



FOR IMMEDIATE RELEASE

## **PROJECT DRAGONFLY TAKES FLIGHT**

**Brantford, ON (January 30, 2018)** – In the 17 short weeks since her sister's passing (the result of completing suicide), Kimberlee Taplay has been a woman on a mission.

An idea that formed in the weeks following her sister's death, 'Project Dragonfly' was a concept that soon became a facebook page, a website, a series of public appearances and more – all in the spirit of helping others and designed to make a difference.

The home page of Project Dragonfly's webpage explains: "Her name was Stephanie, and she was my sister. I say 'was' because I lost her to suicide sometime during the evening of September 30th, 2017. My sister's death changed me; I am not the same person I was before I got the call. I was at work, and I remember hanging up the phone and then picking it up again to ask one of my best friends and co-worker if he would come and see me in my office. When he came around the corner, all I can remember is asking him to shut the door behind him and the sound of someone crying. It was me, although I don't remember the sound as much as I remember the feeling of his arms wrapping around me as I choked on my words and held onto him for dear life.

I've changed. I am not the same person I was before all of this happened. Transformed, is the most appropriate word, I suppose, and as I move forward into a future without my sister, there is the feeling that something good must come from all of that has happened. This can't be the end of the story. Endings and beginnings are one and the same — isn't that what they say? If that is true, then consider this the beginning of our journey towards finding beauty in broken things. **Welcome to Project Dragonfly...**"

Fully-endorsed by the Canadian Mental Health Association (the Brant Haldimand Norfolk Branch, specifically), the website and other elements of Project Dragonfly officially launch on Bell Let's Talk Day by design. It is Taplay's goal over the next two years to grow the project in such a way that it can be used by both the CMHA and mental health awareness initiatives worldwide.

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**For more information, please contact:**

**KimberleeAnna Taplay**, *Coordinator*

[ProjectDragonfly@rogers.com](mailto:ProjectDragonfly@rogers.com)

[www.projectdragonfly.ca](http://www.projectdragonfly.ca)

[www.facebook.com/projectdragonflyinaction](https://www.facebook.com/projectdragonflyinaction)