



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

Paulette Smith is the Founder and Executive Director of Friends of Zayne Adams (FOZA), Inc., a nonprofit organization focused on maternal suicide awareness, family support, and educational scholarships for children who have lost a mother due to postpartum depression and related maternal mental health conditions.

[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 collaborates with maternal mental health advocates, nonprofit organizations, and community support initiatives focused on awareness, healing, and long-term family support. She 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.

Connect with Paulette and FOZA Online:

Web: [www.FOZAInc.org](http://www.FOZAInc.org)  
LinkedIn: [www.linkedin.com/company/foza-inc/](http://www.linkedin.com/company/foza-inc/)  
Facebook: [www.facebook.com/FOZAInc](http://www.facebook.com/FOZAInc)  
Instagram: [www.instagram.com/fozainc/](http://www.instagram.com/fozainc/)  
Chat: [donpaul.as.me/foza30](https://donpaul.as.me/foza30)