



"Our mission with The Smiling Mask - Truths about Postpartum Depression and Parenthood book and documentary is to create awareness, understanding and acceptance of postpartum difficulties, to bring inner peace and validation, and to engage, enrich and empower families and community in the life changing experience of parenthood."

Once you have destroyed the mask, get ready to unlock the door to wellness with our second book!

Behind the Mask - Trust, Adjust and Transform your Life!
a wellness workbook that holds the secret to living with joy!

The authors of The Smiling Mask - Truths about Postpartum Depression and Parenthood, made astonishing transformations after destroying the stigma of PPD and becoming awareness advocates.

Behind the Mask is based on the timeless principles of self-awareness, forgiveness, acceptance and love!

The authors bring a mix of humour, humanity and happiness that anyone can relate to.

The reader will be moved to trust, adjust and take action to transform their own life!

The Smiling Mask Team Accomplishments:

- Readers Choice Nominee at Sask Book Awards
- Circle of Friends Winners at YWCA
- Women of Distinction
- Family Legacy Award from FRP Canada

Guest speakers at:

- 6 national conferences
 - Imagine our Future National Early Years conference, ELIZABAN, Moose Jaw, May 2002
 - FRP National Conference, Montreal, April 2011
 - Association of Women's Health and Obstetrical and Neonatal Nurses (AWHONN Canada) 28th National Conference, Winnipeg, Oct. 2009
 - Real Pain - Real People - Real Hopes - Unmasking Postpartum Depression, Regina, Oct. 2009
 - Association for Research on Mothering (ARM) Mothers Gone Mad Conference, New York City, May 2009
 - University of Saskatchewan's Women's and Children's Health Conference, Saskatoon, March 2009
- Over 150 media guest appearances including (newspaper, tv, radio, magazines)

contact us at destroythemask@gmail.com

www.thesmilingmask.com

Empower • Encourage • Empathize • Educate

Once you have unlocked the door to wellness,

Contact us to uplift you to "The Balcony" with personal coaching sessions

We are Certified Life Coach Practitioners!

You hold the power to determine how high you will go!