



Lisa (Lala) Lalonde

Mental Health Advocate

Tazzy's Zookeeper

Okanagan Valley, British Columbia

Currently near the end of her sixth decade, mental health advocate Lisa (Lala) Lalonde is still learning valuable life lessons every day. Having lived in several countries, she has chosen the beautiful Okanagan Valley in British Columbia as her home. With her varied life and work experience, an ex-husband and a late husband—plus a B.A. degree in criminology (with a minor in psychology)—she felt qualified and excited to hop on the roller coaster and embrace the role of wife and zookeeper to Big Daddy Tazz, her beloved, bi-polar, socially anxious, depressive, dyslexic husband with OCD and ADHD. Together, they blended their families and started an entertainment agency, and they now travel North America, sharing Tazzy's message—*It's ok to ask for help. You can do this. You're loved.* Tazz and Lala hope to make a difference in people's lives—one story and one hug at a time. Is it worth it? Absolutely. Even on hard days, we always find something to laugh about.