



# The Smiling Mask

Watch the team's **documentary**,  
followed by a  
**Question & Answer forum.**

**Unlock the door to wellness!**

Many people ask us,  
"Why are we so happy?"

We say it's because,  
"We chose to move from  
surviving to thriving!"

Now, we would love to  
show you how we did it...

Time: **6:00 PM to 9:00 PM**  
Cost: **No cost. Childcare is provided.**  
Workshop begins 6:00 pm.  
Date: **Wednesday, January 11th, 2012**  
Location: **Family Centre, Suite 225, 200 – 4 Avenue South,  
Lethbridge**

**Pre-registration is required:**

Call (403) 320-4232 extension 200 and have an  
enlightening experience!

**Trust, Adjust and Transform your Life!**

*"Love takes off masks that we fear we cannot live without and know we cannot live within."  
- James Arthur Baldwin*

## Let the four tools of healing **Transform you!**

The authors of "The Smiling Mask" and their husbands will be speaking about their transformation from Postpartum Depression (PPD) & Anxiety, OCD and Psychosis to now living their best lives! They will be sharing tools that are alleviating and/or preventing struggles during pregnancy and postpartum. This evening is meant for:

- Women who are pregnant or have just given birth
- Women and men who have experienced Postpartum Depression (PPD), previously, or now.  
*\*Partners of women with maternal depression are 50 per cent more likely to be depressed themselves!*
- Family members or friends who know people who are currently experiencing Postpartum Depression, or have in the past and may still be struggling
- Women and men looking for tools to overcome depression and anxiety

**This is your time to ask questions you've always wanted and receive the truth!**

To view testimonials and each resource, please visit  
**[www.thesmilingmask.com](http://www.thesmilingmask.com)!**



Brought to you by the **FAMILY CENTRE of Lethbridge!**  
**[www.famcentre.ca](http://www.famcentre.ca)**