

OCTOBER 2017

UPCOMING EVENTS OF THE MONTH

SUN	MON	TUE	WED	THU	FRI	
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	11

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

2ND OCTOBER 2017

- MOTHERLESS DAUGHTERS SUPPORT GROUP
7 : 00 PM to 8 : 30 PM

9TH OCTOBER 2017

- GRIEF SUPPORT GROUPS
General **Adult** Grief Support Group,
Middles, & Littles Grief Support Group.
5 : 30 PM to 7 : 00 PM
- MENTAL HEALTH FIRST AID
Introductory evening (UAE Launch Event)
6 : 30 PM to 7 : 30 PM

10TH OCTOBER 2017

- CARERS SUPPORT GROUP
Adults (18+ years)
6 : 00 PM to 7 : 30 PM

12TH OCTOBER 2017

- NEW MOMS & MOMS-TO-BE
Adults (18+ years)
9 : 00 AM to 10 : 30 AM

14TH OCTOBER 2017

- VAL-YOU 2017
Workshop: inner-exploration & creation
of your very own vision board
11 : 00 AM to 2 : 00 PM
- SOCIAL SKILLS GROUP
An 8-week group for children, from 6 - 8 years
11 : 30 AM to 1 : 00 PM
- HEALING THROUGH MEDITATION
Adults (18+ years)
12 : 00 PM to 1 : 00 PM

16TH OCTOBER 2017

- MOTHERLESS DAUGHTERS SUPPORT GROUP
7 : 00 PM to 8 : 30 PM

17TH OCTOBER 2017

- HEALING THROUGH MEDITATION
Adults (18+ years)
12 : 00 PM to 1 : 00 PM

18TH OCTOBER 2017

- TWEEN TALK
Soothing Tears & Managing Fears (9-12 years)
5 : 00 PM to 6 : 00 PM

21ST OCTOBER 2017

- SELF-AWARENESS GROUP FOR GIRLS
A 4-week group for girls, from 10 – 11 years
12 : 00 PM to 2 : 00 PM

23RD OCTOBER 2017

- GRIEF SUPPORT GROUPS
General **Adult** Grief Support Group,
Middles, & Littles Grief Support Group.
5 : 30 PM to 7 : 00 PM
- HEALING THROUGH MEDITATION
Adults (18+ years)
6 : 30 PM to 7 : 30 PM

25TH OCTOBER 2017

- WELLNESS WEDNESDAY
Anxiety Disorders: Prevention & Treatment
Adults (18+ years)
9 : 30 AM to 11 : 00 AM
- SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP
Supporting individuals who are grieving the death
of someone to suicide.
6 : 00 PM to 7 : 30 PM

28TH OCTOBER 2017

- CLINICAL SEMINAR SERIES
Assessment and Treatment of Mood and
Anxiety Disorders
9 : 00 AM to 2 : 00 PM

30TH OCTOBER 2017

- MOTHERLESS DAUGHTERS SUPPORT GROUP
7 : 00 PM to 8 : 30 PM

