SEPTEMBER 2026

UPCOMING EVENTS OF THE MONTH

THE LIGHTHOUSE
CENTER FOR WELLBEING

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				

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.*

WEBINARS

THURS. SEPTEMBER 10TH
FREE COMMUNITY WEBINAR: Understanding and Treating Depression
*Special Event for World Suicide Prevention Day
Adults (18+ years) **11 AM - 12 PM**

MON. SEPTEMBER 14TH
FREE COMMUNITY WEBINAR: Managing Anxiety in Children & Adolescents
Adults (18+ years) **1 PM -2 PM**

TUES. SEPTEMBER 29TH
FREE COMMUNITY SESSION: Mastering Stress, Avoiding Burnout
Adults (18+ years) **11 AM - 12 PM**

SCHOOL STAFF SUPPORT GROUPS

THURS. SEPTEMBER 24TH
SCHOOL SEN/INCLUSION STAFF SUPPORT GROUP
Adults (21+ years) **9 AM to 10 AM**

TRAININGS & COURSES

WED. 16TH & THUR. 17TH SEPT.
***ADULT-TO-ADULT* MHFA TRAINING**
A 2-Part Training (10 hours, over 2 days)
9 CME points awarded from DHA
Adults (18+ years) **9.30 AM to 2.30 PM**
**In-person at The LightHouse Arabia*

WED. SEPTEMBER 16TH
MHFA INFORMATIONAL SESSION
Adults (18+ years) **5 PM to 5.30 PM**

MHFA SUPPORT SESSION
For certified Mental Health First Aiders
Adults (18+ years) **6 PM to 7 PM**

WED. 23RD & THUR. 24TH SEPT.
***ADULT-TO-ADOLESCENT* MHFA TRAINING**
A 2-Part Training (10 hours, over 2 days)
9 CME points awarded from DHA
Adults (18+ years) **9.00 AM to 2.00 PM**
**In-person at The LightHouse Arabia*

GRIEF SUPPORT GROUPS

WED. SEPTEMBER 2ND
ADULT GRIEF SUPPORT GROUP
Adults (21+ years) **4 PM to 5.30 PM**

WED. SEPTEMBER 9TH
MOTHERLESS DAUGHTERS SUPPORT GROUP
Women (21+ years) **5.30 PM to 7 PM**

MON. SEPTEMBER 21ST
PRE-BEREAVEMENT SUPPORT GROUP FOR CAREGIVERS
Adults (21+ years) **6 PM to 7 PM**

SUN. SEPTEMBER 27TH
ADULT GRIEF SUPPORT GROUP
Adults (21+ years) **4 PM to 5.30 PM**
**In-person at The LightHouse Arabia*

TUES. SEPTEMBER 29TH
PARTNER LOSS SUPPORT GROUP
Adults (21+ years) **4 PM to 5.30 PM**

OTHER SUPPORT GROUPS

MON. SEPTEMBER 7TH
HEALING FROM HEARTBREAK GROUP
Adults (21+ years) **5 PM to 6 PM**

CHRONIC PAIN SUPPORT GROUP
Adults (21+ years) **7 PM to 8 PM**

TUES. SEPTEMBER 8TH
THE FOURTH TRIMESTER: SUPPORTING WOMEN THROUGH POSTPARTUM
Women **10 AM to 11 AM**

WED. SEPTEMBER 9TH
ASD/AUTISM SUPPORT GROUP FOR ADULTS
Adults (18+ years) **8 PM to 9.30 PM**
**In-person at The LightHouse Arabia*

MON. SEPTEMBER 14TH
IVF/INFERTILITY SUPPORT GROUP
In partnership with IVF Support Group UAE
Women (21+ years) **10 AM to 11.30 AM**

EXPAT SOCIAL SUPPORT GROUP
Adults (21+ years) **7 PM to 8 PM**

TUES. SEPTEMBER 15TH
MEN'S MENTAL HEALTH SUPPORT GROUP
Men (18+ years) **5 PM to 6 PM**
**In-person at The LightHouse Arabia*

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

WED. SEPTEMBER 16TH
ASD/AUTISM SUPPORT GROUP FOR ADULTS
Adults (18+ years) **6 PM to 7.30 PM**
**In-person at The LightHouse Arabia*

MON. SEPTEMBER 21ST
CHRONIC PAIN SUPPORT GROUP
Adults (21+ years) **7 PM to 8 PM**

TUES. SEPTEMBER 22ND
CONSCIOUS PARENT SUPPORT GROUP
Parents **12 PM to 1 PM**

SINGLE PARENTS SUPPORT GROUP
Parents **6 PM to 7 PM**

WED. SEPTEMBER 23RD
TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP
Women (in perimenopause or menopause)
6 PM to 7.30 PM