

## SEE WHAT'S NEW IN CANADA'S STUTTERING COMMUNITY

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### CSA 2017 Conference

The 2017 Annual CSA Conference will take place next week on Saturday October 28, 2017. This event will be valuable for people who stutter, family and friends of people who stutter, speech-language pathologists and students of speech-language pathology. Check out the full details of the agenda, including our keynote speaker, Kim Block. Kim's keynote speech will address self-perception, identity and community from the perspective of a person who stutters. If you haven't booked your spot at the conference yet, you can do so [here](#). We look forward to seeing you there!

### Reporting to you from the West Coast!

The CSA has two new people to welcome to the team! Starting with this issue, Christina Spicer and Julia Palozzi will be co-producing this newsletter. Although we have both lived our lives with a stutter, we have experienced different journeys. Our range of experiences will allow us to bring a variety of perspectives to the newsletter.

However, we also have a lot in common - we both grew up in southern Ontario, we currently live minutes away from each other in Victoria, British Columbia and we are both enthusiastic to engage with the stuttering community.

Please feel free to contact us with your ideas and experiences to help make this newsletter the go-to source for people who stutter. Learn more about Christina by reading her introduction article on the CSA web site, [Pushing Past your Perceived Limits](#).



CHRISTINA SPICER



JULIA PALOZZI

# “Do you know what I mean?”

We want to use this section of the newsletter to start something new. When talking to each other about our stutter, we quickly found ourselves asking each other those weird, unusual, embarrassing, or funny questions, and we couldn't help but notice that having someone to ask those questions to, felt like some form of therapy. Although we barely knew each other, we felt comfortable asking a range of questions knowing that the other person would understand and provide advice without judgment.

*Have you ever had someone laugh at you? What does your boyfriend/girlfriend think about your stutter? Have you ever changed your name when introducing yourself to avoid stuttering on your real name?*

We decided we wanted to give CSA members the opportunity to ask those same sorts of questions, but, for this to work we need you! We urge you to send us your questions, comments or conversation topics and we will anonymously post your question with our response. Although our responses will only be based on our own personal experiences and opinions, we hope that this will spark conversation, provide some insight to those tough questions, and maybe bring some humor! We look forward to hearing from you and thank you in advance!

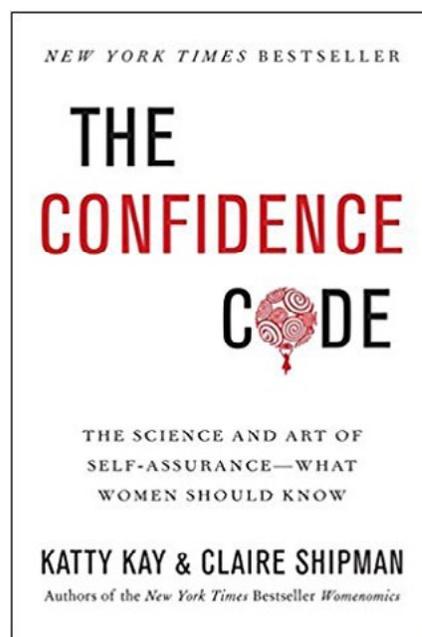
Please send your questions, comments or conversation topics to [csa.newsletterinbox@gmail.com](mailto:csa.newsletterinbox@gmail.com).

## Have you met the confidence cousins?

We've all heard of confidence (and most of us seek more of it!) but rarely do we acknowledge the equally important "confidence cousins".

While we know stuttering is not directly affected by confidence, when we feel more confident we might feel less tension in our body, and that might make it a bit easier on our speech. Get to know the confidence cousins - you might like what you find!

[Order](#) the book, or read the [review](#) on the CSA web site!





## Could this be you?

Every month we will be featuring a member of our CSA community. Along with your photo and name, we would like to hear how long stuttering has affected your life and how it has done so, and any other tidbits you'd like to share about you and stuttering! If interested, send info to [csa.newsletterinbox@gmail.com](mailto:csa.newsletterinbox@gmail.com). We look forward to meeting you!

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### CSA Newsletter

This newsletter is published monthly by volunteers of the Canadian Stuttering Association, Christina Spicer and Julia Palozzi. To contact the newsletter editors: [csa.newsletterinbox@gmail.com](mailto:csa.newsletterinbox@gmail.com).



### Contact Information

Address: PO Box 20056  
Carrville PO  
Concord ON L4K 0C8

Phone: 1-866-840-2905 or  
416-840-5169 (Toronto)

Website: [stutter.ca](http://stutter.ca)

Email: [csa-info@stutter.ca](mailto:csa-info@stutter.ca)