

SEPTEMBER 2022

UPCOMING EVENTS OF THE MONTH



THE LIGHTHOUSE
CENTER FOR WELLBEING

SUN	MON	TUE	WED	THU	FRI	SAT
				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	

- CHILDREN**
- TWEENS** (AGES 9 – 12 YRS)
- TEENS** (AGES 13 – 17 YRS)
- ADULTS** (18 YRS+, 21 YRS+)
- ALL AGES WELCOME**



All of our events are currently being offered online, via the Zoom platform unless otherwise stated below.

WORKSHOPS & SEMINARS

FRI. SEPTEMBER 2ND
WEBINAR: Trauma Briefing for those affected by the floods in Pakistan
 Adults (21+ years) **11 AM to 12 PM (Dubai); 12 PM to 1 PM (Pakistan)**

SUN. SEPTEMBER 18TH
HEALING THROUGH MEDITATION
 Adults (21+ years) **12 PM to 1 PM**
In-person at The LightHouse Arabia

SUN. SEPTEMBER 25TH
SMART PARENTING JOURNEY WORKSHOP: CyberSMART Parenting
 Parents **10 AM to 12 PM**

MON. SEPTEMBER 26TH
WEBINAR: Getting to Grips with Eating Disorders and Body Image
For university students/those preparing for university, university educators, student support staff
 Adults (18+ years) **5 PM to 6 PM**

TRAININGS & COURSES

THURS. SEPTEMBER 1ST
ADULT MHFA SUPPORT SESSION
 Adults (18+ years) **6 PM to 7 PM**

WED. SEPTEMBER 7TH
MENTAL HEALTH FIRST AID INFORMATIONAL SESSION
 Adults (21+ years) **6 PM to 6.30 PM**

THURS. SEPTEMBER 8TH
TEEN MHFA SUPPORT SESSION
 Teens (13-18 years) **6 PM to 7 PM**

THURS. 22ND & FRI. 23RD SEPTEMBER
ADULT-TO-ADULT MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE
 Adults (18+ years) **9:30 AM to 2:30 PM**

SAT. SEPTEMBER 24TH
MENTAL HEALTH FIRST AID ONLINE REFRESHER COURSE
 Adults (18+ years) **9:30 AM to 1:30 PM**

SUPPORT GROUPS

MON. SEPTEMBER 5TH & 19TH
ADULT GRIEF SUPPORT GROUP
 Adults (18+ years) **5.30 PM to 7 PM**

HEARTBREAK SUPPORT GROUP
 Adults (21+ years) **6.30 PM to 7:30 PM**

MON. SEPTEMBER 12TH
IVF/INFERTILITY SUPPORT GROUP
In partnership with IVF Support Group UAE
 Women (18+ years) **10 AM to 11:30AM**

TUES. SEPTEMBER 13TH & 27TH
MOTHERLESS DAUGHTERS SUPPORT GROUP
 Women (21+ years) **6 PM to 7.30 PM**
Tues. Sept. 13 - Online via Zoom
Tues. Sept. 27 - In-person at The LightHouse

WED. SEPTEMBER 14TH
ASD/AUTISM SUPPORT GROUP FOR ADULTS
 Adults (18+ years) **8:30 PM to 9:30 PM**

THURS. SEPTEMBER 15TH
SUPPORTING A LOVED ONE WITH AN EATING DISORDER
 Adults (18+ years) **6 PM to 7 PM**

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

MON. SEPTEMBER 19TH
***NEW GROUP: EXPATS IN THE UAE SUPPORT GROUP**
 Adults (21+ years) **5.30 PM to 7 PM**

TUES. SEPTEMBER 20TH
SINGLE PARENTS SUPPORT GROUP
 Parents **6 PM to 7 PM**

WED. SEPTEMBER 21ST
***NEW GROUP: CONSCIOUS PARENTING SUPPORT GROUP**
 Parents (with children ages 6 - 11 yrs) **6 PM to 7.30 PM**

SUPPORT GROUPS

MON. SEPTEMBER 26TH
SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP
 Adults (18+ years) **5 PM to 6 PM**

PARTNER LOSS SUPPORT GROUP
For those who have lost their partners (married or unmarried)
 Adults (21+ years) **5:30 PM to 7 PM**

TUES. SEPTEMBER 27TH
LITTLE LIFETIMES SUPPORT GROUP
Pregnancy & Infant Loss Support Group
 Adults (18+ years) **10 AM to 11:30 AM**

WED. SEPTEMBER 28TH
AUTISM SUPPORT GROUP FOR PARENTS
 Parents (for parents of children with Autism who are ages 5 - 18 yrs) **6 PM to 7 PM**

THURS. SEPTEMBER 29TH
TEEN TRIBE SUPPORT GROUP
 Teens (**13-16 yrs**) **5 PM to 6 PM**

FRI. SEPTEMBER 30TH
COPING WITH CANCER SUPPORT GROUP
 Adults (18+ years) **10 AM to 11 AM**

Grief Support Groups: *Kindly note, a 50-minute one-on-one Grief Consultation is required with one of our grief specialists prior to joining any Grief Support Group. Please call to book your complimentary consultation. T. (0)4 380 2088*