

JANUARY 2025

UPCOMING EVENTS OF THE MONTH



THE LIGHTHOUSE
CENTER FOR WELLBEING



All of our event timings are **Gulf Standard Time (GST)**, and are currently being offered **online, via the Zoom platform unless otherwise stated below.**

Grief Support Groups: *Kindly note, a 50-minute one-on-one Grief Consultation is required with one of our grief specialists prior to joining a Grief Support Group (unless stated otherwise below). Please call to book your complimentary consultation.*

MON	TUES	WED	THURS	FRI	SAT	SUN
		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		

WORKSHOPS & SEMINARS

SUN. JANUARY 12TH
HEALING THROUGH MEDITATION:
Grounding and Awakening, Within & Without

● Adults (21+ years) 12 PM to 1 PM

*In-person at *The LightHouse Arabia*

THURS. JANUARY 16TH
YOGA & SOMATIC PRACTICES
Making Space for Focusing & Looking Inward

● Adults (18+ years) 7 PM to 8.15 PM

*In-person at *The LightHouse Arabia*

TUES. JANUARY 14TH
FREE COMMUNITY WEBINAR:
Living Your Best Life with Goal Setting

● Adults (18+ years) 10 AM - 11 AM

SUPER SKILLS GROUP:
For Children with ASD (6-week group)

● Children (7 - 9 years) 5 PM to 6.30 PM

WED. JANUARY 22ND
FREE COMMUNITY WEBINAR:
Toxic Positivity vs. Authentic Happiness

● Adults (18+ years) 11 AM - 12 PM

SUN. JANUARY 26TH
DIVORCE MASTERCLASS FOR PARENTS

● Adults (21+ years) 10.30 AM - 12.30 PM

TUES. JANUARY 28TH
CONNECTING COUNSELORS EVENT:
The Art of Saying No (Panel Discussion)

● School Counselors 5.30 PM - 7.30 PM

THURS. JANUARY 30TH
FREE COMMUNITY WEBINAR:
Timeless Parenting: Value-Centered Parenting

● Adults (18+ years) 10 AM - 11 AM

TRAININGS & COURSES

WED. JANUARY 8TH
MHFA INFORMATIONAL SESSION

● Adults (21+ years) 5 PM to 5.30 PM

TUES. JANUARY 14TH
MENTAL HEALTH FIRST AID SUPPORT SESSION

For certified Mental Health First Aiders

● Adults (18+ years) 6 PM to 7 PM

WED. 15TH & THURS. 16TH JANUARY
ADULT-TO-ADULT MHFA TRAINING

● Adults (18+ years) 9:30 AM to 2:30 PM

*In-person at *The LightHouse Arabia*

WED. 29TH & THURS. 30TH JANUARY
ADULT-TO-ADOLESCENT MHFA TRAINING

● Adults (18+ years) 9:30 AM to 2:30 PM

FRI. JANUARY 31ST
MHFA REFRESHER TRAINING

● Adults (21+ years) 9.30 AM to 1.30 PM

GRIEF SUPPORT GROUPS

WED. JANUARY 8TH & 22ND
MOTHERLESS DAUGHTERS SUPPORT GROUP

● Women (21+ years) 5.30 PM to 7 PM

THURS. JANUARY 9TH
COPING WITH COLLECTIVE GRIEF & PAIN:
Support Session for those affected by the crisis in Sudan

● Adults (18+ years) 10 AM to 11 AM

*This session will take place in Arabic and does not require a Grief Consultation in advance.

SHARED GRIEF FOR PALESTINE

● Adults (18+ years) 6 PM to 7 PM

*This Grief Support Group does not require a Grief Consultation in advance.

MON. JANUARY 13TH & 27TH
ADULT GRIEF SUPPORT GROUP

● Adults (21+ years) 5 PM to 6.30 PM

TUES. JANUARY 14TH
PARTNER LOSS SUPPORT GROUP
For those who have lost their partners (married or unmarried)

● Adults (21+ years) 4 PM to 5.30 PM

GRIEF SUPPORT GROUPS cont'd

WED. JANUARY 15TH
LITTLE LIFETIMES SUPPORT GROUP
Pregnancy & Infant Loss Support Group
In partnership with *Love Through Loss*

● Adults (18+ years) 7 PM to 8 PM

THURS. JANUARY 23RD
SHARED GRIEF FOR PALESTINE

● Adults (18+ years) 5 PM to 6 PM

*This Grief Support Group does not require a Grief Consultation in advance.

OTHER SUPPORT GROUPS

MON. JANUARY 6TH
HEARTBREAK SUPPORT GROUP

● Adults (21+ years) 5 PM to 6 PM

WED. JANUARY 8TH
ASD/AUTISM SUPPORT GROUP FOR ADULTS

● Adults (18+ years) 8:30 PM to 9:30 PM

MON. JANUARY 13TH
IVF/INFERTILITY SUPPORT GROUP
In partnership with IVF Support Group UAE

● Women (21+ years) 10 AM to 11.30 AM

MEN'S MENTAL HEALTH SUPPORT GROUP

● Men (18+ years) 6 PM to 7 PM

*In-person at *The LightHouse Arabia*

TUES. JANUARY 21ST
LIFE AFTER DIVORCE SUPPORT GROUP

● Adults (21+ years) 6 PM to 7 PM

SINGLE PARENTS SUPPORT GROUP

● Adults (21+ years) 6 PM to 7 PM

WED. JANUARY 22ND
AUTISM SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ASD

● Parents 6 PM to 7 PM

CONSCIOUS PARENTING SUPPORT GROUP

● Parents (with children ages 6 - 11 yrs)

7 PM to 8 PM

FRI. JANUARY 24TH
TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

● Women (in perimenopause or menopause)

10.30 AM to 11.30 AM

MON. JANUARY 27TH
EXPAT SOCIAL SUPPORT GROUP

● Adults (21+ years) 7.30 PM to 8.30 PM