



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

## UPCOMING EVENTS IN 2024

### 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.

\*6.75 CME/CPD credits available from DHA.

- June 26 & 27 (Wed./Thur.)
- July 25 & 26 (Thur./Fri.)
- August 21 & 22 (Wed./Thur.)
- September 19 & 20 (Thur./Fri.)
- October 23 & 24 (Wed./Thur.)
- November 21 & 22 (Thur./Fri.)
- December 11 & 12 (Wed/Thur.)

### 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.

\*7.25 CME/CPD credits available from DHA.

- Sept. 11 & 12 (Wed./Thurs)
- November 5 & 6 (Tues./Wed.)

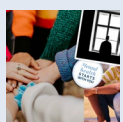
### ONLINE MHFA REFRESHER COURSE: (9.30am - 1.30pm)



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. July 18
- Fri. October 4

### ONLINE TEEN-TO-TEEN MHFA TRAINING: (11am - 3.30pm)



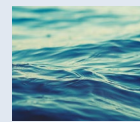
A 4.5-hour evidence-based training for teens who want to learn how to understand, identify, and respond to other teens who may be struggling with their mental health.

- Sat. October 5 (16-18 yrs)
- Sat. November 9 (13-15 yrs)

## IDENTIFY. UNDERSTAND. RESPOND.

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

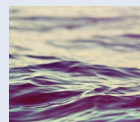
### ONLINE MHFA INFORMATIONAL SESSIONS: (5pm - 5.30pm)



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. June 26
- Wed. July 24
- Wed. August 21
- Wed. September 25
- Wed. October 16
- Wed. November 13
- Wed. December 4

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



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

- Wed. June 26
- Wed. July 24 (\*4pm - 5pm)
- Wed. August 21
- Wed. September 25
- Wed. October 16
- Wed. November 13
- Wed. December 4

### Pre-Registration required:

[www.lighthousearabia.com/events](http://www.lighthousearabia.com/events)

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



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