

ONLINE SUPPORT GROUPS

JANUARY, 2023

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.

Grief:



ADULT GRIEF SUPPORT GROUP

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

Monday, January 9th & 23rd
5pm - 6.30pm; (Adults, 18 yrs+)

FACILITATED BY

AISLING PRENDERGAST, BSc. (UK)

Psychologist &
Support Group Services Lead



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, January 16th
5.30pm - 7pm; (Adults, 21 yrs+)

FACILITATED BY

DR. RIM MAHMOUD, PsyD. (UK)

Health Psychologist



MOTHERLESS DAUGHTERS SUPPORT GROUP

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

Tuesday, January 17th (Online via Zoom)
Tuesday, January 31st
(In-Person at The LightHouse Arabia)
6pm - 7.30pm; (Women, 21 yrs+)

FACILITATED BY

RONETTE ANNA ZAAIMAN, MSc. (South Africa)

Clinical Psychologist



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, January 31st
10am - 11.30am; (for Parents)

FACILITATED BY

DR. OTTILIA BROWN, PhD. (South Africa)

Clinical Psychologist



** 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 or by calling The LightHouse Arabia. T. (0)4 380 2088.*



THE LIGHTHOUSE
CENTER FOR WELLBEING

Health:

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, January 9th & 23rd
6.30pm – 7.30pm; (Adults, 21 yrs+)



FACILITATED BY

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

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, January 9th
10am - 11.30am; (Women)



FACILITATED BY

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

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.

Tuesday, January 24th
6pm - 7pm; (Adults, 21 yrs+)



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. It is also open to teens who have completed the Teen-to-Teen Mental Health First Aid training.

Thursday, January 26th
5pm - 6pm; (Teens, 13-18 yrs)



FACILITATED BY

DR. ALISHA WALKER, D.Clin.Psy (Ireland)
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, January 11th
8.30pm - 9.30pm; (Adults, 18 yrs+)



FACILITATED BY

ANNA WHITE, BSc. (Ireland)
Sr. Occupational Therapist
SI Practitioner & MHFA UAE Director

Register

www.lighthousearabia.com/events
T. +971 (0)4 380 2088



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Health cont'd:

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, January 27th
10am - 11am; (Adults, 18 yrs+)



FACILITATED BY

AI SLING PRENDERGAST, BSc. (UK)

Psychologist &
Support Group Services Lead

EXPATS IN THE UAE SUPPORT GROUP

This monthly support group is open to all adult expats living in Dubai and the UAE at large. It offers a safe and supportive space to come together to discuss the joys, the challenges, and everything in between that can arise when living as an expatriate in the UAE.

Monday, January 30th
6.30pm - 7.30pm; (Adults, 21 yrs+)



FACILITATED BY

MAROPENG RALENALA

MA Clin. Psy. (South Africa)

Clinical Psychologist

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Parenting:

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, January 4th
6pm - 7pm; (Parents)

FACILITATED BY

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



CONSCIOUS PARENTING SUPPORT GROUP

This 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, January 18th
6pm - 7.30pm; (Parents)

FACILITATED BY

DR. SUMMER FAKHRO, D.Clin.Psy (UK)
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, January 17th
6pm - 7pm; (Parents)

FACILITATED BY

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



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