

THE SMILING MASK

For Women of All Ages ...

A Presentation on the “HOPE & HEALING” surrounding POSTPARTUM DEPRESSION

Tania Bird, Elita Paterson and Carla O'Reilly have practical insights into what works and what doesn't when coping with parenthood and Postpartum Depression.

Tania, Elita and Carla are the co-authors of the recently published book, *The Smiling Mask: Truths about Postpartum Depression and Parenthood*.

Tania, Elita and Carla will bring to the evening, their experience with Postpartum Depression and what can be expected if women are facing this struggle. As guests on talk shows, in academic conferences, and during book signings, their honesty and humour empowers women and their family and friends to understand the struggles that 1 out of 4 families face today with parenthood and Postpartum Depression.

Mark it on your calendar!

Date: Thursday, June 18th, 2009
Time: 7:00 PM
Place: Celebration Lutheran Church - corner of Prince of Wales & Arcola
Cost: free
Contact: Call [Sharon Smith](tel:751-0308) - 751-0308 or [Maxine Paterson](tel:525-2421) - 525-2421

*** **Childcare Provided** ***

Women of all ages are welcome – nurses, caregivers, students, teachers, counsellors, moms, grandmas, daughters, aunts, nieces, and friends!

Women Connecting with Women ~ Life presents itself in the form of opportunities ~ Share the strength!