

# MAY 2022

## UPCOMING EVENTS OF THE MONTH



**THE LiGHTHOUSE**  
CENTER FOR WELLBEING

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

#### WED. MAY 11<sup>TH</sup>

**SPECIAL EVENT: For Mental Health Awareness Month**  
**Your Mind Matters (Community Webinar)**  
● Adults (18+ years) 12 PM to 1 PM

#### SUN. MAY 15<sup>TH</sup>

**VAL-YOU 2022 PART 1: Create Your Own Vision Board (Part 2: Sun. May 22nd) (Online Workshop)**  
● Adults (18+ years) 10 AM to 12 PM

#### THURS. MAY 26<sup>TH</sup> & FRI. MAY 27<sup>TH</sup>

**INTRODUCTION TO ACCEPTANCE & COMMITMENT THERAPY (ACT)**  
(Online Workshop; 10 hrs over 2 days)  
● Adults (21+ years) 9.30 AM to 2.30 PM

#### FRI. MAY 27<sup>TH</sup>

**ASSESSMENT AND MANAGEMENT OF EATING DISORDERS IN MEDICAL PRACTICE (Online Masterclass)**  
● Adults (21+ years) 9.30 AM to 12 PM

#### SUN. MAY 29<sup>TH</sup>

**SMART PARENTING JOURNEY WORKSHOP**  
Topic: SMART Start to Child Mental Health  
(Online Workshop)  
● Parents 10 AM to 12 PM

### TRAININGS & COURSES

#### WED. MAY 4<sup>TH</sup>

**MENTAL HEALTH FIRST AID INFORMATIONAL SESSION**  
● Adults (21+ years) 6 PM to 6.30 PM

#### SAT. MAY 7<sup>TH</sup>

**TEEN-TO-TEEN MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE**  
● Teens (13-15 yrs) 11 AM to 3.30 PM

#### THURS. 19<sup>TH</sup> & FRI. 20<sup>TH</sup> MAY

**ADULT-TO-ADULT MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE**  
● Adults (18+ years) 9.30 AM to 2.30 PM

#### THURS. MAY 26<sup>TH</sup>

**ADULT MHFA SUPPORT SESSION**  
● Adults (18+ years) 6 PM to 7 PM

#### TEEN MHFA SUPPORT SESSION

● Teens (13-18 years) 7 PM to 8 PM

### SUPPORT GROUPS

#### FRI. MAY 6<sup>TH</sup>

**COPING WITH CANCER SUPPORT GROUP**  
● Adults (18+ years) 10 AM to 11 AM

#### MON. MAY 9<sup>TH</sup>

**IVF/INFERTILITY SUPPORT GROUP**  
In partnership with IVF Support Group UAE  
● Women (18+ years) 10 AM to 11:30AM

#### MON. MAY 9<sup>TH</sup> & 23<sup>RD</sup>

**ADULT GRIEF SUPPORT GROUP**  
● Adults (18+ years) 5.30 PM to 7 PM

#### HEARTBREAK SUPPORT GROUP

● Adults (21+ years) 6.30 PM to 7:30 PM

#### TUES. MAY 10<sup>TH</sup>

**SINGLE PARENTS SUPPORT GROUP**  
● Parents 6 PM to 7 PM

#### TEEN TRIBE SUPPORT GROUP

● Teens (13-16 yrs) 6 PM to 7 PM

#### TUES. MAY 10<sup>TH</sup> & 24<sup>TH</sup>

**MOTHERLESS DAUGHTERS SUPPORT GROUP**  
● Women (21+ years) 6 PM to 7.30 PM  
Tues. May 10 - Online via Zoom  
Tues. May 24 - In-person at The LightHouse

#### WED. MAY 18<sup>TH</sup>

**ASD/AUTISM SUPPORT GROUP FOR ADULTS**  
● Adults (18+ years) 8:30 PM to 9:30 PM

#### THURS. MAY 19<sup>TH</sup>

**SUPPORTING A LOVED ONE WITH AN EATING DISORDER**  
● Adults (18+ years) 6 PM to 7 PM

#### TUES. MAY 24<sup>TH</sup>

**LIFE AFTER DIVORCE SUPPORT GROUP**  
● Adults (21+ years) 6 PM to 7 PM

#### WED. MAY 25<sup>TH</sup>

**AUTISM SUPPORT GROUP FOR PARENTS**  
● Parents (for parents of children with Autism who are ages 5 - 18 yrs) 6 PM to 7 PM

### SUPPORT GROUPS

#### MON. MAY 30<sup>TH</sup>

**SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP**  
● Adults (18+ years) 5 PM to 6 PM

#### PARTNER LOSS SUPPORT GROUP

For those who have lost their partners (married or unmarried)  
● Adults (21+ years) 5:30 PM to 7 PM

#### TUES. MAY 31<sup>ST</sup>

**LITTLE LIFETIMES SUPPORT GROUP**  
Pregnancy & Infant Loss Support Group  
● Adults (18+ years) 10 AM to 11:30 AM

**Grief Support Groups:** Kindly note, a 50-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**