



Saturday, 22 October 2016
9:00 am to 5:00 pm (EDT)

Oakham House - Ryerson University,
63 Gould Street, Toronto, ON M5B 1E9

Thanks to our sponsors:



Harmonize for Speech



DAY AT A GLANCE

8:30 AM - Registration/Sign-In Begins *Reception Foyer*

9:00 to 9:25 - Ice Breakers *Tecumseh Room*
Linda Kahn

9:25 to 9:35 - Introduction and Housekeeping *Tecumseh Room*

Andrew Harding and Casey Kennedy

9:40 to 10:25 - Simultaneous Workshops:

A. Stuttering, Human Rights, and Accommodations
Tecumseh Room

Dianne Wintermute, ARCH Disability Law Centre

B. I Need Your Love - is That True? Stuttering and Self-Esteem *Layton Room*

Mary Wood

C. Stuttering Jeopardy *Shadd Room*
Alexandra D'Agostino

10:25 to 10:35 - 10 minute break

10:35 to 11:20 - Simultaneous Workshops:

A. Toward Improved Speech Fluency *Tecumseh Room*
David Stones

B. The Importance of Courage, Vulnerability, and Trust
Layton Room

Roman Kocur

C. Family Dynamics *Shadd Room*
Carla Di Domenicantonio, Eeva Stierwalt,
and Alexandra D'Agostino

11:20 to 11:30 - 10 minute break

11:30 to 12:30 - Keynote Speech: Geoff Regan MP, Speaker of the House of Commons of Canada *Tecumseh Room*

12:30 to 1:45 - Lunch is provided, and CSA 25th Anniversary Celebration *Tecumseh Room*

1:45 to 2:30 - Simultaneous Workshops:

A. Stuttering in the Workplace *Tecumseh Room*
Panel

B. Fluency vs. Acceptance: Do I have to choose? *Layton Room*

Samuel Dunsiger

C. Stuttering Then and Now: How the CSA Responds to Changing Needs *Shadd Room*

Jaan Pill

2:30 to 3:00 - Mix and Mingle - refreshments provided

3:00 to 3:45 - Simultaneous Workshops:

A. Turn Passivity into Proactivity with a Stutter Squad
Tecumseh Room

Richard Holmes

B. What Scares You? An Introduction to Public Speaking
Layton Room

Elton Brown, Janice Howard, and Hilary Francis

C. Stuttering: A Survey of the Research *Shadd Room*
Lisa Wilder

3:45 to 3:55 - 10 minute break

3:55 to 4:45 - Open Mic *Tecumseh Room*

Casey Kennedy

4:45 to 5:00 - Closing Remarks (Tecumseh Room)

Andrew Harding and Casey Kennedy

MORNING SCHEDULE

8:30 **Registration/Sign-In Begins**

RECEPTION

9:00 to 9:25 **Ice Breakers**

TECUMSEH ROOM

Linda Kahn

9:25 to 9:35 **Introduction and Housekeeping**

TECUMSEH ROOM

Andrew Harding and
Casey Kennedy

9:40 to 10:25 **Simultaneous Workshops**

A. Stuttering, Human Rights, and Accommodations

TECUMSEH ROOM

Dianne Wintermute,
ARCH Disability Law Centre

Dianna will give an overview of the Ontario Human Rights Code and the protections that it offers to persons with disabilities. She will then review Human Rights Tribunal cases that focus on stuttering, the barriers faced by people who stutter, the accommodations ordered by the Tribunal, and how those accommodations might be expanded upon. She will also address the issue of undue hardship as it might apply to stuttering. ARCH is a provincially mandated clinic in Ontario.

Dianne Wintermute has been a lawyer at ARCH Disability Law Centre since 2009. Prior to that, she was the Executive Director of East Toronto Community Legal Services for almost 20 years. Her practice specializes in the protection and advancement of disability rights. She has appeared before various tribunals and all levels of court, including the Supreme Court of Canada.

B. I Need Your Love – is That True? Stuttering and Self-Esteem

LAYTON ROOM

Mary Wood

We spend a large part of our lives seeking approval and appreciation. This can become constant and unquestioned. Personally, Mary thought she needed someone else to love and appreciate her, especially when she stuttered. What happens when we realize we don't need someone else's approval and love? Please join Mary for interesting conversation that leads to insights that can change your life, just as they continue to change hers.

Mary Wood first attended a CSA (then CAPS) conference in Ottawa in 1993. Since then she has presented workshops on self-esteem at self-help conferences in Canada, the United States, England, Germany and Belgium. In 2003, she returned to school in the U.S. and was ordained as a Unity minister in 2005.

C. Stuttering Jeopardy

SHADD ROOM

Alexandra D'Agostino

In this interactive workshop geared toward teens and young adults, audience members will win points by exploring and sharing their personal experiences, perspectives, struggles, and triumphs with stuttering. The goal of the workshop is to give every participant the opportunity to reflect on their own stuttering journey, and to leave with a better awareness of their unique stuttering past, present, and future.

Alexandra D'Agostino is a fourth year student at Wilfrid Laurier University pursuing a combined honours in anthropology and psychology. She has stuttered since she was seven, and is on the Canadian Stuttering Association's Board of Directors. She is also a part of the National Stuttering Association in the United States.

10:25 to 10:35 **10 minute break**

10:35 to 11:20 **Simultaneous Workshops**

A. Toward Improved Speech Fluency

TECUMSEH ROOM

David Stones

Participants will be able to explore ways to optimize their speech fluency by drawing on David's own experiences and ideas from the group. The workshop will provide practical everyday methodologies to work on one's stuttering. Participants will create a list of speech exercises, practice routines and mind-set strategies designed to raise their expectations. These ideas will work well with professional speech therapy approaches. It will be acknowledged that each person who stutters is different, and each person will need to develop their own approach and goals.

David Stones is a retired business executive and a life-long stutterer. Perseverance and an objective analysis of his stutter have led to improved fluency and a highly successful business career. David is now a marketing/communications consultant, and a poet/spoken word artist who performs regularly throughout the GTA and southwestern Ontario.

B. The Importance of Courage, Vulnerability, and Trust

LAYTON ROOM

Roman Kocur

Roman will discuss aspects of leadership that people who stutter often pay inadequate attention to because we are so focused on our speech. In particular, the concepts of courage, vulnerability and trust will be emphasized as the foundation pillars of effective communication.

Roman Kocur has been a mild stutterer since an early age. Although he feels stuttering held him back from career advancement, his continued personal development is based on three key pillars of leadership: vulnerability, courage, and trust. Currently, Roman serves as Regional President at FirstService Corporation - a global residential property management firm. Previously, he held a variety of positions including senior vice president, and strategy and corporate development.

C. Family Dynamics

SHADD ROOM

Carla Di Domenicantonio,
Eeva Stierwalt, and
Alexandra D'Agostino

This workshop will provide an opportunity for parents and teens/young adults to discuss the effects of stuttering on family dynamics. The two age groups will begin separately, then regroup to discuss and learn from each other in a safe and supported environment. All are welcome.

Carla Di Domenicantonio is a Speech-Language Pathologist from Burlington, Ontario, who has worked with hundreds of people who stutter and their families. She routinely invites parents and spouses into the treatment room and views their involvement as integral to the treatment process.

Eeva Stierwalt is the proud mother and supporter of Alexandra D'Agostino, a young adult who stutters. Eeva has led several workshops for parents at the National Stuttering Association in the US. Eeva is an IT professional at the London Public Library.

Alexandra D'Agostino (Eeva's daughter) is a fourth year student at Wilfrid Laurier University pursuing a combined honours in anthropology and psychology. She has stuttered since she was seven, and is on the CSA's Board of Directors, and involved with the National Stuttering Association in the United States.

11:20 to 11:30

10 minute break

11:30 to 12:30

KEYNOTE SPEECH: Geoff Regan MP, Speaker of the House of Commons of Canada



The Honourable Geoff Regan MP was first elected as the MP for Halifax West in 1993. On December 3rd 2015, his colleagues chose him to be the Speaker of the House of Commons. Mr. Regan is joining us this year at the CSA Conference to share his journey as a person who has lived with stuttering. He will talk about his role as Speaker and his career in politics, and of finding help through speech therapy and Toastmasters public speaking.

12:30 to 1:45

TECUMSEH ROOM

Lunch is provided, featuring a CSA 25th Anniversary Celebration

AFTERNOON SCHEDULE

1:45 to 2:30

Simultaneous Workshops

A. Stuttering in the Workplace

TECUMSEH ROOM

Panel

The Stuttering in the Workplace Panel features four people who stutter each briefly discussing how their stuttering has impacted their professional lives.

Kevin Zemnickis is responsible for market development and mobile payments at PayPal Canada. He is a professional with a combined 10 years experience in online commerce (eCommerce, mCommerce and payments), customer service (SMB, large enterprise) and culinary industries. An entrepreneur himself, Kevin is passionate about supporting the startup and small business community.

Dr. Praveen Nekkar Rao works as an Associate Professor at the School of Pharmacy, University of Waterloo and is a successful instructor and researcher. A lifelong stutterer who has managed to overcome the challenges of stuttering in everyday life, he will discuss some effective strategies he uses in the workplace. Dr. Rao wants the stuttering community to benefit from his experience.

Daniele Rossi is a cartoonist and digital media creator living in Toronto, Canada. He has been active in the stuttering community since 2007 when he launched his Stuttering is Cool podcast. His illustrated book of the same title is currently being used as instructional material in 7 universities across North America. He has also worked in corporate environments as a digital strategist.

Jennifer Hart Born in New York, Jennifer moved to Canada in the early 90s with her parents and younger brother. She began stuttering at the age of five. A graduate of Wilfrid Laurier University, she now works for the Toronto Police Service as a Civilian in Court Services. Although stuttering as an adult has been challenging, Jennifer still actively pursues her career and her hobbies, which include hockey, writing, and guitar.

**B. Fluency vs. Acceptance:
Do I have to choose?**

LAYTON ROOM

Samuel Dunsiger

"Accept your stuttering!" "But I want to be fluent?" Why not both? Does accepting your stuttering mean you have to fully embrace it or vice-versa? Or is there a middle ground between the two? In this presentation and facilitated discussion, we will explore the various ways people feel about and manage their stuttering. Samuel will also recount his personal journey with these two seemingly opposing perspectives. After all, while we all stutter, there are so many paths we can take. And everyone has their own journey.

Samuel Dunsiger is a writer and marketer from Toronto. A member of the stuttering community, he serves on the Board of Directors of the CSA, serves on the team behind Stutter Social, and has attended numerous National Stuttering Association conferences in the U.S. He also loves Star Wars, Batman, coffee and cats.

**C. Stuttering Then and Now:
How the CSA Responds to
Changing Needs**

SHADD ROOM

Jaan Pill

The emergence of national associations for people who stutter can be described as a form of community self-organising. Jaan will describe the needs that led to the forming of the CSA and participants can explore how community organisations grow and change in response to changing needs.

Jaan Pill is a co-founder of the Canadian Stuttering Association (CSA), and the Estonian and International Stuttering Associations. He is a retired schoolteacher and blogger at preservedstories.com

2:30 to 3:00

Mix and Mingle - coffee & tea provided

3:00 to 3:45

Simultaneous Workshops

**A. Turn Passivity into
Proactivity with a Stutter
Squad**

TECUMSEH ROOM

Richard Holmes

If you want to start making changes in your speech and your life that will stick long term, this is the workshop for you. We will discover and compile techniques, routines and activities to help you improve your communication skills, stuttering mindset and self-advocacy. You will then create a proactivity plan to help you achieve your goals. We will help you form your very own stutter squad (network/support system) who share similar goals, with whom you will work together in the weeks and months after the conference.

Richard Holmes is a person who stutters, and a speech-language pathology student at the University of Toronto. He is an award winning public speaker and has given a TED Talk on stuttering. His goal is to connect people who stutter, and help them implement a proactive approach to their stuttering so that they can keep each other inspired and on track when working toward their goals.

**B. What Scares You? An
Introduction to Public
Speaking**

LAYTON ROOM

Elton Brown, Janice
Howard, and Hilary Francis

Discover the benefits and value that Toastmasters will bring to you and your organization by participating in a demonstration Toastmasters meeting. Participants are welcome to observe the meeting or to speak for a minute or two if they choose to take part in the meeting.

Elton Brown joined Toastmasters in April 2008. Elton realized that it's not about what you learn from the Toastmasters educational program, it's what you discover about yourself.

**C. Research on Stuttering:
How does it Inform
Treatment?**

SHADD ROOM

Lisa Wilder

Lisa will discuss current research and its implications for the causes of stuttering and approaches to treatment.

Lisa Wilder has been involved in the CSA for seven years. She is the current webmaster and web editor for the organizational website (stutter.ca). She works as a graphic designer in Toronto.

3:45 to 3:55

10 minute break

3:55 to 4:45

Open Mic

TECUMSEH ROOM

Casey Kennedy

4:45 to 5:00

Closing Remarks

TECUMSEH ROOM

Andrew Harding and Casey Kennedy

THE CSA CONFERENCE COMMITTEE

This conference was made possible by the volunteer CSA Conference Committee: Andrew Harding, National Coordinator; Casey Kennedy, Program Coordinator and Emcee; Melina Etienne, Venue and Catering Coordinator; Lisa Wilder, Graphics and Web; David Stones, Fundraising; Dan Leca, Audio Visual; Alexandra D'Agostino, Danielle Moed and Samuel Dunsiger, Social media; Carla Di Domenicantonio and Mary Wood, Registrations.