



Quote: There is no better exercise for the arms, than reaching out to offer someone a caress ... virtually or otherwise.
- *Ms. 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.](#), a 501c3 nonprofit organization was incorporated in 2021 to bring awareness, education and resources to the issues surrounding maternal suicides, postpartum depression and related maternal mental illnesses. A special focus is placed on providing access to resources and support for the children and families left behind.

Paulette is working diligently, along with the Members of FOZA, and other Maternal Mental Health Organizations, to raise awareness of postpartum depression, and the turmoil it can bring to families. It is the goal of FOZA to eliminate the stigma that is often associated with discussing maternal mental illnesses.

Paulette, is the president and owner of [DonPaul Enterprises Llc](#), which is a branding, marketing, and consulting agency, 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.

Connect with Paulette and FOZA Online:

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