

# JANUARY 2023

## UPCOMING EVENTS OF THE MONTH

- ♥ 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.*



**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				

### WORKSHOPS & SEMINARS

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

**CLINICIAN OPEN DAY EVENT:**  
Cape Town, South Africa (AM & PM)

● Adults (25+ years)

AM Session : **9.30 AM to 1.30 PM**

PM Session : **1.30 PM to 5.30 PM**

*In-person at the Pepperclub, Cape Town*

#### SUN. JANUARY 8<sup>TH</sup>

**SELF-DISCOVERY JOURNEY WORKSHOP:**  
*Incounter: A Journey Inwards Towards Reconnecting with Your Intuition*

● Adults (21+ years) **9 AM to 11.30 AM**

*In-person at The LightHouse Arabia*

*\*Suitable for individuals who have already participated in an Incounter group previously*

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

**HEALING THROUGH MEDITATION**

● Adults (21+ years) **12 PM to 1 PM**

*In-person at The LightHouse Arabia*

#### TUES. JANUARY 17<sup>TH</sup>

**CONNECTING COUNSELORS EVENT**  
Play Therapy

● Adults (21+ years) **5.30 PM to 7.30 PM**

*In-person at The LightHouse Arabia*

#### SUN. JANUARY 22<sup>ND</sup>

**SELF-DISCOVERY JOURNEY WORKSHOP:**  
*Incounter: A Journey Inwards Towards Reconnecting with Your Intuition*

● Adults (21+ years) **9 AM to 11.30 AM**

*In-person at The LightHouse Arabia*

*\*Open to new participants*

#### WORKSHOP: Mastering the Art of

*Manifestation~Bridging Science with the Law of Attraction to Create a Meaningful & Joyful Life*

*In-person at The LightHouse Arabia*

● Adults (21+ years) **12 PM to 2 PM**

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

**SELF-DISCOVERY JOURNEY WORKSHOP:**  
*The Alchemy of Art: Guided Drawing Group Process*

● Adults (25+ years) **9 AM to 11.30 AM**

*In-person at The LightHouse Arabia*

### TRAININGS & COURSES

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

**MENTAL HEALTH FIRST AID INFORMATIONAL SESSION**

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

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

**ADULT MHFA SUPPORT SESSION**

● Adults (18+ years) **6 PM to 7 PM**

#### WED. 18<sup>TH</sup> & THURS. 19<sup>TH</sup> JANUARY

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

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

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

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

*Special Training for Healthcare Providers - Sponsored by TOMS*

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

#### SAT. JANUARY 21<sup>ST</sup>

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

● Teens (16-18 years) **11 AM to 3.30 PM**

#### WED. 25<sup>TH</sup> & THURS. 26<sup>TH</sup> JANUARY

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

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

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

**MENTAL HEALTH FIRST AID REFRESHER COURSE**

*For those who wish to refresh their knowledge and extend their certification validity.*

● Adults (18+ years) **9.30 AM to 1.30 PM**

### SUPPORT GROUPS

#### WED. JANUARY 4<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**

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

**IVF/INFERTILITY SUPPORT GROUP**

*In partnership with IVF Support Group UAE*

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

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

**ADULT GRIEF SUPPORT GROUP**

● Adults (18+ years) **5 PM to 6.30 PM**

#### HEARTBREAK SUPPORT GROUP

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

### SUPPORT GROUPS cont'd

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

**ASD/AUTISM SUPPORT GROUP FOR ADULTS**

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

#### MON. JANUARY 16<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**

#### TUES. JANUARY 17<sup>TH</sup>

**SINGLE PARENTS SUPPORT GROUP**

● Parents **6 PM to 7 PM**

#### TUES. JANUARY 17<sup>TH</sup> & 31<sup>ST</sup>

**MOTHERLESS DAUGHTERS SUPPORT GROUP**

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

*Tues. Jan. 17- Online via Zoom*

*Tues. Jan. 31 - In-person at The LightHouse*

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

**CONSCIOUS PARENTING SUPPORT GROUP**

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

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

**LIFE AFTER DIVORCE SUPPORT GROUP**

● Adults (21+ years) **6 PM to 7 PM**

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

**TEEN TRIBE SUPPORT GROUP**

● Teens (**13-18 yrs**) **5 PM to 6 PM**

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

**COPING WITH CANCER SUPPORT GROUP**

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

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

**EXPATS IN THE UAE SUPPORT GROUP**

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

#### TUES. JANUARY 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*