



# Reaching Out

**FRIENDS – The National Association of Young People Who Stutter**

38 South Oyster Bay Rd., Syosset, NY 11791

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[www.friendswhostutter.org](http://www.friendswhostutter.org)

Winter 2014

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### Upcoming Events!

#### One-Day Friends Conferences around the country:

- February 22, Pocatello ID
- March 1, Raleigh NC
- March 1, Philadelphia PA
- March 15, Chicago IL
- March 22, New Orleans LA
- April 22, Toledo OH
- July 17-19, Chicago IL - Annual Convention!

For more information, visit  
[www.friendswhostutter.org](http://www.friendswhostutter.org)



## Wishes for 2014

### Happy New Year!

#### Wishes from parents...

- I want to meet new people and help others anyway I can
- To be more patient when I am pressed for time and my son is having a "bad hair day"
- I wish to share hopes, dreams and experiences with other parents and watch children grow and feel excited
- I hope to improve how to listen to a person who stutters and I wish for my son renewed confidence
- I wish for stronger patience with my son. I hope to learn how to help my son understand that there are also struggles that a parent goes through
- That my daughter will gain more confidence and be a resource for other parents!

#### Wishes from adults who stutter...

- I wish to give and receive support and to feel the love of this community
- I want to be able to help someone new realize that stuttering doesn't define us, it's only a little part of us!
- I wish I would lose my consciousness and be more comfortable in my own skin
- I wish to build my self confidence
- I wish to learn from other people, different ways of living with and managing my stuttering

#### Wishes from kids who stutter...

- I wish I could do the epic cannon ball
- I wish for FRIENDS Across America to come near where I live!
- I wish I were brave enough to meet new friends
- To add lots of new speech tools to my toolbox
- I wish that I could get a part in the school play

## Wishes for 2014

Wishes from tweens/teens who stutter and/or their siblings...

- That I will be the best sibling that I can be
- That I meet 5 new friends this year
- That everyone finds their inner confidence and discovers a part of themselves they never knew they had
- I wish that no one would ever make fun of people for stuttering
- To have a fun year with new and exciting challenges!
- To make new friends, hang out with my old friends and meet new people who stutter
- For my brother to feel more comfortable about his stuttering around new people he meets
- To have higher confidence when speaking in front of people
- I wish to gain the confidence to come out of my shell and talk to new people

Wishes from speech therapists...

- To reconnect with the larger stuttering community
- My wish is to lose my agenda, to laugh a lot and just have fun
- I would like to learn how to allow for a client to feel comfortable talking about their feelings with me and opening up
- I wish to feel comfortable learning from mistakes instead of turning them into feelings of guilt
- Learn how to utilize my clinical skills and experience as a person who stutters to facilitate older people who stutter in reaching their life and speech goals
- For the children I work with to not feel alone in their stuttering, but part of a larger community and that their parents will let go, or better understand, any feelings of guilt or anxiety they have about their child's stuttering.
- To get even more inspired to be the best therapist I can be and be able to pass it on to at least one of my peers.



## Letter from Lee

Dear Friends,

January 2014

For the past 16 years FRIENDS has continued to work towards the same mission... to reach more children and families, allowing them to experience and learn what other young people who stutter have learned...**they are not alone.** Instilling a sense of empowerment, providing an environment where feelings of isolation disappear and growing confidence and self-esteem continues to be the foundation of our vision. We know there are many more young people and families whose lives would benefit from FRIENDS. Due to the dedication, commitment and generosity of our volunteers, 2013 was a banner year for FRIENDS.

Some of our 2013 successes include:

- Publishing *Reaching Out* newsletter providing support and education.
- Offering a record number of one day conferences, including two new locations.
- Providing more family convention scholarships than ever before.
- *Stepping Up Mentoring Program* - young people mentoring children who stutter.
- *Graduate Student Training Program* providing Speech Pathology students with much needed hands-on experience and guidance in stuttering therapy.
- *Doctoral Student Convention Scholarship Program* providing doctoral students with the opportunity to immerse themselves in self-help/support programs.

Using the momentum from 2013, FRIENDS has even greater plans for the future. In 2014, we will be launching **FRIENDS ACROSS AMERICA**. Our new initiative is to reach out to all those young people and their families, who have not yet benefitted from the support only FRIENDS provides. **FRIENDS ACROSS AMERICA** hopes to show children and families across America that stuttering does not have to control their lives. Please help us reach them. Thank you for your support.

Best wishes for a happy and healthy new year,

*Lee Caggiano*

Director of FRIENDS- the National Association of Young People Who Stutter





## Looking back on 2013







5|If you stutter, you have FRIENDS.

**Exciting News! Introducing...**

## **FRIENDS ACROSS AMERICA**

*Now bringing FRIENDS support to more young people who stutter than ever before!*

### **One-day conferences for young people who stutter and their families**



- California
- Colorado
- Georgia
- Illinois
- Iowa
- Louisiana
- Minnesota
- Nevada
- New York
- North Carolina
- Ohio
- Pennsylvania
- Tennessee
- Texas
- Washington DC

**Help us bring FRIENDS ACROSS AMERICA**  
<http://www.friendswhostutter.org/donate-now/>  
**DONATE TODAY**



## **Friends**

The National Association of Young People Who Stutter

38 South Oyster Bay Road Syosset NY 11791

On Dec. 7, over 100 people attended the FRIENDS One Day Conference held on Long Island. We welcomed 20 new families. The children had a great time participating in the Scavenger hunt, Stuttering Jeopardy contests and sharing drawings about their stuttering. The teens spent time meeting new teens who stutter and sharing their thoughts about stuttering with other teens, parents and speech therapists. In addition to learning from the teens, the parents and speech therapists were fortunate to have Dr. Lisa Scott present informative and experiential workshops. As always, the audience loved spending time learning from Dr. Scott. The conference ended with presentations from several wonderful Long Island teens who shared their poems, rap songs, essays and Q & A sessions with an enraptured audience.

This year two teenage sisters who stutter, who were attending their first FRIENDS event, were helped to look at their stuttering in a different light. Their mom shared that on the way home the girls were giggling about how cool it was to meet so many other teens who stutter. Stopping at Starbucks on the way home, the mom got to witness each girl ordering for herself for the first time. These are the gifts we get from FRIENDS.

Special thanks to Dr. Lisa Scott, Ryan Bliss, Leslie Eckenthal, Caryn Herring, Mary Kennedy, Stavros Ladeas, Greg Liodice, Mike LoPinto, Gracie McMahon, Roisin McManus, Bella Negron, Steffi Schopick, Christian Squiteiri, and Nina Zee. Your generosity and enthusiasm for facilitating and leading the workshops, and continuing to serve as role models for FRIENDS is deeply appreciated.



## FRIENDS Across America



FRIENDS Across America has already reached many families in New York, Denver, and Iowa! Visit [www.friendswhostutter.org](http://www.friendswhostutter.org) to see when FRIENDS will be hosting an event near you!



## Stepping Up Mentoring Program

The Friend's Stepping Up Mentoring Program gives teens who stutter the opportunity to support children who stutter. The program is a volunteer experience, involving a commitment of time. Each teen develops mentoring relationships, ultimately benefiting both the volunteer and child. If you are a teen or a child who stutters, this great new program might be for you! Check out [www.friendswhostutter.org](http://www.friendswhostutter.org) for more information.

## Graduate Student Training Program

FRIENDS developed the Graduate Student Training Program (GSTP) to help graduate students in Speech Pathology get a better understanding of stuttering and its affect on children and their families. The FRIENDS GSTP will provide a much needed and valuable clinical opportunity for many graduate students. This program will also enhance the knowledge and experience graduate students acquire in the field of stuttering. The GSTP will address the affective, behavioral and cognitive behaviors of a young person who stutters. In order to do this each graduate student will spend at least one full day working with experienced Speech Language Pathologists in the children's workshops at the annual three-day convention.

**Go to [www.friendswhostutter.org](http://www.friendswhostutter.org) for more information!**

## PhD Student Scholarship Program

The PhD Student Scholarship Program provides doctoral students with a research and clinical focus in stuttering, an opportunity to participate in a self-help/support program for children who stutter and their families. It also helps these students to gain a deeper understanding of the experiences of children who stutter and their families, and their point of view concerning stuttering treatment and research

### **Scholarship covers**

- Travel expenses (\$500 maximum)
- Hotel (sharing of suites is encouraged)
- Registration (includes most meals)

## How to donate to FRIENDS

Our 2014 goal continues to be what it has always been: to reach more children and families, allowing them to experience and learn what other young people who stutter have learned...**they are not alone.** Instilling a sense of empowerment, providing an environment where feelings of isolation disappear and growing confidence and self-esteem continues to be the foundation of our vision.

***Your generosity and support enables us to meet our goals so we can reach out to more young people who stutter and their families.***

**FRIENDS** is established as a non-profit, tax-exempt charitable organization under section

501(c) 3; 100% of your donations are spent on our programs.

**I would like to make a donation to FRIENDS.**

\$ \_\_\_\_\_

**Please charge my:**

\_\_\_\_\_ Visa      \_\_\_\_\_ Master Card

**Name:**

\_\_\_\_\_

**Account Number:**

\_\_\_\_\_

**Expiration Date:**

\_\_\_\_\_

We are grateful for your support; we have touched the lives of many young people and their families and could not have done so without your continued generosity and support.



**The National Association of Young People Who Stutter**

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