



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

## UPCOMING EVENTS IN 2022

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

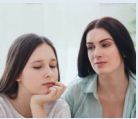


A 10-hour evidence-based course ideal for adults wanting to learn how to identify and respond to other adults who may be struggling with their mental health.

\*6.5 CME/CPD credits available from DHA.

- September 22 & 23 (Thur./Fri.)
- October 27 & 28 (Thur./Fri.)
- November 17 & 18 (Thur./Fri.)
- December 8 & 9 (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 12 & 13 (Wed./Thur.)
- November 24 & 25 (Thur./Fri.)

### \*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.

- Sat. September 24
- Fri. November 11

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



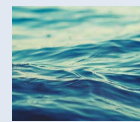
A 4.5-hour evidence-based training for teens who want to learn how to understand, identify, and respond to other teens who may be struggling with their mental health.

- Sat. October 1 (16-18 yrs)
- Sat. November 12 (13-15 yrs)

## IDENTIFY. UNDERSTAND. RESPOND.

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

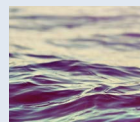
### ONLINE MHFA INFORMATIONAL SESSIONS: (6pm - 6.30pm)



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. September 7
- Wed. October 5
- Wed. November 2
- Wed. December 7

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



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

- Thurs. September 1
- Thurs. October 6
- Thurs. November 3
- Thurs. December 1

### ONLINE TEEN MHFA SUPPORT SESSIONS: (6pm to 7pm)



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

- Thurs. September 8
- Thurs. October 13
- Thurs. November 10
- Thurs. December 8

**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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