



# Online Mental Health First Aid INFO SESSIONS, TRAININGS & SUPPORT SESSIONS

## UPCOMING EVENTS IN 2024

### ONLINE ADULT-TO-ADULT MHFA TRAINING: (9.30am - 2.30pm)



A 10-hour evidence-based course ideal for adults wanting to learn how to identify and respond to other adults who may be struggling with their mental health.

\*6.55 CME/CPD credits available from DHA.

- January 25 & 26 (Thur./Fri.)
- February 21 & 22 (Wed./Thur.)
- March 21 & 22 (Thur./Fri.)
- April 24 & 25 (Wed./Thur.)
- May 23 & 24 (Thur./Fri.)

### ONLINE ADULT-TO-ADOLESCENT MHFA TRAINING:



A 10-hour evidence-based course ideal for adults wanting to learn how to identify and respond to teens who may be struggling with their mental health.

- January 18 & 19 (Thurs./Fri.)
- March 14 & 15 (Thurs./Fri.)
- May 16 & 17 (Thurs./Fri.)

### ONLINE MHFA REFRESHER COURSE: (9.30am - 1.30pm)



A 4-hour online course to re-certify as a MHFAider (accreditation extended for 3 more years). Update and refresh your knowledge, skills, and confidence. Work through complex, real-life Mental Health First Aid conversations, learn best practices to take care of your own mental health, and learn the latest in research.

- Fri. February 2
- Thur. April 4

### ONLINE TEEN-TO-TEEN MHFA TRAINING: (11am - 3.30pm)



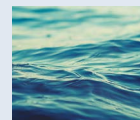
A 4.5-hour evidence-based training for teens who want to learn how to understand, identify, and respond to other teens who may be struggling with their mental health.

- Sat. February 3 (16-18 yrs)
- Sat. March 9 (13-15 yrs)
- Sat. May 4 (16-18 yrs)
- Sat. May 18 (13-15 yrs)

## IDENTIFY. UNDERSTAND. RESPOND.

*The LightHouse Arabia is the only authorized and licensed provider for MHFA training in the U.A.E.*

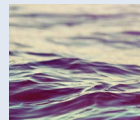
### ONLINE MHFA INFORMATIONAL SESSIONS: (5pm - 5.30pm)



Join us for an informational session to learn more about what Mental Health First Aid is all about, followed by an interactive Q&A session.

- Wed. January 31
- Wed. February 28
- Wed. March 27
- Wed. April 24
- Wed. May 22

### ONLINE ADULT MHFA SUPPORT SESSIONS: (6pm - 7pm)



A monthly support session for accredited Adult Mental Health First Aiders.

- Wed. January 31
- Wed. February 28
- Wed. March 27
- Wed. April 24
- Wed. May 22



**Pre-Registration required:**  
[www.lighthousearabia.com/events](http://www.lighthousearabia.com/events)

*\*All events are delivered online using the Zoom platform.*



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