



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

UPCOMING EVENTS IN 2021/2022

## 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.

\*6.5 CME/CPD credits available from DHA.

- **November 12 & 13** (Fri./Sat.)
- **December 8 & 9** (Wed./Thurs.)
- **January 14 & 15** (Fri./Sat.)
- **February 9 & 10** (Wed./Thur.)
- **March 3 & 4** (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.

- **November 19 & 20** (Fri./Sat.)
- **January 19 & 20** (Wed./Thur.)
- **February 25 & 26** (Fri./Sat.)
- **March 9 & 10** (Wed./Thur.)

## \*NEW: 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 17**
- Fri. **December 10**
- Wed. **February 23**
- Sat. **March 19**

## ONLINE TEEN-TO-TEEN MHFA TRAINING: (11am - 3pm)



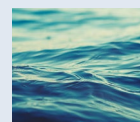
A 4-hour evidence-based training for teens who want to learn how to understand, identify, and respond to other teens who may be struggling with their mental health.

- Fri. **October 15** (13-15 yrs)
- Fri. **November 19** (16-18 yrs)
- Fri. **January 28** (13-15 yrs)
- Sat. **February 5** (16-18 yrs)
- Fri. **March 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.*

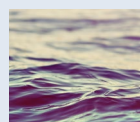
## ONLINE MHFA INFORMATIONAL SESSIONS: (6pm - 6.30pm)



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. **November 3**
- Wed. **December 8**
- Wed. **January 12**
- Wed. **February 2**
- Wed. **March 2**
- Wed. **April 6**

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



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

- Wed. **October 13**
- Wed. **November 10**
- Wed. **December 8**
- Wed. **January 19**
- Wed. **February 9**
- Wed. **March 9**

## ONLINE TEEN MHFA SUPPORT SESSIONS: (6.30pm to 7.30pm)



A monthly support session for certified Teen Mental Health First Aiders.

- Mon. **October 25**
- Mon. **November 29**



## 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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