

Virtual Swallowing Support Group: Navigating Swallowing with Care

Is swallowing a challenge for you?

Join our free Swallowing Support Group where you can connect with others facing similar challenges, gain helpful tips and strategies, and receive emotional support from a compassionate community.

Who Should Attend?

- Individuals (18+) experiencing swallowing difficulties (dysphagia)
- Caregivers and family members (18+) of those with dysphagia
- Our group is currently open to all residents of Massachusetts and New Hampshire, please reach out if you live outside of MA or NH as we may be able to include in the future!

What to Expect:

- Expert-led discussions on managing swallowing issues
- Practical advice on techniques and exercises
- Opportunity to share experiences and ask questions
- Supportive, confidential, and welcoming environment

Why Join Us?

- Meet others who understand the challenges of dysphagia
- Access resources and tools to improve your quality of life
- Feel empowered and supported in a safe space

This meeting is moderated by a board-certified swallowing specialist and co-facilitated by Boston University's speech-language pathology graduate students. Our group is also supported by frequent guest speakers who are experts in relevant topics

ALL MEETINGS OVER ZOOM FROM 12:00pm-1:00pm ET
[BU Swallow Support Group Zoom Link](#)

Spring Semester 2025	Summer Semester 2025	Break	Fall Semester 2025	Break
Last Wednesday of the Month			Last Tuesday of the Month	
1/29/25 2/26/25 3/26/25 4/30/25	5/28/25 6/25/25 7/30/25	NO MEETING IN AUGUST	9/30/25 10/28/25 11/25/25	NO MEETING IN DECEMBER



Details:

RSVP: Please complete the following Intake Form (must be completed before participating in your first session)
[Intake Form Link](#)

Zoom Link:
[BU Swallow Support Group Zoom Link](#)

Cost: Free to participate

Contact:
Kelly Hansen, MS, CCC-SLP,
BCS-S kehansen@bu.edu

Social Media/Website:
<https://www.bu.edu/sargent/clinical-practice/clinical-education-centers/speech-language-hearing-center/voice-and-swallow-programs/>