






DECEMBER 2018

UPCOMING EVENTS OF THE MONTH

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

WORKSHOPS & SEMINARS

FRI. 7TH DECEMBER

TLH CLINICAL SEMINAR SERIES:

Assessment and Treatment of Depression in Medical Practice

 Adults (18+ years) **8:30 AM to 5:00 PM**

TUES. 11TH DECEMBER

HEALING THROUGH MEDITATION

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


TRAININGS & COURSES

TUES. 11TH DECEMBER

MENTAL HEALTH FIRST AIDER (MHFA) SUPPORT SESSION

For Certified Mental Health First Aiders only


This is a support session for individual's who have been trained by The LightHouse in Adult or Adolescent MHFA. It is an opportunity to de-brief and reflect on first-aid situations you've experienced, in addition to asking instructors any questions you may have.

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

WED. 12TH DECEMBER

MENTAL HEALTH FIRST AIDER (MHFA) INFORMATIONAL SESSION

Join us for an informational session to learn about the training objectives for Mental Health First Aid, and how it can impact you, your relationships, community, or organization.

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

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	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	31	1	2	3	4	5

SUPPORT GROUPS

MON. 3RD DECEMBER

MOTHERLESS DAUGHTERS SUPPORT GROUP


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

WED. 5TH DECEMBER

SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP

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

ADULTS WITH AUTISM SPECTRUM DISORDER (ASD)/ASPERGER'S SUPPORT GROUP

 Adults (18+ years) **7:00 PM to 8:00 PM**

SUN. 9TH DECEMBER

INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

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

MON. 10TH DECEMBER

GENERAL GRIEF SUPPORT GROUPS

(FOR ADULTS, TEENS, MIDDLES, & LITTLES)

 All ages welcome **5:30 PM to 7:00 PM**

MON. 17TH DECEMBER

MOTHERLESS DAUGHTERS SUPPORT GROUP

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

