Self Help Group in Mumbai

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Stammering Association of Mumbai (SAM) We can………………………..we will…………………………. Meeting other stammerers; Encouragement from other stammerers;

Hearing of other therapies and seeing them in use;

Talking about your therapy and practicing it;

Gaining more confidence in speaking and social situations;

Engaging in role play (Interviews etc);

Starting or continuing to desensitize you by stammering freely, until you switch in to `speaking tools' mode;
Equal voice in shaping the direction of the group;
Occasional counseling from professionals.
Inviting others (employers / police / government representatives etc.) to meetings to hear first hand about your problems and how you cope;

All these things will build your own self image, and start to deal with emotional baggage many stammering have;
The meetings can be both fun and enjoyable, with you enjoying speaking. Contact: (M) :989259365/9867594962 E- mail: mumbai.sam@gmail.com