



Online Mental Health First Aid INFO SESSIONS, TRAININGS & SUPPORT SESSIONS

UPCOMING EVENTS IN 2022

ONLINE ADULT-TO-ADULT MHFA TRAINING: (9.30am - 2.30pm)



A 10-hour evidence-based course ideal for adults wanting to learn how to identify and respond to other adults who may be struggling with their mental health.

*6.5 CME/CPD credits available from DHA.

- **January 14 & 15** (Fri./Sat.)
- **February 10 & 11** (Thur./Fri.)
- **March 3 & 4** (Thur./Fri.)

ONLINE ADULT-TO-ADOLESCENT MHFA TRAINING: (9.30am - 2.30pm)



A 10-hour evidence-based course ideal for adults wanting to learn how to identify and respond to teens who may be struggling with their mental health.

- **January 19 & 20** (Wed./Thur.)
- **February 25 & 26** (Fri./Sat.)
- **March 10 & 11** (Thur./Fri.)

*NEW: ONLINE MHFA REFRESHER COURSE: (9.30am - 1.30pm)



A 4-hour online course to re-certify as a MHFAider (accreditation extended for 3 more years). Update and refresh your knowledge, skills, and confidence. Work through complex, real-life Mental Health First Aid conversations, learn best practices to take care of your own mental health, and learn the latest in research.

- **Thur. February 24**
- **Sat. March 19**

ONLINE TEEN-TO-TEEN MHFA TRAINING: (11am - 3pm)



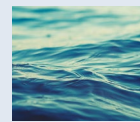
A 4-hour evidence-based training for teens who want to learn how to understand, identify, and respond to other teens who may be struggling with their mental health.

- **Sat. January 29** (13-15 yrs)
- **Sun. February 6** (16-18 yrs)
- **Sat. March 19** (13-15 yrs)

IDENTIFY. UNDERSTAND. RESPOND.

The LightHouse Arabia is the only authorized and licensed provider for MHFA training in the U.A.E.

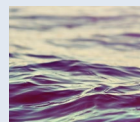
ONLINE MHFA INFORMATIONAL SESSIONS: (7pm - 7.30pm)



Join us for an informational session to learn more about what Mental Health First Aid is all about, followed by an interactive Q&A session.

- **Wed. January 12** (6 - 6.30pm)
- **Wed. February 2**
- **Wed. March 2**
- **Wed. April 6** (4 - 4.30pm)

ONLINE ADULT MHFA SUPPORT SESSIONS: (6pm - 7pm)



A monthly support session for accredited Adult Mental Health First Aiders.

- **Wed. January 19**
- **Wed. February 9**
- **Wed. March 9**

ONLINE TEEN MHFA SUPPORT SESSIONS: (7pm to 8pm)



A monthly support session for certified Teen Mental Health First Aiders.

- **Thurs. February 24**
- **Thurs. March 31**
- **Thurs. April 28**

Pre-Registration required:
www.lighthousearabia.com/events

***All events are delivered online using the Zoom platform**



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CENTER FOR WELLBEING

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