

When Someone You Love Dies

February 14, 2018
7 - 9 p.m.

Mississauga Living Arts Centre
Bank of Montreal Room
4141 Living Arts Drive, Mississauga

Free event. Pre-registration required.

In this presentation, Dr. Stephen Fleming will explore the nature and dynamics of adjusting to the loss of a loved one. Using case history examples and videotape, Dr. Fleming will:

- discuss various dimensions of the loss experience that influence how we grieve, e.g., who died, how the person died
- bust the many myths of grief (e.g., "you'll get over it", "time heals", the notion of "closure"),
- explore the many physical, psychological, and behavioural symptoms of adjusting to loss.

Dr. Fleming will also discuss the transition from "losing what we have to having what we have lost" in the struggle to move from devastation to regeneration.

Dr. Stephen Fleming PhD, C. Psych. **Presenter**

In addition to his private practice with Fleming Vigna Balmer (FVB), Dr. Fleming is a Professor Emeritus in the Department of Psychology, Faculty of Health, at York University in Toronto, and a Consulting Psychologist with the Pilot Recruitment Programmes at Air Canada, Jazz Aviation, and Sky Regional Airlines. His co-authored book, "Parenting after the death of a child: A practitioner's guide" was published by Routledge. For more information about Dr. Fleming, please visit FVB's website (www.fvb.ca).

About This Free Public Lecture Series

Fleming Vigna Balmer - Psychologists (FVB) is launching a series of public lectures as part of our "Psychology for You" initiative. These talks, designed for both professional and lay audiences, will be devoted to a variety of topics including grief and loss (February 14), the private worlds of bereaved children (March 28), mindful parenting strategies (April 25), helping your child cope with anxiety (May 23), and eating disorders (June 13).



Pre-register for This Event

Seating is limited. Although there is no charge for admission, pre-registration is required.

Please call FVB's Mississauga office at 833-fvb-psyc (382-7792) to register. For further information about FVB, visit www.fvb.ca.

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