



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

UPCOMING EVENTS IN 2023/2024

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.

- August 2 & 3 (Wed./Thur.)
- September 21 & 22 (Thur./Fri.)
- October 18 & 19 (Wed./Thur.)
- November 16 & 17 (Thur./Fri.)
- December 6 & 7 (Wed./Thur.)
- January 25 & 26 (Thur./Fri.)

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



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.

- October 30 & 31 (Mon./Tues.)
- January 18 & 19 (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.

- Wed. **November 15**

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



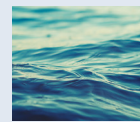
A 4.5-hour evidence-based training for teens who want to learn how to understand, identify, and respond to other teens who may be struggling with their mental health.

- Sat. **October 7** (16-18 yrs)
- Sat. **November 4** (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. **August 23**
- Wed. **September 6**
- Wed. **October 4**
- Wed. **November 8**
- Wed. **January 10**

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



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

- Wed. **August 30**
- Wed. **September 27**
- Wed. **October 25**
- Wed. **November 29**
- Wed. **January 31**

Pre-Registration required:
www.lighthousearabia.com/events

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



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CENTER FOR WELLBEING

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