

FEBRUARY 2019

UPCOMING EVENTS OF THE MONTH

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

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | 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 | | |

WORKSHOPS & SEMINARS

TUES. 5TH FEBRUARY
HEALING THROUGH MEDITATION
 Adults (18+ years) **12:30 PM to 1:30 PM**

TUES. 12TH FEBRUARY
CONNECTING COUNSELORS EVENT:
Managing Depression in Kids
 Adults (18+ years) **5:30 PM to 7:30 PM**

SAT. 16TH FEBRUARY
VAL-YOU (2-PART WORKSHOP)
Create your own vision board.
Part 2 takes place on Sat. 2nd March.
 Adults (18+ years) **10:00 AM to 12:00 PM**

HEALING THROUGH MEDITATION
 Adults (18+ years) **12:30 PM to 1:30 PM**

MON. 25TH FEBRUARY
MOMMY MONDAYS SEMINAR SERIES
Nurturing Your Marriage as you Nurture Your Child
 Adults (18+ years) **9:00 AM to 10:30 AM**

WED. 27TH FEBRUARY
TLH CLINICAL SEMINAR SERIES:
Schema Therapy Training
 Adults (18+ years) **9:00 AM to 5:00 PM**

TRAININGS & COURSES

TUES. 5TH FEBRUARY
THE HANEN PROGRAM®: IT TAKES TWO TO TALK®
For Parents of Children with Language Delays (8-week course)
 Adults (18+ years) **9:30 AM to 11:30 AM**

FRI. 8TH FEB & SAT. 9TH FEB
ADULT MENTAL HEALTH FIRST AID TRAINING (MHFA)
A 2-Part Course; 12 hours total
This course is ideal for adults who want to learn more, in preparation for increasing their confidence and competence in supporting young people with mental health difficulties.
 Adults (18+ years) **9:00 AM to 4:00 PM**

TUES. 19TH FEBRUARY
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. 20TH FEBRUARY
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**

SUPPORT GROUPS

MON. 4TH FEBRUARY
GENERAL GRIEF SUPPORT GROUPS
(FOR ADULTS, TEENS, MIDDLES, & LITTLES)
 All ages welcome **5:30 PM to 7:00 PM**

SUN. 10TH FEBRUARY
INFERTILITY SUPPORT GROUP
In partnership with IVF Support Group UAE
 Women (18+ years) **10:00 AM to 11:30 AM**

MON. 11TH FEBRUARY
MOTHERLESS DAUGHTERS SUPPORT GROUP
 All ages welcome **6:30 PM to 8:00 PM**

TUES. 12TH FEBRUARY
ADULTS WITH AUTISM SPECTRUM DISORDER (ASD)/ASPERGER'S SUPPORT GROUP
 Adults **6:00 PM to 7:30 PM**

WED. 13TH FEBRUARY
COPING WITH CANCER SUPPORT GROUP
 All ages welcome **6:30 PM to 7:30 PM**

MON. 18TH FEBRUARY
GENERAL GRIEF SUPPORT GROUPS
(FOR ADULTS, TEENS, MIDDLES, & LITTLES)
 All ages welcome **5:30 PM to 7:00 PM**

WED. 20TH FEBRUARY
ADHD SUPPORT GROUP FOR PARENTS
A supportive space for parents to share their concerns, challenges, and joys of having a child with ADHD.
 Parents **5:30 PM to 7:00 PM**

MON. 25TH FEBRUARY
LITTLE LIFETIMES
Pregnancy & Infant Loss Support Group
 Adults (18+ years) **10:00 AM to 11:30 AM**

MOTHERLESS DAUGHTERS SUPPORT GROUP
 All ages welcome **6:30 PM to 8:00 PM**

WED. 27TH FEBRUARY
SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP
 All ages welcome **6:00 PM to 7:30 PM**

