



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.

*6.75 CME/CPD credits available from DHA.

- March 21 & 22 (Thur./Fri.)
- April 24 & 25 (Wed./Thur.)
- May 23 & 24 (Thur./Fri.)
- June 26 & 27 (Wed./Thur.)
- July 25 & 26 (Thur./Fri.)
- August 21 & 22 (Wed./Thur.)
- September 19 & 20 (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.

*7.25 CME/CPD credits available from DHA.

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

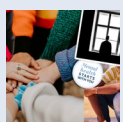
ONLINE MHFA REFRESHER COURSE: (9.30am - 1.30pm)



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.

- Thur. April 4
- Thur. July 18

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



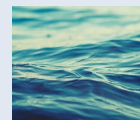
A 4.5-hour evidence-based training for teens who want to learn how to understand, identify, and respond to other teens who may be struggling with their mental health.

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

IDENTIFY. UNDERSTAND. RESPOND.

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

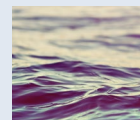
ONLINE MHFA INFORMATIONAL SESSIONS: (5pm - 5.30pm)



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. March 27
- Wed. April 24
- Wed. May 22
- Wed. June 26
- Wed. July 24
- Wed. August 21
- Wed. September 25

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



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

- Wed. March 27
- Wed. April 24
- Wed. May 22
- Wed. June 26
- Wed. July 24 (*4pm - 5pm)
- Wed. August 21
- Wed. September 25

Pre-Registration required:

www.lighthousearabia.com/events

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



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