

# AUGUST 2024

## UPCOMING EVENTS OF THE MONTH



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

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	

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

### WORKSHOPS & SEMINARS

**WED. AUGUST 7<sup>TH</sup>**  
**COMMUNITY WEBINAR:**  
**Sleep: The Single Most Effective Thing for Your Physical and Mental Health**

● Adults (18+ years) **11 AM - 12 PM**

**TUES. AUGUST 27<sup>TH</sup>**  
**COMMUNITY WEBINAR:**  
**Back to School: Managing the Transition**

● Adults (18+ years) **11 AM - 12 PM**

### TRAININGS & COURSES

**WED. AUGUST 21<sup>ST</sup>**  
**MHFA INFORMATIONAL SESSION**

● Adults (21+ years) **5 PM to 5.30 PM**

**MENTAL HEALTH FIRST AID SUPPORT SESSION**

For certified Mental Health First Aiders

● Adults (18+ years) **6 PM to 7 PM**

**WED. 21<sup>ST</sup> & THURS. 22<sup>ND</sup> AUGUST**  
**ADULT-TO-ADULT MENTAL HEALTH FIRST AID ONLINE TRAINING**

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

### GRIEF SUPPORT GROUPS

**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.*

**WED. AUGUST 7<sup>TH</sup> & 21<sup>ST</sup>**  
**MOTHERLESS DAUGHTERS SUPPORT GROUP**

● Women (21+ years) **5.30 PM to 7 PM**

**MON. AUGUST 12<sup>TH</sup>**  
**ADULT GRIEF SUPPORT GROUP**

● Adults (18+ years) **5 PM to 6.30 PM**

**WED. AUGUST 14<sup>TH</sup> & 21<sup>ST</sup>**  
**SHARED GRIEF FOR PALESTINE**

● Adults (18+ years) **4 PM to 5 PM**

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

**TUES. AUGUST 20<sup>TH</sup>**  
**PARTNER LOSS SUPPORT GROUP**

*For those who have lost their partners (married or unmarried)*

● Adults (21+ years) **4 PM to 5.30 PM**

**TUES. AUGUST 27<sup>TH</sup>**  
**LITTLE LIFETIMES SUPPORT GROUP**  
Pregnancy & Infant Loss Support Group  
In partnership with *Love Through Loss*

● Adults (18+ years) **10 AM to 11.30 AM**

### OTHER SUPPORT GROUPS

**MON. AUGUST 12<sup>TH</sup>**  
**HEARTBREAK SUPPORT GROUP**

● Adults (21+ years) **6 PM to 7 PM**

**FRI. AUGUST 16<sup>TH</sup>**  
**COPING WITH CANCER SUPPORT GROUP**

● Adults (18+ years) **10.30 AM to 11.30 AM**

**TUES. AUGUST 20<sup>TH</sup>**  
**LIFE AFTER DIVORCE SUPPORT GROUP**

● Adults (21+ years) **6 PM to 7 PM**

**WED. AUGUST 21<sup>ST</sup>**  
**AUTISM SUPPORT GROUP FOR PARENTS**

● Parents **6 PM to 7 PM**

**CONSCIOUS PARENTING SUPPORT GROUP**

● Parents (with children ages 6 - 11 yrs) **7 PM to 8 PM**

**ASD/AUTISM SUPPORT GROUP FOR ADULTS**

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

**FRI. AUGUST 23<sup>RD</sup>**  
**TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP**

● Women (in perimenopause or menopause) **10.30 AM to 11.30 AM**

**MON. AUGUST 26<sup>TH</sup>**  
**EXPAT SOCIAL SUPPORT GROUP**

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

**TUES. AUGUST 27<sup>TH</sup>**  
**SINGLE PARENTS SUPPORT GROUP**

● Adults (21+ years) **6 PM to 7 PM**