

# JUNE 2018

## UPCOMING EVENTS OF THE MONTH

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

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

### 3<sup>RD</sup> JUNE 2018

#### RAMADAN CAMP: FOSTERING EMOTIONAL INTELLIGENCE BY CULTIVATING THE INNER GAME

Program: June 3<sup>rd</sup> - 5<sup>th</sup> (3 days)

(9-12 years) **2:30 PM to 4:30 PM**

### 4<sup>TH</sup> JUNE 2018

#### CHESS AT TLH

Lead by a professional Chess Instructor. **For ages 7 yrs+**

All ages welcome **2:15 PM to 3:15 PM**

#### GENERAL GRIEF SUPPORT GROUPS

( FOR ADULTS, TEENS, MIDDLES, & LITTLES )

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

### 5<sup>TH</sup> JUNE 2018

#### MENTAL HEALTH FIRST AID (MHFA) SUPPORT SESSION

For Certified Mental Health First Aiders only

Adults (18+ years) **4:30 PM to 5:30 PM**

### 6<sup>TH</sup> JUNE 2018

#### CHESS AT TLH

Lead by a professional Chess Instructor. **For ages 7 yrs+**

All ages welcome **2:15 PM to 3:15 PM**

#### MENTAL HEALTH FIRST AID (MHFA) INFORMATIONAL SESSION

Adults (18+ years) **4:30 PM to 5:30 PM**

### 7<sup>TH</sup> JUNE 2018

#### CHESS AT TLH

Lead by a professional Chess Instructor. **For ages 7 yrs+**

All ages welcome **3:15 PM to 4:15 PM**

### 10<sup>TH</sup> JUNE 2018

#### INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

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

### 11<sup>TH</sup> JUNE 2018

#### MOMMY MONDAYS SEMINAR SERIES

The Mindful Child & Mindful Family

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

#### CHESS AT TLH

Lead by a professional Chess Instructor. **For ages 7 yrs+**

All ages welcome **2:15 PM to 3:15 PM**

#### MOTHERLESS DAUGHTERS SUPPORT GROUP

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

### 12<sup>TH</sup> JUNE 2018

#### CAREGIVER SUPPORT GROUP

Caregiver Burnout: Supporting a Loved One with High Emotional Needs

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

### 13<sup>TH</sup> JUNE 2018

#### CHESS AT TLH

Lead by a professional Chess Instructor. **For ages 7 yrs+**

All ages welcome **2:15 PM to 3:15 PM**

### 14<sup>TH</sup> JUNE 2018

#### CHESS AT TLH

Lead by a professional Chess Instructor. **For ages 7 yrs+**

All ages welcome **3:15 PM to 4:15 PM**

### 18<sup>TH</sup> JUNE 2018

#### GENERAL GRIEF SUPPORT GROUPS

( FOR ADULTS, TEENS, MIDDLES, & LITTLES )

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

### 24<sup>TH</sup> JUNE 2018

#### LITTLE LIFETIMES

Pregnancy & Infant Loss Support Group

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

### 25<sup>TH</sup> JUNE 2018

#### MOTHERLESS DAUGHTERS SUPPORT GROUP

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

### 26<sup>TH</sup> JUNE 2018

#### COPING WITH CANCER SUPPORT GROUP

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

### 27<sup>TH</sup> JUNE 2018

#### TLH CLINICAL SEMINAR SERIES

Working with Grief

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

#### SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP

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

### 28<sup>TH</sup> JUNE 2018

#### ADULT MENTAL HEALTH FIRST AID TRAINING

A 2-Part Course (June 28 & 29); 12 hours total

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

