

JULY 2018

UPCOMING EVENTS OF THE MONTH

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
29	30	31				

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

3RD JULY 2018

MENTAL HEALTH FIRST AID (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

9TH JULY 2018

HEALING THROUGH MEDITATION

This workshop is ideal for those who are curious and interested in learning more about oneself through a healing meditation practice and integrating mind, body, and spirit to live to your fullest potential.

Structure: First 30-mins is informational, last 30-mins is healing.

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

11TH JULY 2018

MENTAL HEALTH FIRST AID (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

21ST JULY 2018

HEALING THROUGH MEDITATION

This workshop is ideal for those who are curious and interested in learning more about oneself through a healing meditation practice and integrating mind, body, and spirit to live to your fullest potential.

Structure: First 30-mins is informational, last 30-mins is healing.

- Adults (18+ years) 1:00 PM to 2:00 PM

26TH & 27TH JULY 2018

ADULT MENTAL HEALTH FIRST AID TRAINING A 2-Part Course (July 26 & 27); 12 hours total

This course is highly relevant for anyone working in a high stress environment, or for those responsible for supporting others who may be facing mental health difficulties.

- Adults (18+ years) 9:00 AM to 4:00 PM

