



Quote: There is no better exercise for the arms, than reaching out to offer someone a caress ... virtually or otherwise.
- *M. P*

Friends of Zayne Adams (FOZA) was founded by Paulette Smith in 2018 after the sudden and tragic suicide death of her beloved granddaughter, Christina, who left behind a precious one-month old son.

FOZA, Inc., the nonprofit organization was incorporated in 2021 to bring awareness, education and resources to the issues surrounding suicides due to postpartum Depression and related mental illnesses. A special focus is placed on providing educational funds and support for the children left behind due to the loss of a parent from suicide and maternal mental illness.

Paulette is working diligently, along with the Members of FOZA, to raise awareness of postpartum depression, and the turmoil it brings to families. It is the goal of FOZA to eliminate the stigma that is often associated with discussing mental illnesses.

Paulette, is the president and owner of DonPaul Enterprises Llc, which is a business marketing and consulting firm, established in 1996, and based in Prince George's, County MD. USA

As the author of DonPaul Marketing Moments, an online blog and audio media vehicle, Paulette continues to provide education and insight to a world-wide audience in need of business marketing advice and database growth strategies.

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