

ONLINE SUPPORT GROUPS

JANUARY, 2025

Please find below a listing of the Free-of-cost support groups for the month, offered by The LightHouse Arabia. The timings indicated are Gulf Standard Time (GST).

Grief & Loss

SHARED GRIEF FOR PALESTINE SUPPORT GROUP

As we share and bear witness to the pain and suffering, this group provides adults 18+ years with a space to process the shared trauma, grief and sorrow with empathy, respect, and mutual support.

***An initial Grief Consultation is not needed prior to registering for this group.**

**Thursday, January 9th
6pm - 7pm; (Adults, 18 yrs+)**

FACILITATED BY



TANYA DHARAMSHI, MScPsych (US)

Counselor (DHCC) & Counseling Psychologist
Community Support Services and
Raymee Grief Center, Lead

**Thursday, January 23rd
5pm - 6pm; (Adults, 18 yrs+)**

FACILITATED BY



TANYA DHARAMSHI, MScPsych (US)

Counselor (DHCC) & Counseling Psychologist
Community Support Services and
Raymee Grief Center, Lead

PARTNER LOSS SUPPORT GROUP

This is a safe and supportive space for individuals who have lost their partners (married or unmarried). The group aims to provide participants with a space to speak openly about their grief alongside others who have shared experiences.

**Tuesday, January 14th
4pm - 5.30pm; (Adults, 21 yrs+)**

FACILITATED BY



DR. HOPOLANG MATEE, PhD. (South Africa)

Clinical Psychologist

MOTHERLESS DAUGHTERS SUPPORT GROUP

For women 21+ years who have lost their mother and come together and share experiences, feelings and offer support.

**Wednesday, January 8th & 22nd
5.30pm - 7pm; (Women, 21 yrs+)**

FACILITATED BY



MADALINA OANA FILIP, MSc (Romania)

Psychologist

ADULT GRIEF SUPPORT GROUP

A small group open to men and women who are grieving the death of someone significant to them.

**Monday, January 13th & 27th
5pm - 6.30pm; (Adults, 18 yrs+)**

FACILITATED BY



FARAH DAHABI, LCSW (US)

Clinical Social Worker
Trauma and Crisis Services, Director

LITTLE LIFETIMES SUPPORT GROUP

*In partnership with **Love Through Loss**, we are honored to offer this group for parents, who are grieving the loss of a child or a pregnancy. You do not need to go through your grief alone.*

**Wednesday, January 15th
7pm - 8pm; (for Parents)**

FACILITATED BY



TANYA DHARAMSHI, MScPsych (US)

Counselor (DHCC) & Counseling Psychologist
Community Support Services and
Raymee Grief Center, Lead

Kindly note, a one-time 50-minute Grief Consultation is required before attending a Grief Support Group unless stated otherwise. Please call to schedule on **T. +971 (0)4 380 2088**.



THE LIGHTHOUSE®
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Health:

HEARTBREAK SUPPORT GROUP

For men and women (21+ yrs), who have recently experienced the breakdown or end of a committed romantic relationship. This group aims to provide a safe space to share, connect, seek support and explore the challenges being faced.

Monday, January 6th
5pm – 6pm; (Adults, 21 yrs+)



FACILITATED BY

DR. LOUISE MCDONNELL, DCounsPsych (UK)
Counselling Psychologist (DHCC)

ADULTS WITH AUTISM SPECTRUM DISORDER (ASD/ASPERGER'S) SUPPORT GROUP

This group provides a safe, confidential and relaxed setting online for adults with ASD/Asperger's to share their thoughts and feelings, and/or ask for feedback, information, and support from each other.

Wednesday, January 8th
8.30pm -9.30pm; (Adults, 18 yrs+)



FACILITATED BY

ANNA WHITE, BSc. (Ireland)
Sr. Occupational Therapist
SI Practitioner & MHFA UAE Director

IVF & FERTILITY SUPPORT GROUP

In partnership with **IVF Support UAE**, this is an online group for women coming together, to support other women to understand the impact of IVF and infertility on personal wellbeing. The LightHouse Arabia is committed to reducing the stigma and shame around infertility. We seek to provide support, understanding and a non-judgmental environment for everyone.

Monday, January 13th
10am -11.30am; (Women)



FACILITATED BY

DR. TARA WYNE, D.Clin.Psy (UK)
Clinical Psychologist & Clinical Director

MEN'S MENTAL HEALTH SUPPORT GROUP

Adversity in life may be inevitable but suffering in silence does not have to be. This new support group aims to provide a safe space and a judgement-free environment for men to meet, open up, talk, and listen. We recognize that taking the first step is often the most difficult. Our group is designed to be free of pressure and there is no obligation to speak because, we believe, sometimes simply listening can help.

Monday, January 13th
6pm - 7pm; (Men, 18 yrs+)
***In-person at The LightHouse Arabia (Al Wasl Rd)**



FACILITATED BY

DR. SURESH WADHWANI, MD (UAE)
Consultant Psychiatrist

LIFE AFTER DIVORCE SUPPORT GROUP

Reclaim, rebuild and thrive. This is a safe space to share challenges faced when dealing with divorce, to learn evidence-based strategies in coping with stressors, and have experiences normalized through the power of sharing.

Tuesday, January 21st
6pm -7pm; (Adults, 21 yrs+)



FACILITATED BY

DR. TARA WYNE, D.Clin.Psy (UK)
Clinical Psychologist & Clinical Director

Register

www.lighthousearabia.com/events

T. +971 (0)4 380 2088

Health cont'd:

TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

Approximately 50% of the world's population are women, and we spend one-third of our life in a space of menopause. The transition to menopause (called perimenopause), and the changes that occur are real and impact us all - in the body and the mind, with strong connections to hormones and how we think, feel and respond. This group provides a safe space to normalize and explore the physical and emotional changes you may be experiencing, and to help navigate the transition together, for what can also be an incredible time in a woman's life.

Friday, January 24th
10.30am - 11.30am;
(Women in perimenopause or menopause)



FACILITATED BY

TANYA DHARAMSHI, MScPsych (US)

Counselor (DHCC) & Counselling Psychologist
Community Support Services and
Raymee Grief Center, Lead

EXPAT SOCIAL SUPPORT GROUP

This monthly support group is open to all adult expats living in the UAE and is a safe space to meet others, connect, and feel more at home in the UAE from the comfort of your own home. Connect with fellow expats, share stories and exchange tips about life and experiences in the UAE, and learn how to navigate life's challenges with support, reaffirming that you are not alone.

Monday, January 27th
7.30pm - 8.30pm; (Adults, 21 yrs+)

FACILITATED BY

MAROPENG RALENALA
MA Clin. Psy. (South Africa)
Clinical Psychologist



Register

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Parenting:

SINGLE PARENTS SUPPORT GROUP

A support group designed to provide a safe space single parents to share the daily challenges they face in single-parenting, have personal experiences normalized through the power of sharing, be equipped with evidence-based strategies in dealing with their stressors, and feel a sense of containment and support with what they are experiencing at present, while meeting other single parents.

Tuesday, January 21st
6pm - 7pm; (Parents)



FACILITATED BY

CHRISTINE KRITZAS, M.A. (South Africa)
Psychologist & Director

AUTISM SUPPORT GROUP FOR PARENTS

This group provides a safe, confidential and relaxed setting online for parents and caregivers of children with Autism (ages 5 - 18 years old). It is a space for parents to come together and share experiences, while offering support to one another.

Wednesday, January 22nd
6pm - 7pm; (Parents)



FACILITATED BY

PREETHA MADHAVAN, M.Psych. (Australia)
Clinical Psychologist

CONSCIOUS PARENTING SUPPORT GROUP

This support group is a space for parents of children ages 6 - 11 years to discuss the challenges and stressors they face in raising their children. In a time where advice on how to manage challenges like screen time, sleep, friendships, and big emotions can be varied, parents will be able to share their dilemmas, as well as hear from other parents about things that have or haven't worked for them.

Wednesday, January 22nd
7pm - 8pm; (Parents)



FACILITATED BY

WESLEY KEW, MA (South Africa)
Clinical Psychologist

Register

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