



THE LiGHTHOUSE
CENTER FOR WELLBEING

Support Groups

The LightHouse Arabia is honored to provide a wide variety of support groups across a range of topics and issues relevant to different life stages and situations. All of our support groups are free-of-charge, facilitated by our experienced team of clinicians, and are open to individuals, no matter where you may reside in the world (time zone permitting).

Our support groups typically run once/month, with some running twice/month or even more frequently. The length ranges from 60 – 90 minutes, and groups are suitable for Adults (18 yrs+). The majority are hosted online via Zoom, while some take place in-person at The LightHouse Arabia.

WHY SUPPORT GROUPS?

Central to our mission is to provide mental health care and wellbeing support to all. We do this in a variety of ways, with support groups being a vehicle that has the ability to connect people experiencing distress and challenges across similar issues.

Benefits of Support Groups include:

- Providing a safe space for sharing, validating and obtaining emotional support without judgement.
- Helping participants learn coping strategies, overcome stigma, feel more in control over their situation and provide connections and support.
- Improving the access and delivery of support to a wide range of people, including some who would not seek face-to-face support at all.

OUR SUPPORT GROUPS ACROSS *Health & Parenting*

HEALTH SUPPORT GROUPS

Women:

- IVF & Infertility
- Transitioning Through Menopause

Men:

- Male Mental Health

All:

- Adults with Autism Spectrum Disorder (ASD)
- Heartbreak (breakdown or end of romantic relationship)
- Life After Divorce
- Expat Social Support

PARENTING SUPPORT GROUPS

- Single Parents
- Conscious Parenting
- Autism Support for Parents



Grief Support Groups



We believe that no one has to grieve alone.

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Modelled on The Dougy Center – the National Center for Grieving Children and Families in the US, the center was founded to give everyone in the UAE the opportunity to grieve in a supportive and understanding environment.

GRIEF SUPPORT GROUPS

- Adult Grief
- Motherless Daughters
- Partner Loss
- Little Lifetimes (Infant loss)
- Shared Grief for Palestine
*(*does not require an initial Grief Consultation for registration)*

Prior to joining a Grief support group, a one-time 50-minute complimentary Grief Consultation is required with one of our Grief Support Specialists. It can be arranged by sending an email to **E. events@lighthousearabia.com or by calling us on **T.** +971 (0)4 380 2088.*

Learn more & Register:

To view our monthly Support Group Calendar and register for our support groups, please visit our Events page on the website.

lighthousearabia.com/events

For community support services and Raymee Grief Center services inquiries, please contact:

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