

# MAY 2018

## UPCOMING EVENTS OF THE MONTH

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	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
3	4	5	6	7	8	9

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

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

#### ADULT MENTAL HEALTH FIRST AID TRAINING

A 2-Part Course (May 3 & 4); 12 hours total

Adults (18+ years) 9:00 AM to 4:15 PM

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

#### INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

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

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

#### GENERAL GRIEF SUPPORT GROUPS

( FOR ADULTS, TEENS, MIDDLES, & LITTLES )

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

### 9<sup>TH</sup> MAY 2018

#### 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

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

#### THE IMPORTANCE OF PLAY SEMINAR

\*Event will take place at OliOli. In partnership with OliOli, Sublime Nursing and The LightHouse Arabia.

Parents 3:15 PM to 5:00 PM

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

#### ADOLESCENT MENTAL HEALTH FIRST AID TRAINING

A 2-Part Course (May 11 & 12); 14 hours total

Adults (18+ years) 9:00 AM to 6:00 PM

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

#### MOTHERLESS DAUGHTERS SUPPORT GROUP

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

### 16<sup>TH</sup> MAY 2018

#### CHESS AT TLH

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

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

### 17<sup>TH</sup> MAY 2018

#### CHESS AT TLH

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

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

### 19<sup>TH</sup> MAY 2018

#### VAL-YOU WORKSHOP

Create your own Vision Board

Adults (20+ years) 11:00 AM to 2:00 PM

### 20<sup>TH</sup> MAY 2018

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

Program: May 20th - 22nd (3 days)

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

### 21<sup>ST</sup> MAY 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

### MOMMY MONDAYS SEMINAR SERIES

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

### 22<sup>ND</sup> MAY 2018

#### CAREGIVER SUPPORT GROUP

Caregiver Burnout: Supporting a Loved One with High Emotional Needs

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

### 23<sup>RD</sup> MAY 2018

#### CHESS AT TLH

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

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

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

#### CHESS AT TLH

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

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

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

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

Program: May 27th - 29th (3 days)

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

### LITTLE LIFETIMES

Pregnancy & Infant Loss Support Group

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

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

#### 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

### 30<sup>TH</sup> MAY 2018

#### CHESS AT TLH

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

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

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

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

### COPING WITH CANCER SUPPORT GROUP

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

