

# OCTOBER 2021

## UPCOMING EVENTS OF THE MONTH



SUN	MON	TUE	WED	THU	FRI	SAT
					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						

- ♥ CHILDREN
- TWEENS (AGES 9 – 12 YRS)
- TEENS (AGES 13 – 17 YRS)
- ADULTS (18 YRS+, 21 YRS+)
- ALL AGES WELCOME



All of our events are currently being offered online, via the Zoom platform.

### WORKSHOPS & SEMINARS

**SAT. OCTOBER 9<sup>TH</sup>**  
**GUIDED MEDITATION (New Group)**  
*Healing & Balancing Self-Love*  
● Adults (21+ years) 1 PM to 2 PM

**SUN. OCTOBER 10<sup>TH</sup>**   
**\*SPECIAL EVENTS:**  
*For World Mental Health Day and The LightHouse Arabia 10 Year Anniversary*

**YOUR MINDSET MATTERS Webinar:**  
*End Stigma on World Mental Health Day*  
● Adults (18+ years) 12 PM to 1 PM

**HEALING THROUGH MEDITATION**  
*Group Healing*  
● Adults (21+ years) 6 PM to 7 PM

**MON. OCTOBER 11<sup>TH</sup>**  
**THE IMPORTANCE OF PLAY:**  
*A Developmental & Psychological Perspective*  
*A webinar for parents of toddlers, young children & nursery staff*  
● Adults (21+ years) 12 PM to 1 PM

**SAT. OCTOBER 23<sup>RD</sup>**  
**MEDITATION 101: LEARN TO MEDITATE**  
● Adults (21+ years) 1 PM to 2 PM

### TRAININGS & COURSES

**WED. OCTOBER 6<sup>TH</sup>**  
**MENTAL HEALTH FIRST AID INFORMATIONAL SESSION**  
● Adults (21+ years) 6 PM to 6.30 PM

**THURS. 7<sup>TH</sup> & FRI. 8<sup>TH</sup> OCTOBER**  
**ADULT-TO-ADULT MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE**  
● Adults (18+ years) 9:30 AM to 2:30 PM

**WED. OCTOBER 13<sup>TH</sup>**  
**MENTAL HEALTH FIRST AID SUPPORT SESSION** *For Certified MHFAiders only*  
● Adults (18+ years) 5 PM to 6 PM

**FRI. OCTOBER 15<sup>TH</sup>**  
**TEEN-TO-TEEN MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE**  
● Teens (13-15 yrs) 11 AM to 3 PM

**MON. OCTOBER 25<sup>TH</sup>**  
**TEEN MENTAL HEALTH FIRST AID SUPPORT SESSION**  
● Teens (13-18 yrs) 6.30 PM to 7.30 PM

### SUPPORT GROUPS

**MON. OCTOBER 4<sup>TH</sup>**  
**COPING WITH CANCER SUPPORT GROUP**  
● Adults (18+ years) 5 PM to 6 PM

**MON. OCTOBER 4<sup>TH</sup> & 18<sup>TH</sup>**  
**ADULT GRIEF SUPPORT GROUP**  
● Adults (18+ years) 5.30 PM to 7 PM

**TUES. OCTOBER 5<sup>TH</sup> & 19<sup>TH</sup>**  
**EMOTIONAL HEALTH DURING TIMES OF COVID-19 SUPPORT GROUP**  
● Adults (21+ years) 3:30 PM to 4:30 PM

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

**POSTNATAL MENTAL HEALTH SUPPORT GROUP**  
● Women (21+ years) 12.30 PM to 1.30 PM

**SUN. OCTOBER 10<sup>TH</sup> & 24<sup>TH</sup>**  
**HEARTBREAK SUPPORT GROUP**  
● Adults (21+ years) 6.30 PM to 7.30 PM

**MON. OCTOBER 11<sup>TH</sup>**  
**TEEN TRIBE SUPPORT GROUP**  
● Teens (13-16 yrs) 6 PM to 7 PM

**MON. OCTOBER 11<sup>TH</sup> & 25<sup>TH</sup>**  
**SINGLE PARENTS SUPPORT GROUP**  
● Parents 6 PM to 7 PM

**MOTHERLESS DAUGHTERS SUPPORT GROUP**  
● Women (21+ years) 6 PM to 7:30 PM

**TUES. OCTOBER 12<sup>TH</sup>**  
**ASD/AUTISM SUPPORT GROUP FOR ADULTS**  
● Adults (18+ years) 8:30 PM to 9:30 PM

### SUPPORT GROUPS

**MON. OCTOBER 18<sup>TH</sup>**  
**TEACHERS SUPPORT GROUP**  
● Adults (21+ years) 5 PM to 6 PM

**LIFE AFTER DIVORCE SUPPORT GROUP**  
● Adults (21+ years) 6 PM to 7 PM

**WED. OCTOBER 20<sup>TH</sup>**  
**RELATING THROUGH RACE SUPPORT GROUP**  
● Adults (18+ years) 5:30 PM to 7 PM

**SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP**  
● Adults (18+ years) 6 PM to 7:30 PM

**MON. OCTOBER 25<sup>TH</sup>**  
**LITTLE LIFETIMES SUPPORT GROUP**  
*Pregnancy & Infant Loss Support Group*  
● Adults (18+ years) 10 AM to 11:30 AM

**SUN. OCTOBER 31<sup>ST</sup>**  
**PARTNER LOSS SUPPORT GROUP**  
*For those who have lost their partners (married or unmarried)*  
● Adults (21+ years) 5:30 PM to 7 PM

**Grief Support Groups:** *Kindly note, a 60-minute one-on-one Grief Consultation is required with one of our grief specialists prior to joining any Grief Support Group. Please call to book your complimentary consultation. T. (0)4 380 2088*