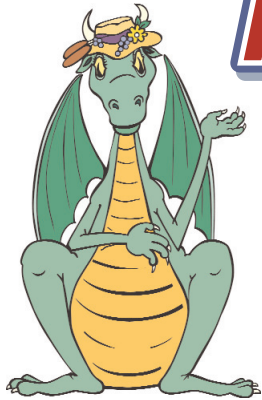


# About

# Iris the Dragon



## Who is Iris the Dragon?

Iris the Dragon is a registered charity that is a known producer of children's books to educate young audiences on mental health and wellness. With over a decade of experience, Iris the Dragon's mission has been to provide educational material for adults and young readers that can facilitate a conversation among parents, teachers and children about issues relating to mental health and wellness in a non-threatening manner. Iris the Dragon's books address a variety of emotional, behavioural and neuro-developmental conditions and recognize the importance of family, school, and community in promoting the potential of every child.

## The Iris the Dragon book series

The Iris the Dragon books have consistently applied a unique formula by incorporating a realistic main character— a child with a specific mental-health concern—into a fairy-tale setting with a helpful dragon named Iris. The fairy-tale medium is effective as it disassociates the topic from the real world and allows the reader to understand mental health concerns—and their related effects on the individual and family—from within a safe space.

Since the inception of the *Iris the Dragon book series* in 2000, educators, social workers, doctors and the general public in Canada and the United States have found in it an empowering tool for those who wish to learn more about mental wellness. And now that there are more than 50,000 copies in circulation throughout North America, parents, doctors and others have commented that the Iris books provide an excellent opportunity to open a dialogue on topics that had been very difficult to discuss with children.

The Iris the Dragon materials are an effective and trusted resource for children and caregivers because all of our materials have been vetted and endorsed by professionals in the fields of psychiatry, education, and neurology.

## The Iris the Dragon education series

With a proven successful track record from the book series and increased demand within the education field for tools that assist children understand mental wellness, Iris the Dragon is now producing units of study to compliment their book series. Drawing upon the pertinent themes related to mental wellness in each of the books, the units of study help educators to bridge the gap between children and their understanding of themselves and their mental health.

## Endorsements

*Gayle Grass, AKA Iris, is an exceptionally talented author of captivating children's books. Through this medium, she educates her audience (children, parents and caregivers) about mental health and mental illness and stigma reduction.....In her Iris the Dragon Series, Gayle has utilized outstanding vision for a demonstrated need well before the topic of child and youth mental health and illness was as well identified as a need and well before it was well accepted.*

Simon Davidson, M.B., B.Ch., F.R.C.P.(C)  
Professor of Psychiatry and Paediatrics  
Chairman, Division of Child and Adolescent Psychiatry, University of Ottawa  
Chair, Child and Youth Advisory Committee, Mental Health Commission of Canada

**He Shoots! He Scores!**

