OVER **4 MILLION** TRAINED WORLDWIDE

MENTAL HEALTH FIRST AID
UNITED ARAB EMIRATES

Online Mental Health First Aid
INFO SESSIONS, TRAININGS & SUPPORT SESSIONS

UPCOMING EVENTS IN 2023

ONLINE *ADULT-TO-ADULT* MHFA TRAINING:
(9.30am - 2.30pm)

A 10-hour evidence-based course ideal for adults wanting to learn how to identify and respond to other adults who may be struggling with their mental health.
*6.55 CME/CPD credits available from DHA.

- **March 23 & 24** *(Thur./Fri.)*
- **April 12 & 13** *(Wed./Thur.)*
- **May 11 & 12** *(Thur./Fri.)*
- **June 15 & 16** *(Thur./Fri.)*
- **July 13 & 14** *(Thur./Fri.)*
- **August 2 & 3** *(Wed./Thur.)*

ONLINE *ADULT-TO-ADOLESCENT* MHFA TRAINING:
(9.30am - 2.30pm)

A 10-hour evidence-based course ideal for adults wanting to learn how to identify and respond to teens who may be struggling with their mental health.

- **March 15 & 16** *(Wed./Thur.)*
- **April 27 & 28** *(Thur./Fri.)*
- **May 18 & 19** *(Thur./Fri.)*

ONLINE MHFA REFRESHER COURSE:
(9.30am - 1.30pm)

A 4-hour online course to re-certify as a MHFAider (accreditation extended for 3 more years). Update and refresh your knowledge, skills, and confidence. Work through complex,real-life Mental Health First Aid conversations, learn best practices to take care of your own mental health, and learn the latest in research.

- Wed. **April 26**
- Thur. **June 22**

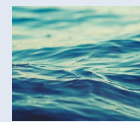### ONLINE *TEEN-TO-TEEN* MHFA TRAINING:
(11am - 3.30pm)

A 4.5-hour evidence-based training for teens who want to learn how to understand, identify, and respond to other teens who may be struggling with their mental health.

- Sat. **March 18** *(16-18 yrs)*
- Sat. **April 29** *(13-15 yrs)*
- Sat. **May 20** *(16-18 yrs)*

IDENTIFY. UNDERSTAND. RESPOND.

The LightHouse Arabia is the only authorized and licensed provider for MHFA training in the U.A.E.
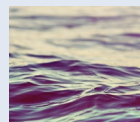
ONLINE MHFA INFORMATIONAL SESSIONS:
(6pm - 6.30pm)

Join us for an informational session to learn more about what Mental Health First Aid is all about, followed by an interactive Q&A session.

- Wed. **March 8**
- Wed. **April 12**
- Wed. **May 3**
- Wed. **June 7**
- Wed. **July 5**
- Wed. **August 23**

ONLINE ADULT MHFA SUPPORT SESSIONS:
(6pm - 7pm)

A monthly support session for accredited Adult Mental Health First Aiders.

- Wed. **March 15**
- Wed. **April 19**
- Wed. **May 24**
- Wed. **June 21**
- Wed. **July 26**
- Wed. **August 30**

Pre-Registration required:
www.lighthousearabia.com/events

*All events are delivered online using the Zoom platform

THE LIGHTHOUSE
CENTER FOR WELLBEING

lighthousearabia.com