

MARCH 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	29	30
31						

WORKSHOPS & SEMINARS

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

SAT. 16TH MARCH
HEALING THROUGH MEDITATION
 Adults (18+ years) **12:30 PM to 1:30 PM**

MON. 18TH MARCH
SPECIAL EDUCATION NEEDS (SEN) EVENT
 Adults (18+ years) **5:30 PM to 7:30 PM**

MON. 25TH MARCH
MOMMY MONDAYS SEMINAR SERIES
Positive Parenting Strategies
 Adults (18+ years) **9:00 AM to 10:30 AM**

TRAININGS & COURSES

TUES. 12TH MARCH
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.
 Adults (18+ years) **6:00 PM to 7:30 PM**

WED. 13TH MARCH
SOCIAL SKILLS PRACTICE GROUP
For graduates of previous TLH Social Skills Programs and eligible TLH individual therapy clients (referred by their clinicians)
 Children (7-10 years) **4:30 PM to 5:30 PM**

TUES. 19TH MARCH
SOCIAL SKILLS GROUP INFO SESSION
Why Developing Children's Social Skills Matters For parents interested in learning more about the TLH 'Enhancing Children's Social Skills' 8-week program. Program is suitable for children 7-9 yrs & their parents.
 Parents **5:30 PM to 6:30 PM**

WED. 20TH MARCH
MENTAL HEALTH FIRST AIDER (MHFA) INFORMATIONAL SESSION
Join us for an info 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**

WED. 27TH MARCH
SOCIAL SKILLS PRACTICE GROUP
For graduates of previous TLH Social Skills Programs and eligible TLH individual therapy clients (referred by their clinicians)
 Children (7-10 years) **4:30 PM to 5:30 PM**

SUPPORT GROUPS

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

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

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

WED. 13TH MARCH
ADULTS WITH AUTISM SPECTRUM DISORDER (ASD)/ASPERGER'S SUPPORT GROUP
 Adults **6:00 PM to 7:30 PM**

COPING WITH CANCER SUPPORT GROUP
 All ages welcome **6:30 PM to 7:30 PM**

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

WED. 20TH MARCH
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 MARCH
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 MARCH
SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP
 All ages welcome **6:00 PM to 7:30 PM**

