

Gayle Grass talks on the topic of mental illness

The November meeting of the Perth and District University Women's Club enjoyed the informative talk by Gayle Grass, a resident of Lombardy.

Grass, who grew up in the Christie Lake area, is the author of "Catch a Falling Star" a fairy tale from the Iris the Dragon series.

This tale introduces children and their parents to the early warning signs of childhood mental illness in a thoughtful and innovative way.

Her hope is to break down the stigma and fear that are attached to mental illness.

She specifically chose the fairy-tale format, as it is a non-threatening way to see the effects of mental illness on individuals. It was reassuring to learn that her book has already made a difference in the lives of many families.

The book is completely endorsed by medical and educational professionals. Gayle has put together a workshop, which she has presented to the Upper Canada District School Board.

As teachers are often the first to recognize learning and behavioural problems, it is important that they recognize early warning signs. Early detection,

management can reduce if not cure the illness.

Grass's book "Catch a Falling Star" is available from the Perth Library and copies may be purchased at the Valley Book Shop. You may visit her website at www.iristhedragon.com.

The Perth and District University Women's Club meets the third Monday of each month in McMartin House and has an interesting group of speakers to address forthcoming meetings.

For details please contact the membership chairperson, Donna Morrow at 283-7152.