

# ONLINE SUPPORT GROUPS

JULY, 2022

Please find below a listing of the Free-of-cost support groups currently offered online by The LightHouse Arabia.

For our full event calendar and to register, please visit [lighthousearabia.com/events](https://lighthousearabia.com/events).

## Grief:



### MOTHERLESS DAUGHTERS SUPPORT GROUP

*For women 21+ years who have lost their mother and come together and share experiences, feelings and offer support.*

**Tuesday, July 5th (Online via Zoom)**

**Tuesday, July 19th (In-Person at The LightHouse)  
6pm - 7.30pm; (Women, 21 yrs+)**



**FACILITATED BY**

**RONETTE ANNA ZAIMAN, MSc. (South Africa)**  
Clinical Psychologist &  
Community Services Lead

### LITTLE LIFETIMES SUPPORT GROUP

*For pregnancy and infant loss. We are honored to offer this grief support group for parents who are grieving the loss of a child. You do not need to go through your grief alone.*

**Tuesday, July 19th**

**10am - 11.30am; (for Parents)**



**FACILITATED BY**

**DR. OTTILIA BROWN, PhD. (South Africa)**  
Clinical Psychologist

### PARTNER LOSS SUPPORT GROUP

*This is a safe and supportive space for individuals who have lost their partners (married or unmarried). The group aims to provide participants with a space to speak openly about their grief alongside others who have shared experiences.*

**Monday, July 25th**

**5.30pm - 7pm; (Adults, 21 yrs+)**



**FACILITATED BY**

**DR. RIM MAHMOUD, PsyD. (UK)**  
Health Psychologist

### ADULT GRIEF SUPPORT GROUP

*A small group open to men and women who are grieving the death of someone significant to them.*

**Monday, June 6th & 20th**

**5.30pm - 7pm; (Adults, 18 yrs+)**



**FACILITATED BY**

**RONETTE ANNA ZAIMAN, MSc. (South Africa)**  
Clinical Psychologist &  
Community Services Lead

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

*For individuals who are grieving the death of someone to suicide. You do not need to go through your grief alone.*

**Wednesday, July 27th**

**5pm - 6pm; (Adults, 21 yrs+)**



**FACILITATED BY**

**AISLING PRENDERGAST, BSc. (UK)**  
Psychologist &  
Support Group Services Lead

*\* Prior to joining a Grief Support Group, a one-time 50-minute complimentary grief consultation is required. It can be arranged by sending an email to [E.events@lighthousearabia.com](mailto:E.events@lighthousearabia.com) or by calling The LightHouse Arabia. T. (0)4 380 2088.*



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CENTER FOR WELLBEING

# Health:

## IVF & FERTILITY SUPPORT GROUP

*In partnership with **IVF Support UAE**, this is an online group for women coming together, to support other women to understand the impact of IVF and infertility on personal wellbeing. The LightHouse Arabia is committed to reducing the stigma and shame around infertility. We seek to provide support, understanding and a non-judgmental environment for everyone.*

**Monday, July 4th**  
**10am - 11.30am; (Women)**



FACILITATED BY

**DR. TARA WYNE, D.Clin.Psy (UK)**  
Clinical Psychologist & Clinical Director

## TEEN TRIBE SUPPORT GROUP

*This support group offers a safe space for teens to get together and talk about the challenges and stressors they are currently facing in their lives. of managing academics and personal life.*

**Tuesday, July 5th**  
**6pm - 7pm; (Teens, 13-16 yrs)**



FACILITATED BY

**DR. DANIELA SEMEDO, PhD. (UK)**  
Clinical Psychologist

## HEARTBREAK SUPPORT GROUP

*For men and women (21+ yrs), who have recently experienced the breakdown or end of a committed romantic relationship. This group aims to provide a safe space to share, connect, seek support and explore the challenges being faced.*

**Monday, July 4th & 18th**  
**6.30pm - 7.30pm; (Adults, 21 yrs+)**



FACILITATED BY

**DR. SHEETAL KINI, PhD. (US)**  
Clinical Psychologist

## ADULTS WITH AUTISM SPECTRUM DISORDER (ASD/ASPERGER'S) SUPPORT GROUP

*This group provides a safe, confidential and relaxed setting online for adults with ASD/Asperger's to share their thoughts and feelings, and/or ask for feedback, information, and support from each other.*

**Wednesday, July 13th**  
**8.30pm - 9.30pm; (Adults, 18 yrs+)**



FACILITATED BY

**ANNA WHITE, BSc. (Ireland)**  
Sr. Occupational Therapist  
SI Practitioner

## COPING WITH CANCER SUPPORT GROUP

*Connecting those who are currently or have been caregivers for those directly impacted by cancer, this support group is a place to receive and provide emotional support and share information. It is also a place to share in the lighter moments, laugh and reconnect with ourselves.*

**Friday, July 29th**  
**10am - 11am; (Adults, 18 yrs+)**



FACILITATED BY

**AISLING PRENDERGAST, BSc. (UK)**  
Psychologist &  
Support Group Services Lead

**Register**

[www.lighthousearabia.com/events](http://www.lighthousearabia.com/events)

T. +971 (0)4 380 2088



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## Health cont'd:

### SUPPORTING A LOVED ONE WITH AN EATING DISORDER SUPPORT GROUP

*This new monthly support group provides a safe and confidential space for parents, partners, family members and friends to share their experiences of caring for a loved one with an eating disorder. Facilitators will provide information about eating disorders and how to support your loved one, while also exploring how to care and nurture yourself while undertaking these challenges.*

**Thursday, July 21st**  
**6pm -7pm; (Adults, 18 yrs+)**



FACILITATED BY

**DR. VICTORIA MOUNTFORD, D.Clin.Psy (UK)**

Clinical Psychologist  
Joint Lead, Eating Disorder Service

### LIFE AFTER DIVORCE SUPPORT GROUP

*Reclaim, rebuild and thrive. This is a safe space to share challenges faced when dealing with divorce, to learn evidence-based strategies in coping with stressors, and have experiences normalized through the power of sharing.*

**Thursday, July 21st**  
**6pm -7pm; (Adults, 21 yrs+)**



FACILITATED BY

**DR. TARA WYNE, D.Clin.Psy (UK)**

Clinical Psychologist & Clinical Director

**Register**

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# Parenting:

## CONSCIOUS PARENTING SUPPORT GROUP

**\*New Group:** This new support group is a space for parents of children ages 6 - 11 years to discuss the challenges and stressors they face in raising their children. In a time where advice on how to manage challenges like screen time, sleep, friendships, and big emotions can be varied, parents will be able to share their dilemmas, as well as hear from other parents about things that have or haven't worked for them.

**Wednesday, July 20th**  
**6pm - 7.30pm; (Parents)**



FACILITATED BY

**DR. SUMMER FAKHRO, D.Clin.Psy (UK)**  
Clinical Psychologist

## AUTISM SUPPORT GROUP FOR PARENTS

This group provides a safe, confidential and relaxed setting online for parents of children with Autism (ages 5 - 18 years old). It is a space for parents to come together and share experiences, while offering support to one another.

**Wednesday, July 20th**  
**6pm - 7pm; (Parents)**



FACILITATED BY

**PREETHA MADHAVAN, M.Psych. (Australia)**  
Clinical Psychologist

## SINGLE PARENTS SUPPORT GROUP

A support group designed to provide a safe space single parents to share the daily challenges they face in single-parenting, have personal experiences normalized through the power of sharing, be equipped with evidence-based strategies in dealing with their stressors, and feel a sense of containment and support with what they are experiencing at present, while meeting other single parents.

**Tuesday, July 26th**  
**6pm - 7pm (Parents)**



FACILITATED BY

**CHRISTINE KRITZAS, M.A. (South Africa)**  
Psychologist & Education Director

**Register**

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