






OCTOBER 2018

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
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

WORKSHOPS & SEMINARS

TUES. 9TH OCTOBER

HEALING THROUGH MEDITATION

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

TWEEN TALK

Let's Talk Back-to-School

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

WED. 17TH OCTOBER

UNDERSTANDING YOUNG PEOPLE'S MENTAL HEALTH

World Mental Health Day Special Event

TLH Child & Adolescent (C&A) services.

Talk followed by panel discussion.

 Adults (18+ years) **9:30 AM to 11:00 AM**

SAT. 20TH OCTOBER

HEALING THROUGH MEDITATION

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

MON. 29TH OCTOBER

MOMMY MONDAYS SEMINAR SERIES

Managing Separation Anxiety

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

TUES. 30TH OCTOBER

CONNECTING COUNSELORS EVENING EVENT

A Multi-Disciplinary Approach to Treating Eating Disorders in Youth

 Adults (18+ years) **5:30 PM to 7:00 PM**

TRAININGS & COURSES

SUN. 8TH OCTOBER

LEVEL 2: ADVANCED KNOWLEDGE AND PRACTICE OF CBT

Weekly, for 6 weeks

 Adults (18+ years) **5:30 PM to 7:00 PM**

TUES. 9TH OCTOBER

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. 10TH OCTOBER

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. 11TH & FR. 12TH OCTOBER

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. 25TH & FR. 26TH OCTOBER

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**

SUPPORT GROUPS

MON. 1ST OCTOBER

GENERAL GRIEF SUPPORT GROUPS

(FOR ADULTS, TEENS, MIDDLES, & LITTLES)

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

MON. 8TH OCTOBER

MOTHERLESS DAUGHTERS SUPPORT GROUP

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

SUN. 14TH OCTOBER

INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

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

MON. 15TH OCTOBER

GENERAL GRIEF SUPPORT GROUPS

(FOR ADULTS, TEENS, MIDDLES, & LITTLES)

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

MON. 22TH OCTOBER

MOTHERLESS DAUGHTERS SUPPORT GROUP

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

WED. 24TH OCTOBER

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**

SUN. 28TH OCTOBER

COPING WITH CANCER SUPPORT GROUP

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

MON. 29TH OCTOBER

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**

WED. 31ST OCTOBER

SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP

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

