



# SCHOOL AGE STUTTERING PROGRAM INFORMATION

## INITIAL ASSESSMENT

All children require an assessment before enrolling in treatment. The assessment will determine the therapy approach best suited to each child's needs. A Registered Speech-Language Pathologist will conduct a full case history, evaluate stuttering severity/its effect on your child's life, provide recommendations, and set a treatment plan.

Recommendations about individual or group treatment will be made at this time.

## FEES

**Assessment:** \$200

**Individual Treatment:**

\$120 per 45-minute session

\$160 per 1-hour session

**Weekly Group Treatment:**

\$100/session

**Summer Fluency Program:**

\$2400

*Financial assistance may be available to those who qualify*

Our treatment approach is founded upon more than 35 years of research and experience in the area of stuttering. Responses to treatment are continually evaluated to ensure delivery of the most effective, evidence-based treatment options. Since 1975, we have provided treatment for over 4,000 individuals who stutter (ranging from 2-85 years of age) from across Canada and various countries around the world. Our approach to treatment has been published in scientific journals and text books and we are involved in the training of students and Speech-Language Pathologists across the province.

Treatment typically involves teaching a set of fluency-enhancing and positive self-talk techniques to improve fluency and overall confidence in speaking. Transfer of fluency techniques to every day speaking situations and long-term maintenance of skills are components of each program. Treatment is tailored to children's individual needs. We have found that the best treatment outcomes are achieved when there is consistent attendance, regular home practice and parental involvement.

## PROGRAM OPTIONS

### 6-9 Year Olds (weekdays, after-school Weds, Saturdays)

- Individual treatment (45 min sessions, weekly, 16 weeks)
- Group treatment (2 children, 1 hour/week, 16 weeks)
- Parents/caregivers participate in the sessions

### 10-13 Year Olds:

- Individual treatment (45 min – 1 hr sessions, 24 weeks)
- Group treatment (up to 4 children, 1.5 hours/week, 24 weeks)
- Summer Fluency Program, typically 3 weeks in July (up to 6 children, Monday-Friday, 9am – 12pm for 3 weeks + 10 follow-up sessions)
- Parents invited periodically to attend sessions



[INFO@SPEECHANDSTUTTERING.COM](mailto:INFO@SPEECHANDSTUTTERING.COM)



[@SpchStutterInst](https://twitter.com/SpchStutterInst)



416-491-7771  
X 224



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STUTTERING INSTITUTE](https://www.linkedin.com/company/the-speech-and-stuttering-institute)



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