

# NOVEMBER 2022

## UPCOMING EVENTS OF THE MONTH



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.*

### SPECIAL EVENTS

**SUN. NOVEMBER 13<sup>TH</sup>**  
**MOVE FOR MENTAL HEALTH WALK**  
*Kite Beach Walk (5km); in association with Dubai Fitness Challenge*  
 All Ages Welcome **5 PM to 7 PM**

**MON. NOVEMBER 21<sup>ST</sup>**  
**EVENING OF REMEMBRANCE**  
Annual community event for anyone grieving the loss of a loved one.  
*Raymee Grief Center (in-person & online)*  
 Adults (21+ years) **6 PM to 8 PM**

### WORKSHOPS & SEMINARS

**WED. NOVEMBER 2<sup>ND</sup>**  
**WEBINAR: MOVE FOR YOUR MENTAL HEALTH**  
*In association with Dubai Fitness Challenge*  
 Adults (18+ years) **11 AM to 12 PM**

**TUES. NOVEMBER 8<sup>TH</sup>**  
**SEN EVENT (for Educators)**  
**ADHD - Behind the Diagnosis: A Guide for the SEN Teacher**  
 Adults (21+ years) **5.30 PM to 7.30 PM**  
*In-person at The LightHouse Arabia*

**WED. NOVEMBER 9<sup>TH</sup>**  
**WEBINAR: WOMEN'S MENTAL HEALTH - Synching Your Life with Your Cycle**  
 Women (18+ years) **11 AM to 12 PM**

**WED. NOVEMBER 9<sup>TH</sup>**  
**WEBINAR: UNDERSTANDING ADHD IN ADULTS**  
 Adults (18+ years) **12 PM to 1 PM**

### TRAININGS & COURSES

**WED. NOVEMBER 2<sup>ND</sup>**  
**MHFA INFORMATIONAL SESSION**  
 Adults (21+ years) **6 PM to 6.30 PM**

**THURS. NOVEMBER 3<sup>RD</sup>**  
**ADULT MHFA SUPPORT SESSION**  
 Adults (18+ years) **6 PM to 7 PM**

**FRIDAY. NOVEMBER 11<sup>TH</sup>**  
**MENTAL HEALTH FIRST AID ONLINE REFRESHER COURSE**  
 Adults (18+ years) **9:30 AM to 1:30 PM**

**SAT. NOVEMBER 12<sup>TH</sup>**  
**TEEN-TO-TEEN ONLINE MENTAL HEALTH FIRST AID TRAINING COURSE**  
 Teens (13-15 years) **11 AM to 3.30 PM**

**THURS. 17<sup>TH</sup> & FRI. 18<sup>TH</sup> NOVEMBER**  
**ADULT-TO-ADULT MENTAL HEALTH FIRST AID ONLINE TRAINING COURSE**  
 Adults (18+ years) **9:30 AM to 2:30 PM**

**THURS. 24<sup>TH</sup> & FRI. 25<sup>TH</sup> NOVEMBER**  
**ADULT-TO-ADOLESCENT MENTAL HEALTH FIRST AID ONLINE TRAINING COURSE**  
 Adults (18+ years) **9:30 AM to 2:30 PM**

### SUPPORT GROUPS

**MON. NOVEMBER 7<sup>TH</sup>**  
**ADULT GRIEF SUPPORT GROUP**  
 Adults (18+ years) **5 PM to 6.30 PM**

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

**TUES. NOVEMBER 8<sup>TH</sup> & 22<sup>ND</sup>**  
**MOTHERLESS DAUGHTERS SUPPORT GROUP**  
 Women (21+ years) **6 PM to 7.30 PM**  
*Tues. Nov. 8- Online via Zoom*  
*Tues. Nov. 22 - In-person at The LightHouse*

**WED. NOVEMBER 9<sup>TH</sup>**  
**ASD/AUTISM SUPPORT GROUP FOR ADULTS**  
 Adults (18+ years) **8:30 PM to 9:30 PM**

**MON. NOVEMBER 14<sup>TH</sup>**  
**IVF/INFERTILITY SUPPORT GROUP**  
In partnership with IVF Support Group UAE  
 Women (18+ years) **10 AM to 11:30 AM**

### SUPPORT GROUPS cont'd

**FRI. NOVEMBER 18<sup>TH</sup>**  
**COPING WITH CANCER SUPPORT GROUP**  
 Adults (18+ years) **10 AM to 11 AM**

**MON. NOVEMBER 21<sup>ST</sup>**  
**ADULT GRIEF SUPPORT GROUP**  
 Adults (18+ years) **5 PM to 6.30 PM**

**EXPATS IN THE UAE SUPPORT GROUP**  
 Adults (21+ years) **6.30 PM to 7.30 PM**

**TUES. NOVEMBER 22<sup>ND</sup>**  
**SINGLE PARENTS SUPPORT GROUP**  
 Parents **6 PM to 7 PM**

**WED. NOVEMBER 23<sup>RD</sup>**  
**CONSCIOUS PARENTING SUPPORT GROUP**  
 Parents (with children ages 6-11 yrs) **6 PM to 7.30 PM**

**AUTISM SUPPORT GROUP FOR PARENTS**  
 Parents (of children with Autism, 5-18 yrs) **6 PM to 7 PM**

**THURS. NOVEMBER 24<sup>TH</sup>**  
**TEEN TRIBE SUPPORT GROUP**  
 Teens (13-18 yrs) **5 PM to 6 PM**

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

**MON. NOVEMBER 28<sup>TH</sup>**  
**PARTNER LOSS SUPPORT GROUP**  
*For those who have lost their partners (married or unmarried)*  
 Adults (21+ years) **5:30 PM to 7 PM**

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

**TUES. NOVEMBER 29<sup>TH</sup>**  
**LITTLE LIFETIMES SUPPORT GROUP**  
Pregnancy & Infant Loss Support Group  
 Adults (18+ years) **10 AM to 11:30 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*