



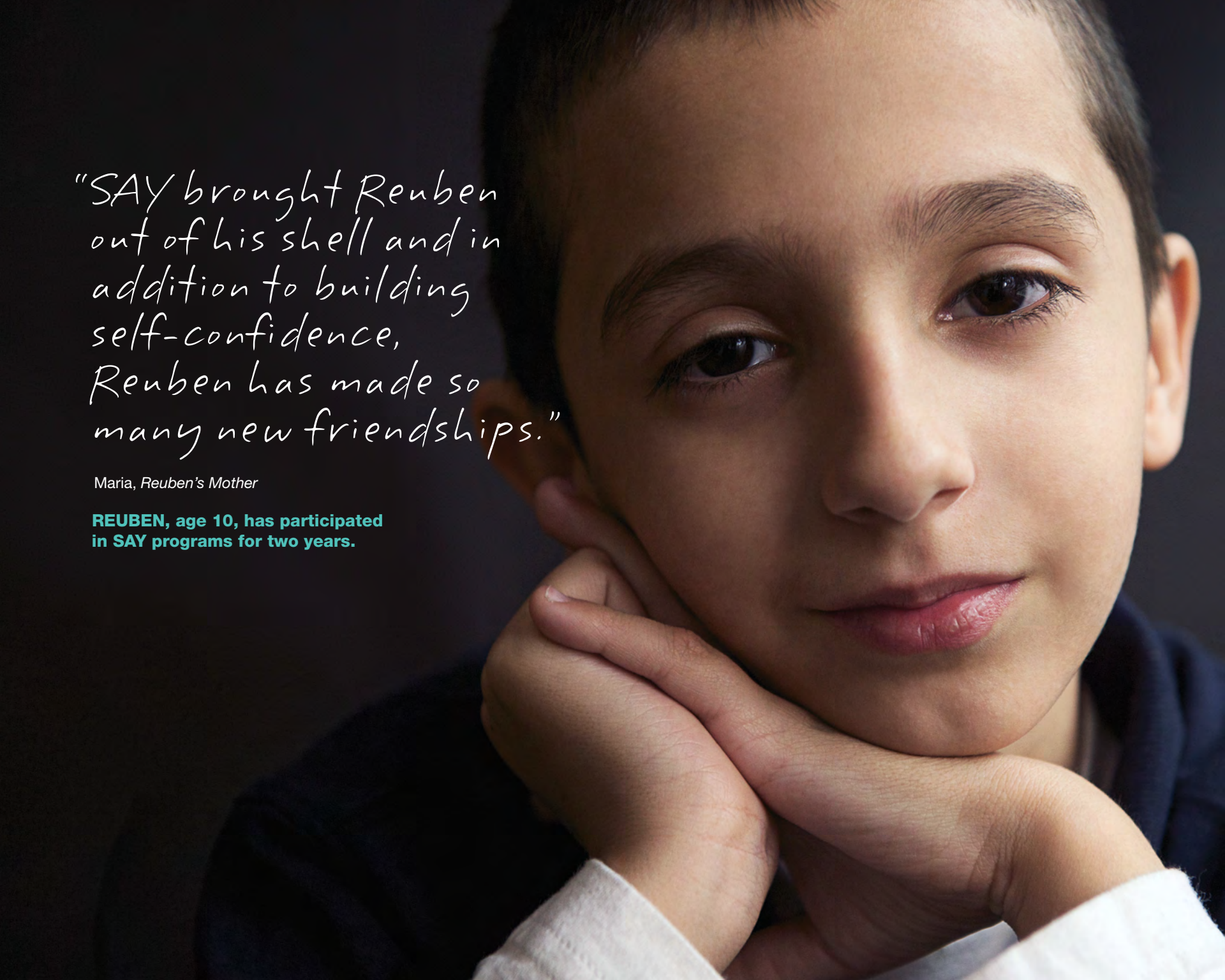
*We believe that  
every voice matters.*

**SAY:**

The Stuttering Association for the Young

*SAY.org*





"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*

**REUBEN, age 10, has participated  
in SAY programs for two years.**

# SAY: ABOUT US

Since 2001, The Stuttering Association for the Young has provided life-changing experiences for young people who stutter. We also provide crucial support to professionals, including educators, speech-language pathologists, pediatricians and others.

## **SAY: 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.

## **SAY: Our Vision**

A world where every voice matters.

## **SAY: How We Help**

Over 70 million people stutter on a daily basis, 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. We have been lifted by their courage and 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 follow their dreams.

We believe that every young person who stutters has a voice that matters and it is a voice that deserves to be heard.

[SAY.org](https://www.say.org)

# SAY: FOUNDER'S MESSAGE



**SAY Founder & President  
TARO ALEXANDER**

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

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. It would have saved me years of isolation, shame, and crying myself to sleep at night. 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. I developed many tricks and avoidance techniques to help me get through the day. Of course, the best way to not stutter is to not 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. I started SAY to help parents know that being an effective communicator is more important than being 100% fluent. I started SAY to make the world listen. I started SAY to inspire even the most quiet 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.




"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, 16, has been part of SAY programs for nine years.**







"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, 18, has participated in  
SAY programs for eight years.**

# SAY: SUMMER CAMP

**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.**

Our sleep-away camp welcomes children and teens who stutter, ages 8-18, and their young family members and friends who want to share an incredible camp experience together. Young people from across the country and beyond attend Camp SAY year after year.

## **Camp Is the Gift You Give a Child**

It's the gift of fun and friendships, but most important, a gift of self-confidence and improved communication that benefits each child for a lifetime.

Each day at camp provides an important 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.

Camp SAY also offers a variety of speech therapy options, personalized to fit each child's unique goals and needs. If speech therapy is of interest, individual or group therapy sessions are available, with peers who stutter. Therapy is led by a certified speech-language pathologist with extensive experience helping children who stutter. The choice of whether or not to participate in speech therapy is always up to each parent and child.

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

**Learn more about camp, including a typical day at [CampSAY.org](https://CampSAY.org)**

**CAMPSAY:**  
A Summer Camp for Young People Who Stutter

# SAY: SPEECH THERAPY

**SAY established its Speech Therapy program to help young people who stutter increase communication skills, build self-esteem, develop greater independence, increase school participation, and advocate for themselves.**

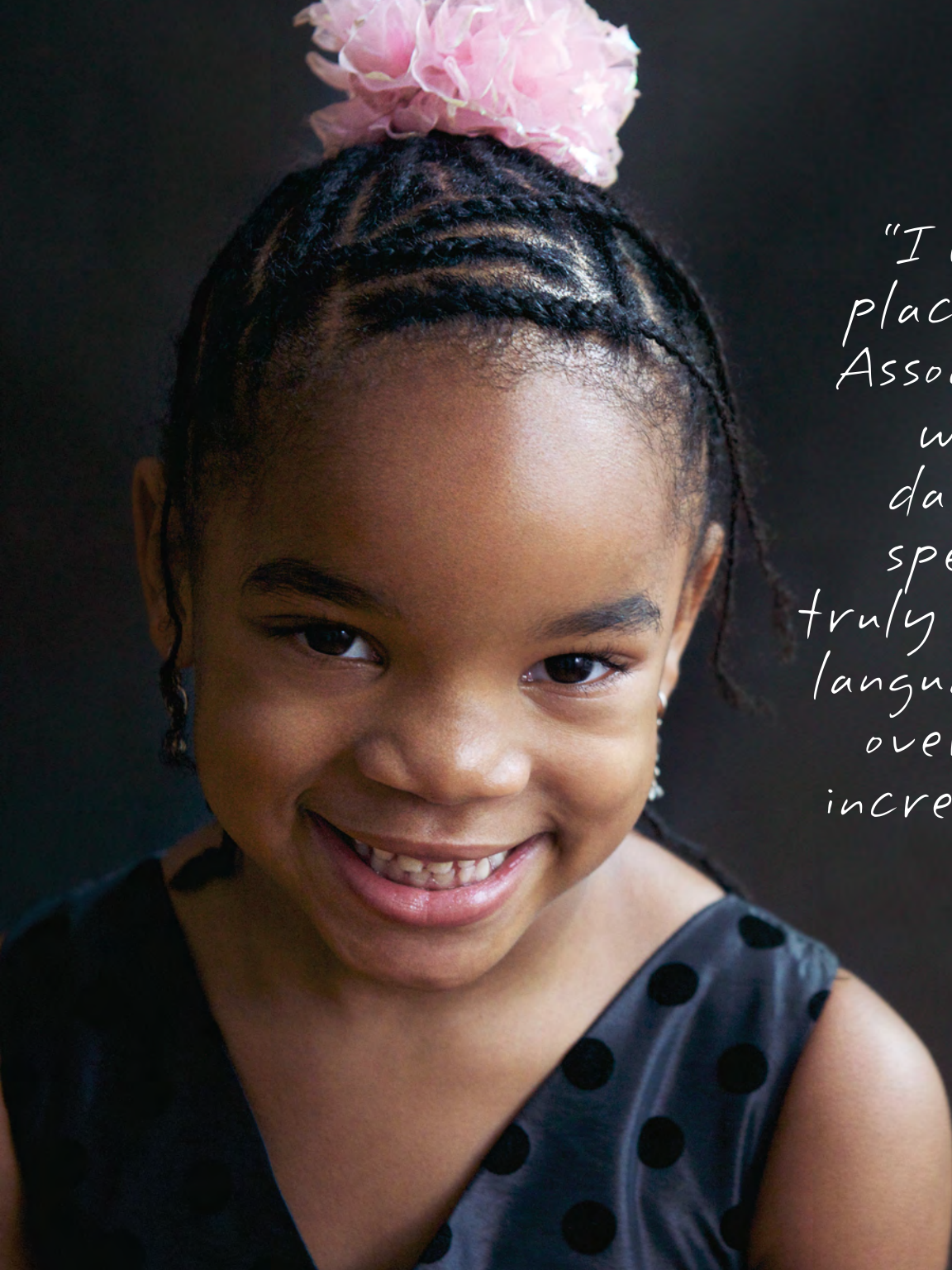
This comprehensive stuttering treatment program incorporates education, fear-reduction, counseling, parent/family integration, and physical strategies to make speaking easier.

SAY Speech Therapy offers a unique depth of experience and expertise because it is fully dedicated to the treatment of stuttering. We offer speech consultations, diagnostic evaluations, individual and group therapy sessions, self-help and parent groups, ongoing support for professionals, and added resources.

## **Teletherapy Sessions**

Families from across the country, and beyond can schedule Teletherapy sessions that provide crucial access to a speech-language pathologist who works exclusively with young people who stutter.






"I was thrilled to find a place like The Stuttering Association for the Young, where my 4-year-old daughter could receive speech therapy from a truly experienced speech-language pathologist. I am overwhelmed by Selah's increased sense of joy and self-confidence."

Nicole, Selah's Mother

**SELAH, age 5, has participated in SAY's Speech Therapy program for more than a year.**





*"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, has been a part of SAY  
programming for more than two years.**



# SAY: CONFIDENT VOICES PROGRAM

**SAY developed its innovative Confident Voices After-School & Weekend program to help young people who stutter develop the self-confidence and courage they need to communicate more effectively, build a sense of community, and establish rewarding friendships.**

Our Confident Voices program helps young people who stutter develop essential skills and enjoy a unique forum to freely express their thoughts, ideas, goals, and dreams.

Utilizing a broad range of effective program formats — all of which build communication skills and self-confidence —

our dynamic staff helps kids and teens safely expand their comfort zones. Tapping into each child's individual 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.

It's this unique collaborative and transformative experience, delivered in an accepting and supportive environment that allows many young people to express themselves fully for the first time in their lives!

## SAY: INSPIRING STORIES

**Because we believe that every voice matters,  
we created the MY STUTTER<sup>SM</sup> Blog.**

MY STUTTER is a place where people who stutter share incredible, courageous stories to inspire others to overcome obstacles and achieve their dreams. Whether it's through the written word, a poem, or a video, MY STUTTER reminds us all about the unimaginable fear and cruelty that young people who stutter can face and unites us through the common threads of compassion and kindness.

**MYSTUTTER**  
SAY.org/MyStutter

*Joseph R. Biden, Jr.*

*Vice 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*

"I'm thrilled to team up with The Stuttering Association for the Young and wish that I had an organization like SAY when I was a kid."

**ELLIE, age 11, has been part of  
SAY programming for 2 years.**





*Edward G. Conture*

PH.D., CCC-SLP, BRS-FD

*Professor Emeritus, Vanderbilt University*

“SAY allows young people to experience a very accepting and supportive environment. I was impressed with everything.”

*Meredith Vieira*

*Correspondent & TV Host*

“Tragically, millions of children who stutter are suffering in silence, and I’m honored to lend my voice to help SAY continue to empower children to find their own voices.”

*Carly Simon*

*Music Icon & person who stutters*

“I truly believe in SAY and am very proud to be an active member of this program.”





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.

**ANDREW, age 15, has been part of SAY programming for 2 years.**



# SAY: SUPPORT US

Help make anything possible in the life of a child who stutters. Help us continue to offer innovative programs and financial aid to families-in-need, ensuring that children of all socioeconomic backgrounds have access to SAY programs. To date, no child has been turned away due to a family's inability to pay. Your donation helps SAY continue this important legacy.

## TO MAKE A DONATION:

**VISIT** [SAY.org](http://SAY.org)

**CALL** (212) 414-9696 or

**MAIL** a contribution to:

**SAY: The Stuttering Association for the Young**

**247 W 37th Street, 5th Floor**

**New York, NY 10018**

**EMAIL** [info@SAY.org](mailto:info@SAY.org) for more information

**The Stuttering Association for the Young (formerly Our Time) is a non-profit 501(c)(3) organization.**

**Donations are tax-deductible to the fullest extent permitted by law.**

## Connect with us on:



## Child on Cover:

**PHOEBE, age 13, has participated in SAY programming for 2 years.**

Principal photography by Doug Menuez

Founder's portrait by Mikiodo

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*SAY.org*