

# NOVEMBER 2018

## UPCOMING EVENTS OF THE MONTH

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	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	1

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

### WORKSHOPS & SEMINARS

#### TUES. 13<sup>TH</sup> NOVEMBER

##### HEALING THROUGH MEDITATION

Adults (18+ years) 12:00 PM to 1:00 PM

#### TWEEN TALK

Cyber Smart Tweens

Tweens (9-12 years) 5:00 PM to 6:00 PM

#### WED. 21<sup>ST</sup> NOVEMBER

##### RELATIONSHIP REVIVAL

Constructive Communication in Couples

Adults (18+ years) 6:30 PM to 8:00 PM

#### SAT. 24<sup>TH</sup> NOVEMBER

##### HEALING THROUGH MEDITATION

Adults (18+ years) 12:30 PM to 1:30 PM

#### MON. 26<sup>TH</sup> NOVEMBER

##### MOMMY MONDAYS SEMINAR SERIES

Fussy Eaters

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

### TRAININGS & COURSES

#### TUES. 6<sup>TH</sup> NOVEMBER

##### 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. 7<sup>TH</sup> NOVEMBER

##### 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. 8<sup>TH</sup> & FR. 9<sup>TH</sup> NOVEMBER 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

#### THURS. 22<sup>ND</sup> & FR. 23<sup>RD</sup> NOVEMBER ADULT MENTAL HEALTH FIRST AID TRAINING (MHFA)

A 2-Part Course; 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 4:15 PM

#### MON. 26<sup>TH</sup> NOVEMBER

##### TLH CLINICAL SEMINAR SERIES:

Guiding Grief

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

### SUPPORT GROUPS

#### MON. 5<sup>TH</sup> NOVEMBER

##### MOTHERLESS DAUGHTERS SUPPORT GROUP

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

#### SUN. 11<sup>TH</sup> NOVEMBER

##### INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

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

#### MON. 12<sup>TH</sup> NOVEMBER

##### GENERAL GRIEF SUPPORT GROUPS

(FOR ADULTS, TEENS, MIDDLES, & LITTLES)

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

#### WED. 14<sup>TH</sup> NOVEMBER

##### 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. 19<sup>TH</sup> NOVEMBER

##### SPECIAL EVENT: EVENING OF REMEMBRANCE

Raymee Grief Center

All ages welcome 7:00 PM to 8:30 PM

#### SUN. 25<sup>TH</sup> NOVEMBER

##### COPING WITH CANCER SUPPORT GROUP

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

#### MON. 26<sup>TH</sup> NOVEMBER

##### LITTLE LIFETIMES

Pregnancy & Infant Loss Support Group

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

##### GENERAL GRIEF SUPPORT GROUPS

(FOR ADULTS, TEENS, MIDDLES, & LITTLES)

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

