

To most of us, the act of speaking is easy. We think of something to say, open our mouths, and the words just flow. But for many pre-school, school age children, adolescents, adults and seniors who stutter and others with communication disorders, just trying to say their name can be a physically, emotionally and psychologically daunting and humiliating experience.

Imagine... watching your children be bullied and laughed at because the words just won't come out

Imagine... being at a job interview, struggling to answer questions, ordering at a drive-thru, or answering the telephone and the words just won't come out

Imagine... choosing career paths that minimize communication demands

Imagine... staying silent when knowing deep inside you have a **"MILLION THINGS TO SAY"**

Did you know that people who stutter often require a minimum of 20 treatment sessions per year, and up to 50 sessions per year. Speech-Language Pathologists treatment ranges from \$100-\$130 per hour. This adds up to \$2000 (min) - \$6500 (max) However, many families do not have insurance, and the average family has only \$500 of coverage per year.

Significant funds are required to provide treatment services to those who often find themselves on long wait lists. With additional funds, their needs will be met sooner.

The NLSA, established in 2018 is a not-for-profit Association and is volunteer run. **OUR MISSION is ADVOCACY AND SUPPORT.** The NLSA is committed to continuing its Bursary Program which was established in 2018. Proceeds from this event helps subsidize specialized treatment and equipment costs for people who stutter, others with communication disorders and their families in financial need and to provide life changing communication tools and build confidence.

Help us achieve our Financial Goal of \$6,000.00

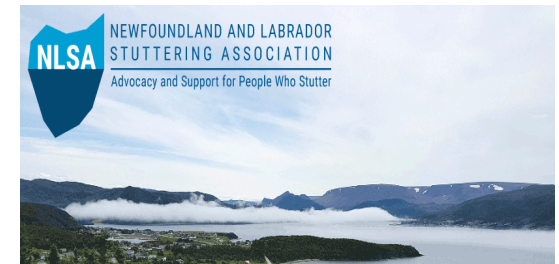
Since the Bursary Program was established in 2018, The NLSA has successfully awarded \$17,000.00 in Bursaries. Proceeds from our 2023 Event allowed us to award three deserving individuals \$1200.00 Bursary each.

PLEASE HELP INCREASE OUR 2024 BURSARY AMOUNTS ❤️

Where: PEARLGATE TRACK AND FIELD

120 Old Placentia Road, Mount Pearl, NL (behind the Reid Community Center, the Summit and the Glacier)

- **9:00 AM – 9:30 AM:** Registration
- **9:30 AM:** Walk, Run & Roll Day begins with warm up exercises to music and welcome
- **10:00 AM:** WALK / RUN / Roll STARTS
- **10:30 AM - 12:30 PM:** Music
- **11:30 AM - 12:30 PM:** Snacks & Refreshments
- **12:30 PM:** Raffle draws



7th Annual



1k / 5k

Walk / Run / Roll for Stuttering Awareness & Bursary Program Fundraiser

Sunday September 29, 2024

'Raising Awareness, Education, Understanding and Acceptance of Stuttering is at the



OF WHAT THE NLSA DOES'

To register and/or donate visit
CanadaHelps

This Fundraising Event does not have a registration fee. We are asking all participants to fundraise and/or make a donation. If unable to attend, you can organize your Own / Team VIRTUAL Event.

There is no deadline for registration, you can register on the day of this event.

If you are not participating on the day of the Event, please support The NLSA by contributing through the CanadaHelps. The pledge form attached is also available at nlstuttering.ca. You may also bring your completed form on Event Day.

For more details about The NLSA and this Event please contact:

Telephone: (709) 753-7500

Email: info@nlstuttering.ca

Website: nlstuttering.ca

Facebook Group: Newfoundland and Labrador Stuttering Association

Twitter: @ourvoiceNLSA

EVERY KILOMETRE YOU WALK, RUN AND ROLL WILL HELP GIVE AN INDIVIDUAL THE GIFT OF SPEECH!

ON BEHALF OF THE NLSA THANK YOU

Greg O'Grady, NLSA Chair

Fundraiser's Name: _____ Email: _____

Phone number: _____ Mailing Address: _____

Please clearly PRINT the name and address of each supporter.

Donor's Name	Email	Mailing Address	Phone	\$	Paid

Total Donations: \$ _____

Bring your donations to the Registration table on Event Day! Make cheques payable to the Newfoundland and Labrador Stuttering Association.