

APRIL 2018

UPCOMING EVENTS OF THE MONTH

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	31
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

- CHILDREN
- TWEENS (AGES 9 – 12 YRS)
- TEENS (AGES 13 – 17 YRS)
- ADULTS (18 YRS+)
- ALL AGES WELCOME

2ND APRIL 2018

MOTHERLESS DAUGHTERS SUPPORT GROUP

All ages welcome **6:30 PM to 8:00 PM**

8TH APRIL 2018

IVF & INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

Women Only (18+ years) **10:00 AM to 11:30 AM**

9TH APRIL 2018

GENERAL GRIEF SUPPORT GROUPS

(FOR ADULTS, TEENS, MIDDLES, & LITTLES)

(We meet every other week) **5:30 PM to 7:00 PM**

10TH APRIL 2018

HEALING THROUGH MEDITATION

Adults (18+ years) **12:00 PM to 1:00 PM**

TLH CLINICAL SEMINAR SERIES

Understanding ADHD: Etiology, Assessment and Interventions

Adults (18+ years) **5:30 PM to 8:30 PM**

11TH APRIL 2018

ADHD SUPPORT GROUP FOR PARENTS

Adults **5:30 PM to 6:30 PM**

MENTAL HEALTH FIRST AID (MHFA)

INFORMATIONAL SESSION

Adults (18+ years) **6:00 PM to 7:00 PM**

15TH APRIL 2018

MINDFUL LIVING COURSE : LEVEL 1

An 8-week course for Adults

Adults (18+ years) **11:00 AM to 1:00 PM**

16TH APRIL 2018

MOTHERLESS DAUGHTERS SUPPORT GROUP

All ages welcome **6:30 PM to 8:00 PM**

17TH APRIL 2018

CONNECTING COUNSELOR'S EVENT

Managing Transitions & Grief in Children

Adults (18+ years) **5:30 PM to 7:30 PM**

ANXIETY MANAGEMENT SKILLS

An 8-week course for Adults

Adults (18+ years) **6:30 PM to 8 : 00 PM**

CAREGIVERS SUPPORT GROUP

Adults (18+ years) **6 : 00 PM to 7 : 30 PM**

17TH APRIL 2018

MINDFUL LIVING COURSE : LEVEL 1

An 8-week course for Adults

Adults (18+ years) **7:00 PM to 9 : 00 PM**

18TH APRIL 2018

TLH CLINICAL SEMINAR SERIES

Post-Natal Depression; Red Flags, Symptoms and How to Help

Adults (18+ years) **5:30 PM to 8:30 PM**

21ST APRIL 2018

VAL-YOU WORKSHOP

Create your own Vision Board

Adults (20+ years) **11:00 AM to 2:00 PM**

HEALING THROUGH MEDITATION

Adults (18+ years) **12:00 PM to 1:00 PM**

23RD APRIL 2018

MOMMY MONDAYS SEMINAR SERIES

Fussy Eaters

Adults (18+ years) **9:00 AM to 10:30 AM**

GENERAL GRIEF SUPPORT GROUPS

(FOR ADULTS, TEENS, MIDDLES, & LITTLES)

(We meet every other week) **5:30 PM to 7:00 PM**

HEALING THROUGH MEDITATION

Adults (18+ years) **6:30 PM to 7:30 PM**

24TH APRIL 2018

TWEEN TALK: THE COMPASSIONATE TWEEN

Tweens (9-12 years) **5:00 PM to 6:00 PM**

25TH APRIL 2018

WELLNESS WEDNESDAY SEMINAR SERIES

Understanding & Managing Stress

Adults (18+ years) **9:30 AM to 11:00 AM**

SURVIVING AFTER LOSS TO SUICIDE (SALS)

SUPPORT GROUP

All ages welcome **6 : 00 PM to 7 : 30 PM**

29TH APRIL 2018

LITTLE LIFETIMES

Pregnancy & Infant Loss Support Group

Adults (18+ years) **10:00 AM to 11:30 AM**

30TH APRIL 2018

COPING WITH CANCER SUPPORT GROUP

All ages welcome **10 : 00 AM to 11 : 30 AM**

