

JANUARY 2022

UPCOMING EVENTS OF THE MONTH



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



All of our events are currently being offered online, via the Zoom platform unless otherwise stated below.

- ♥ CHILDREN
- TWEENS (AGES 9 – 12 YRS)
- TEENS (AGES 13 – 17 YRS)
- ADULTS (18 YRS+, 21 YRS+)
- ALL AGES WELCOME

WORKSHOPS & SEMINARS

FRI. 21ST & SAT. 22ND JANUARY

**New Workshop: Introduction to Acceptance & Commitment Therapy (ACT)*

● Adults (21+ years) 9.30 AM to 2.30 PM

SUN. JANUARY 30TH

**New Workshop: SMART PARENTING JOURNEY*

● Parents 10 AM to 12 PM

TRAININGS & COURSES

WED. JANUARY 12TH

MENTAL HEALTH FIRST AID INFORMATIONAL SESSION

● Adults (21+ years) 6 PM to 6.30 PM

FRI. 14TH & SAT. 15TH JANUARY

ADULT-TO-ADULT MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE

● Adults (18+ years) 9:30 AM to 2:30 PM

WED. JANUARY 19TH

MENTAL HEALTH FIRST AID SUPPORT SESSION *For Certified MHFAiders only*

● Adults (18+ years) 5 PM to 6 PM

WED. 19TH & THURS. 20TH JANUARY

ADULT-TO-ADOLESCENT MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE

● Adults (18+ years) 9:30 AM to 2:30 PM

SAT. JANUARY 29TH

TEEN-TO-TEEN MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE

● Teens (13-15 yrs) 11 AM to 3 PM

SUPPORT GROUPS

MON. JANUARY 3RD & 17TH

HEARTBREAK SUPPORT GROUP

● Adults (21+ years) 6.30 PM to 7.30 PM

TUES. JANUARY 4TH & 18TH

MOTHERLESS DAUGHTERS SUPPORT GROUP

● Women (21+ years) 6 PM to 7:30 PM

MON. JANUARY 10TH

IVF/INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

● Women (18+ years) 10 AM to 11:30AM

COPING WITH CANCER SUPPORT GROUP

● Adults (18+ years) 5 PM to 6 PM

TUES. JANUARY 11TH

ADULT GRIEF SUPPORT GROUP

*(*In-person at The LightHouse Arabia)*

● Adults (18+ years) 5.30 PM to 7 PM

WED. JANUARY 12TH & 26TH

EMOTIONAL HEALTH DURING TIMES OF COVID-19 SUPPORT GROUP

● Adults (21+ years) 3 PM to 4 PM

WED. JANUARY 12TH

ASD/AUTISM SUPPORT GROUP FOR ADULTS

● Adults (18+ years) 8:30 PM to 9:30 PM

TUES. JANUARY 18TH

TEEN TRIBE SUPPORT GROUP

● Teens (13-16 yrs) 6 PM to 7 PM

WED. JANUARY 19TH

**New Group* AUTISM SUPPORT GROUP FOR PARENTS

(for parents of children with Autism who are ages 5 - 18 yrs)

● Parents 6 PM to 7 PM

SUPPORT GROUPS

SUN. JANUARY 23RD

SINGLE PARENTS SUPPORT GROUP

*(*In-person at The LightHouse Arabia)*

● Parents 10.30 AM to 12 PM

MON. JANUARY 24TH

MONTHLY SUPERVISION FOR INCLUSION TEACHERS

(Session 1 of 6. Will run throughout Term 2 & 3 of school year)

● Adults (21+ years) 8.30 AM to 10.30 AM

SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP

● Adults (18+ years) 5 PM to 6 PM

TUES. JANUARY 25TH

LITTLE LIFETIMES SUPPORT GROUP

Pregnancy & Infant Loss Support Group

● Adults (18+ years) 10 AM to 11:30 AM

MON. JANUARY 31ST

PARTNER LOSS SUPPORT GROUP

For those who have lost their partners (married or unmarried)

● Adults (21+ years) 5:30 PM to 7 PM

Grief Support Groups: *Kindly note, a 60-minute one-on-one Grief Consultation is required with one of our grief specialists prior to joining any Grief Support Group. Please call to book your complimentary consultation. T. (0)4 380 2088*