



THE LIGHTHOUSE

CENTER FOR WELLBEING

MAY 2017

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	
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	10

1ST MAY 2017

- GENERAL GRIEF SUPPORT GROUPS
(Adults, Middles & Littles) / **5:30 PM to 7:00 PM**

6TH MAY 2017

- HEALING THROUGH MEDITATION
(Adults 18+ yrs) / **12:00 PM to 1:00 PM**

7TH MAY 2017

- TLH FILM NIGHT: THE CONNECTION
(Adults 18+ yrs) / **7:00 PM**

8TH MAY 2017

- MOTHERLESS DAUGHTERS SUPPORT GROUP
(All ages welcome) / **6:30 PM to 8:00 PM**

9TH MAY 2017

- STAY-AT-HOME MOMS: LIGHTEN THE LOAD
4-WEEK COURSE - TUESDAYS
(May 9th, 16th, 23rd & 30th) / **9:30 AM to 11:30 AM**
- TWEEN TALK: GOODBYES/CLOSURE
(Tweens 9 - 12 yrs) / **5:00 PM to 6:00 PM**

10TH MAY 2017

- RAISING EMOTIONALLY INTELLIGENT CHILDREN
CONSCIOUS PARENT SEMINAR SERIES
(Adults 18+ yrs) / **9:30 AM to 11:00 AM**
- FULL MOON YOGA
Full moon practice of yoga for emotional balance
(Adults 18+ yrs) / **6:30 PM to 7:45 PM**

11TH MAY 2017

- NEW MOMS & MOMS-TO-BE MEET-UP
GROUP
(Adults 18+ yrs) / **9:00 AM to 10:30 AM**

15TH MAY 2017

- GENERAL GRIEF SUPPORT GROUPS
(Adults, Middles & Littles) / **5:30 PM to 7:00 PM**

16TH MAY 2017

- TEEN TALK: GOODBYES/CLOSURE
(Teens 13 - 17 yrs) / **5:00 PM to 6:00 PM**

28TH MAY 2017

- LITTLE LIFETIMES - PREGNANCY &
INFANT LOSS
(Adults 18+ yrs) / **10:00 AM to 11:30 AM**

29TH MAY 2017

- GENERAL GRIEF SUPPORT GROUPS
(Adults, Middles & Littles) / **5:30 PM to 7:00 PM**

31ST MAY 2017

- SURVIVING AFTER LOSS TO SUICIDE
(SALS)
GRIEF SUPPORT GROUP (All ages welcome) /
6:30 PM to 8:00 PM