

# JULY 2022

## UPCOMING EVENTS OF THE MONTH



**THE LiGHTHOUSE**  
CENTER FOR WELLBEING

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



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

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						

### TRAININGS & COURSES

**WED. JULY 6<sup>TH</sup>**

**MENTAL HEALTH FIRST AID INFORMATIONAL SESSION**

● Adults (21+ years) **6 PM to 6.30 PM**

**THURS. 14<sup>TH</sup> JULY**

**MENTAL HEALTH FIRST AID ONLINE REFRESHER COURSE**

● Adults (18+ years) **9:30 AM to 1:30 PM**

**WED. 20<sup>TH</sup> & THURS. 21<sup>ST</sup> JULY**

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

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

**THURS. JULY 28<sup>TH</sup>**

**ADULT MHFA SUPPORT SESSION**

● Adults (18+ years) **6 PM to 7 PM**

### SUPPORT GROUPS

**MON. JULY 4<sup>TH</sup>**

**IVF/INFERTILITY SUPPORT GROUP**

In partnership with IVF Support Group UAE

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

**MON. JULY 4<sup>TH</sup> & 18<sup>TH</sup>**

**HEARTBREAK SUPPORT GROUP**

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

**TUES. JULY 5<sup>TH</sup>**

**TEEN TRIBE SUPPORT GROUP**

● Teens (13-16 yrs) **6 PM to 7 PM**

**TUES. JULY 5<sup>TH</sup> & 19<sup>TH</sup>**

**MOTHERLESS DAUGHTERS SUPPORT GROUP**

● Women (21+ years) **6 PM to 7.30 PM**

*Tues. July 5 - Online via Zoom*

*Tues. July 19 - In-person at The LightHouse*

**WED. JULY 13<sup>TH</sup>**

**ASD/AUTISM SUPPORT GROUP FOR ADULTS**

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

**TUES. JULY 19<sup>TH</sup>**

**LITTLE LIFETIMES SUPPORT GROUP**

Pregnancy & Infant Loss Support Group

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

**WED. JULY 20<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**

**\*NEW GROUP: CONSCIOUS PARENTING SUPPORT GROUP**

● Parents (with children ages 6 - 11 yrs) **6 PM to 7.30 PM**

**THURS. JULY 21<sup>ST</sup>**

**SUPPORTING A LOVED ONE WITH AN EATING DISORDER**

● Adults (18+ years) **6 PM to 7 PM**

**LIFE AFTER DIVORCE SUPPORT GROUP**

● Adults (21+ years) **6 PM TO 7 PM**

### SUPPORT GROUPS

**MON. JULY 25<sup>TH</sup>**

**PARTNER LOSS SUPPORT GROUP**

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

● Adults (21+ years) **5:30 PM to 7 PM**

**ADULT GRIEF SUPPORT GROUP**

● Adults (18+ years) **5.30 PM to 7 PM**

**TUES. JULY 26<sup>TH</sup>**

**SINGLE PARENTS SUPPORT GROUP**

● Parents **6 PM to 7 PM**

**WED. JULY 27<sup>TH</sup>**

**SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP**

● Adults (18+ years) **5 PM to 6 PM**

**THURS. JULY 28<sup>TH</sup>**

**TEEN TRIBE SUPPORT GROUP**

● Teens (13-16 yrs) **5 PM to 6 PM**

**FRI. JULY 29<sup>TH</sup>**

**COPING WITH CANCER SUPPORT GROUP**

● Adults (18+ years) **10 AM to 11 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*