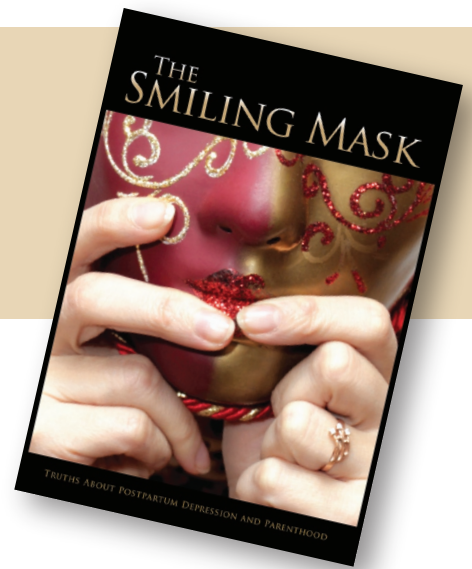


# THE SMILING MASK

is an inspirational book and 40-minute documentary to create healing, hope and harmony for families.



## **The Smiling Mask mission 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.



*Carla, Elita and Tania began writing their journals through Postpartum Depression and healing in February 2008. The creation of the book itself took 40-weeks to complete; ironically, the same length of time for gestation.*

## **The outline of The Smiling Mask includes:**

- Foreword – Donna Bowyer and Sally Elliott
- Clinical Preface - Postpartum Depression explained, written by Marlene Harper, PhD
- Carla's, Elita's and Tania's Truths
  - The Husbands' Perspective
  - The Great Debate "To have or not to have another baby"
  - Symptoms & Strategies

## **AUTHOR BIOGRAPHIES:**

Driven by their collective personal experiences, they co-authored *The Smiling Mask*, produced a documentary of the same name, and created a website, all of which are transforming the lives of women and families around the world.

As awareness advocates they have shared their personal experiences with the medical community as well as the general public. Together they team in a powerful healing force full of honesty, humour and empathy that attracts readers to understand the human condition of mental illness. Their book was nominated for the Readers' Choice award at the 2009 Saskatchewan Book Awards. Their latest accomplishment is winning the Circle of Friends category at the YWCA Women of Distinction Gala.



**The myths of motherhood are revealed, destroyed and redefined.**

## **Below is a detailed list of accomplishments and speaking engagements to-date:**

- Creation and facilitation of a PPD group in Moose Jaw.
- Only non-medical members of the "Saskatchewan Maternal Mental Health" committee which is putting forward recommendations for comprehensive screening for Saskatchewan.

## **Medical and academic conference speaking engagements to date include:**

- Association of Women's Health Obstetrical and Neonatal Nurses (AWHONN Canada) 20th National Conference October 15th to 17th, 2009
- Real Pain - Real People - Real Hope: Unmasking Postpartum Depression conference September 29th – October 1, 2009 with Margaret Trudeau
- Association for Research on Mothering's (ARM) Mothers Gone Mad Conference, New York City May 28-30, 2009
- University of Saskatchewan's Women's and Children's Health Conference, March 12th, 2009

Current and past speaking engagements are attended by our husbands, whenever possible.

For a detailed list of past and current speaking engagements please visit [www.thesmilingmask.com](http://www.thesmilingmask.com).

## **Media that The Smiling Mask has been featured in:**

- Leader-Post
- MJ Times Herald
- Western Producer
- Sunday SUN
- John Gormley Show
- Blue Sky
- CBC Morning Edition with Ted Deller
- CTV News at Noon
- Calgary Herald
- Access Communications
- Castlegar Sun and Nelson News

For more information, please email [info@thesmilingmask.com](mailto:info@thesmilingmask.com).