overall communication skills.

We provide a unique depth of expertise because we are fully dedicated to addressing the challenges of stuttering and helping kids and teens build communication skills, increase self-esteem, develop independence, and enjoy more dynamic school and social participation. **Sliding scale fees are available** so that every child has access to SAY: Speech.

Our comprehensive services include informative consultations and referrals, diagnostic evaluations, individual and group teletherapy sessions, parent support & networking groups, consultations with other service providers, and other professional resources and outreach. Our services help young people become more confident at home, school, work, and in their community. Sessions provide a fully accepting environment where kids and teens safely share their thoughts and fears and develop a plan that leads to successful and joyful communication.

Learn more about speech therapy at
[SAY.org/programs/sayspeech](https://say.org/programs/sayspeech)

say.org

CONFIDENT VOICES

SAY developed its ground-breaking Confident Voices weekend arts program to help young people who stutter develop the confidence and courage they need to communicate more effectively, build a sense of community, and establish rewarding friendships. This program is offered free of charge.

SHARE YOUR VOICE

Our Confident Voices program helps young people who stutter, ages 8-18, develop essential skills and enjoy a unique forum to freely express their thoughts, ideas, goals, and dreams. This program occurs every Saturday, in-person in New York City.

By utilizing a broad range of practical program formats that build communication skills and self-confidence, our dynamic staff helps kids and teens safely expand their comfort zones. Tapping into each child's strengths and interests, SAY creates a highly individualized experience that generates profound results. Powerful peer collaborations also enable young people who stutter to establish strong support groups and forge important new friendships.

Since 2001, Confident Voices has helped young people who stutter develop a crucial support network. Led by SAY's Artistic Director, Travis Robertson, and Programming Associate Danielle Leneé, kids and teens build life-long bonds and friendships, with the opportunity to continue and create new connections each season.

As each program culminates, participants have the chance to present their projects to family and friends, sometimes in an off-Broadway theater. It's this unique experience, delivered in an accepting and supportive environment, which allows many young people to express themselves fully for the first time in their lives.

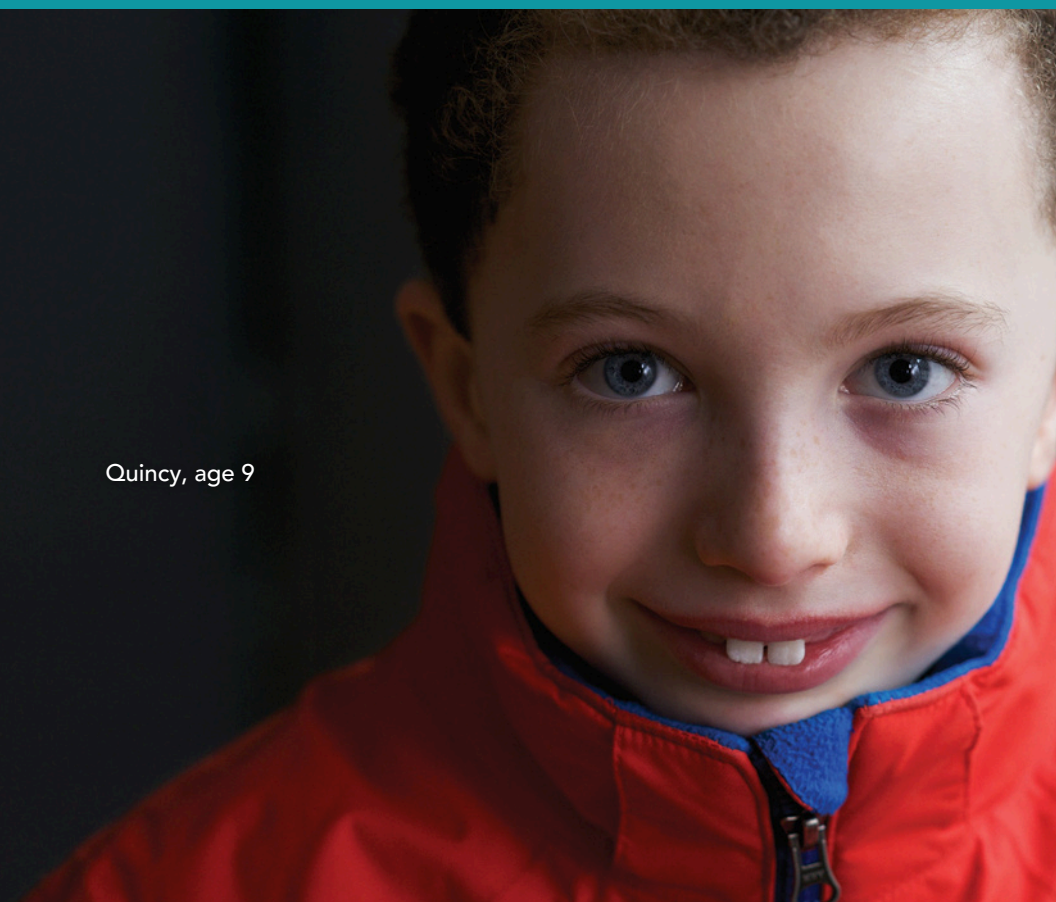
Learn more at [SAY.org/programs/confidentvoices](https://say.org/programs/confidentvoices)

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Quincy is a self-confident, eager, and proud student as a result of his participation in SAY's Confident Voices program for the past several years.”

— Rachel, Quincy's Mother

Quincy, age 9



SAY: DC

SAY: DC programs leverage the power of listening, art-making, and community to open up new worlds of possibility for each participant.

SAY: DC is a free, mixed-age, weekly creative arts program focused on self-expression, collaboration, and connection for ages 5-18.

THE POWER OF THE ARTS

At SAY, we believe the arts are for everybody. Here, young people can feel free to explore new modes of expression in a safe and supported context. At the forefront is our trust in the power of listening and the inner strength that comes from nurturing supportive friendships. When you know your friends truly understand and empathize with you and have your back, you can do anything.

SAY: DC happens every Saturday at our studio in Washington, DC. Located on Rhode Island Avenue NW, these “Clubhouse” gatherings are offered 100% free of charge. All project materials are provided.

At Clubhouse gatherings, we come together to create a community of fun, support, creativity, and imagination. With the guidance of SAY: DC Co-Founder and Director, Leigh Pennebaker, and a team of accomplished Teaching Artists, participants explore a variety of approaches to making art. We emphasize increasing confidence, maximizing joy, unleashing curiosity, and inspiring collaboration. Over the course of the year, projects will incorporate creative writing, printmaking, sculpture, painting, mixed-media, drawing, creative movement, games, textile art, jewelry-making, acting, and improvisation. The Clubhouse creates a supportive haven to make new friends and explore self-expression in a caring, safe environment.

Learn more at [SAY.org/dcprograms](https://say.org/dcprograms)

THE MY STUTTER PROJECT

The My Stutter Project offers a brave online space for young people who stutter to make friends with others who understand what they're going through. They'll use this creative outlet to share their stories and learn new ways of advocating for themselves. This online program offers community, support, and creative workshops for young people who stutter worldwide.

This program is open to all young people who stutter, ages 8-18. There is no charge to participate; all you need is an internet connection. At this time, all sessions will be led in English.

JOIN A GLOBAL COMMUNITY

Over the course of the program, The My Stutter Project offers weekly Zoom sessions that blend creative arts, personal storytelling, and skill-building to help each participant find their voice in a supportive, nurturing environment.

Led by SAY's Artistic Director, Travis Robertson, and Programming Associate Danielle Leneé, The My Stutter Project curriculum is rooted in a deep understanding of the needs of young people who stutter. We believe in using the Arts to ignite the power of deep listening, connection, support, and self-expression. We are committed to creating a fun, inspiring virtual environment where participants feel empowered to express themselves and have as much time as they need to speak.

At the culmination of the program, participants showcase their artistic work and presentations to an audience of friends and family. This final gathering celebrates their talents and stories while reinforcing the connections and confidence they have built throughout the program.

Learn more at [SAY.org/mystutterproject](https://say.org/mystutterproject)

OUR ADVOCATES

Joseph R. Biden Jr.

46th President of the United States & person who stutters

"Growing up, I struggled with stuttering and understand firsthand the anguish, frustration, and anxiety that this common speech disorder inflicts on young people. I hope that every child who stutters has the opportunity to benefit from SAY's program and that others will support this vital organization."

Paul Rudd

Actor & SAY Trustee

"To see these kids get in front of an audience and speak, which is difficult for anyone, is incredibly moving. What they do just speaks to the power of joining a group and gaining confidence."

George Springer

Professional Baseball Player & SAY Spokesperson

"Some people have blue eyes, some have yellow hair, and some people stutter. I've never let it hold me back, and with SAY, I want to help kids who stutter build the confidence they need to pursue their own dreams."



SAY: PARENTS

An integral part of empowering and creating a supportive community for our children and teens, is ensuring their parents and caregivers are empowered and have a supportive community as well. SAY has always strived to create programs that provide a brave and safe space for children and teens to meet on a consistent basis to learn and grow, and now we're excited to announce we're creating that environment for parents and caregivers as well.

Join our free monthly parents' and caregivers' group and find a community of loved ones who are asking tough questions, sharing their highs and lows, and building their confidence in becoming their child's best advocate and ally!

JOIN A COMMUNITY OF SUPPORT

This is a welcoming space to connect with others, learn, and feel supported. You'll leave feeling more informed, empowered, and part of a strong community.

Each month, our very own Director of SAY: Speech, Brooke Leiman Edwards, MA, CCC-SLP, BCS-SCF, will host with special guest co-hosts, including our Founder, Taro Alexander, our Artistic Director, Travis Robertson, our Development Manager, Kate Detrick, and many more! There is no commitment, just register for the months you want to attend to receive your Zoom link.

Learn more about this monthly group at [SAY.org/parents](https://say.org/parents)

Manifesto

SAY what's in your heart.

SAY what's on your mind.

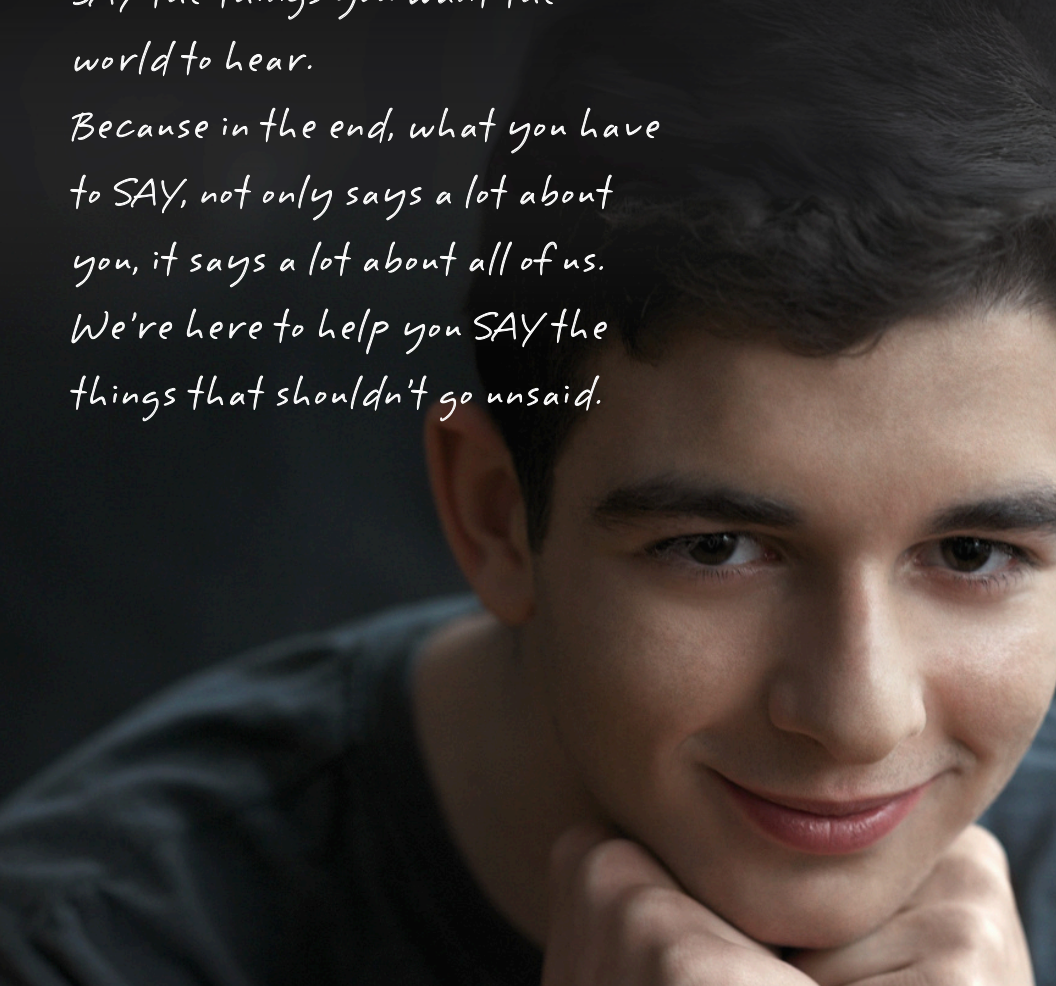
SAY what you want to say.

SAY the story you want to tell.

SAY the things you want the
world to know about you.

SAY the things you want the
world to hear.

Because in the end, what you have
to SAY, not only says a lot about
you, it says a lot about all of us.
We're here to help you SAY the
things that shouldn't go unsaid.





SAY: The Stuttering Association for the Young is a leading national nonprofit dedicated to supporting young people who stutter and their families. Through summer camps, regional day camps, speech therapy, and creative arts programming, SAY fosters a community of acceptance, friendship, and encouragement where kids and teens who stutter can build the confidence and communication skills they need to thrive. We offer sliding scale rates for Camp SAY and SAY: Speech, and all other programs are free.

To date, no child has ever been turned away due to financial limitations. Visit say.org/programs to learn more.

The Stuttering Association for the Young is a non-profit 501(c)(3) organization. Donations are tax-deductible to the fullest extent permitted by law.



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