

# SEPTEMBER 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
26	27	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	2	3	4	5	6

### WORKSHOPS & SEMINARS

**TUES. 4<sup>TH</sup> SEPTEMBER**  
**CONNECTING COUNSELORS**  
**EVENING EVENT**  
 Adults (18+ years) **5:30 PM to 7:30 PM**

**TUES. 11<sup>TH</sup> SEPTEMBER**  
**HEALING THROUGH MEDITATION**  
 Adults (18+ years) **12:00 PM to 1:00 PM**

**WED. 19<sup>TH</sup> SEPTEMBER**  
**WELLNESS WEDNESDAY SEMINAR**  
**SERIES**  
Balancing your Life by Balancing your Mind  
 Adults (18+ years) **9:30 AM to 11:00 AM**

**SAT. 22<sup>ND</sup> SEPTEMBER**  
**HEALING THROUGH MEDITATION**  
 Adults (18+ years) **12:30 PM to 1:30 PM**

**MON. 24<sup>TH</sup> SEPTEMBER**  
**MOMMY MONDAYS SEMINAR SERIES**  
Look Who's Talking! The Importance of  
Early Language Development  
 Adults (18+ years) **9:00 AM to 10:30 AM**

**HEALING THROUGH MEDITATION**  
 Adults (18+ years) **6:30 PM to 7:30 PM**

### TRAININGS & COURSES

**TUES. 4<sup>TH</sup> SEPTEMBER**  
**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. 5<sup>TH</sup> SEPTEMBER**  
**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. 20<sup>TH</sup> & FR. 21<sup>ST</sup> SEPTEMBER**  
**ADULT MENTAL HEALTH FIRST AID**  
**TRAINING (MHFA)**  
**A 2-Part Course (September 20 & 21);**  
**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. 3<sup>RD</sup> SEPTEMBER**  
**GENERAL GRIEF SUPPORT GROUPS**  
( FOR ADULTS, TEENS, MIDDLES, & LITTLES )  
 All ages welcome **5:30 PM to 7:00 PM**

**SUN. 9<sup>TH</sup> SEPTEMBER**  
**INFERTILITY SUPPORT GROUP**  
In partnership with IVF Support Group UAE  
 Women (18+ years) **10:00 AM to 11:30 AM**

**MON. 10<sup>TH</sup> SEPTEMBER**  
**MOTHERLESS DAUGHTERS SUPPORT**  
**GROUP**  
 All ages welcome **6:30 PM to 8:00 PM**

**MON. 17<sup>TH</sup> SEPTEMBER**  
**GENERAL GRIEF SUPPORT GROUPS**  
( FOR ADULTS, TEENS, MIDDLES, & LITTLES )  
 All ages welcome **5:30 PM to 7:00 PM**

**MON. 24<sup>TH</sup> SEPTEMBER**  
**MOTHERLESS DAUGHTERS SUPPORT**  
**GROUP**  
 All ages welcome **6:30 PM to 8:00 PM**

**WED. 26<sup>TH</sup> SEPTEMBER**  
**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**

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

**SUN. 30<sup>TH</sup> SEPTEMBER**  
**LITTLE LIFETIMES**  
Pregnancy & Infant Loss Support Group  
 Adults (18+ years) **10:00 AM to 11:30 AM**

**COPING WITH CANCER SUPPORT GROUP**  
 All ages welcome **6:00 PM to 7:30 PM**

