

JANUARY 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
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	31	1	2

WORKSHOPS & SEMINARS

TUES. 8TH JANUARY
HEALING THROUGH MEDITATION
 Adults (18+ years) **12:00 PM to 1:00 PM**

TUES. 15TH JANUARY
TWEEN TALK
Understanding Me: #SelfLove
 Tweens (9-12) **5:00 PM to 6:00 PM**

FRI. 25TH JANUARY
TLH SPECIAL EVENT: DISCOVER YOUR LIGHT - WELLBEING DAY
Small Steps to Transform Your Life in 2019
 All ages welcome **11:00 AM to 4:00 PM**

MON. 28TH JANUARY
MOMMY MONDAYS SEMINAR SERIES
The Mindful Child & Mindful Family
 Adults (18+ years) **9:00 AM to 10:30 AM**

TRAININGS & COURSES

TUES. 15TH JANUARY
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. 16TH JANUARY
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**

THURS. 31ST JAN & FR. 1ST FEB.
ADOLESCENT MENTAL HEALTH FIRST AID TRAINING (MHFA)
A 2-Part Course; 14 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 6:00 PM**

SUPPORT GROUPS

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

WED. 9TH JANUARY
ADULTS WITH AUTISM SPECTRUM DISORDER (ASD)/ASPERGER'S SUPPORT GROUP
 Adults (18+ years) **6:00 PM to 7:30 PM**

SUN. 13TH JANUARY
INFERTILITY SUPPORT GROUP
In partnership with IVF Support Group UAE
 Women (18+ years) **10:00 AM to 11:30 AM**

MON. 14TH JANUARY
MOTHERLESS DAUGHTERS SUPPORT GROUP
 All ages welcome **6:30 PM to 8:00 PM**

WED. 16TH JANUARY
COPING WITH CANCER SUPPORT GROUP
 All ages welcome **6:00 PM to 7:30 PM**

MON. 21ST JANUARY
GENERAL GRIEF SUPPORT GROUPS
(FOR ADULTS, TEENS, MIDDLES, & LITTLES)
 All ages welcome **5:30 PM to 7:00 PM**

WED. 23RD JANUARY
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. 28TH JANUARY
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. 30TH JANUARY
SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP
 All ages welcome **6:00 PM to 7:30 PM**

