



# Speak up, be heard

## Workshops offer stutterers support and useful techniques

### **SPEAK EASY**

*With Ria Ferris*

STUTTERING is a debilitating speech difficulty that is known to have a significant impact on a person's life.

Stuttering may be associated with social, emotional, educational, and financial difficulties.

Often living with a stutter can lead to social phobia and isolation.

Although the cause of a stutter is still greatly unknown, there are certainly techniques

available for reducing and controlling a stutter.

The Speak Easy Association is an Australian not-for-profit organisation providing support for adults and adolescents who stutter.

This Association supports the use of the Smooth Speech technique which encourages cognitive control over a stutter through optimal breathing, relaxation, speech rate, and sound production.

The Sunshine Coast is now home to a new branch of the Speak Easy Association.

This project aims to

provide a support for all adults and adolescents on the Sunshine Coast who live with a stutter.

This free community service will take the form of regular group meetings, mentoring, and support network development. Group meetings will provide a safe haven for people with a stutter to talk, meet others who share their difficulties, and receive ongoing support.

The Sunshine Coast Speak Easy group is holding a free one-day information event on February 19 at the Nambour Community

Centre beginning at 10am.

The cost is free, with lunch and refreshments provided.

All interested group members and their support networks are welcome to attend. RSVP is essential for seating and catering purposes.

For more information, email [speakeasysunshinecoast@gmail.com](mailto:speakeasysunshinecoast@gmail.com) or phone 0412 389 691 or visit [www.speakeasyqld.com](http://www.speakeasyqld.com).

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