



Mental Health First Aider Online Support Session

WHO SHOULD ATTEND:

CERTIFIED MENTAL HEALTH FIRST AIDERS ONLY

FACILITATED BY:

The LightHouse Arabia MHFA Instructors



**MENTAL
HEALTH
FIRST AID**
UNITED ARAB EMIRATES®

*Mental Health for
Everyone, Everywhere*

WHAT:

- This is a Free-of-cost support session for individual's who have been trained by The LightHouse in *Adult* or *Adolescent* MHFA.
- The session will offer support to Certified Mental Health First Aiders
- De-brief & reflect on first-aid situations you've experienced
- Ask MHFA Instructors any questions you may have

FREQUENCY

Monthly (on a Wednesday)

TIME

6pm - 7pm

RESERVATIONS:

lighthousearabia.com/events

LOCATION:

This is an online group. A link to the Zoom meeting will be sent following event registration.

821 Al Wasl Rd
Al Safa 2
P.O. Box 334273
Dubai, UAE

T. +971 (0)4 380 2088
E. info@lighthousearabia.com

[@lighthousearabia](https://www.instagram.com/lighthousearabia)



THE LIGHTHOUSE
CENTER FOR WELLBEING

lighthousearabia.com