

APRIL 2023

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						

- ♥ **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.

WORKSHOPS & SEMINARS

SUN. 9TH APRIL

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

● Adults (25+ years) **11 AM to 1.30 PM**
In-person at The LightHouse Arabia

HEALING THROUGH MEDITATION:
Special Event for Ramadan (Online)

● Adults (21+ years) **1 PM to 2 PM**

SUN. 16TH APRIL

INCOUNTER: CONNECT TO YOUR TRUE SELF: A 6-session Group Workshop (16th April - 25th June)

● Adults (25+ years) **11 AM to 1.30 PM**
In-person at The LightHouse Arabia

**Ramadan timings: 11am - 1.30pm*
Remaining weeks: 9am - 11.30am

VAL-YOU 2023: A Vision Board Workshop: Materializing Your Dreams Through Visualization (Online)

● Adults (18+ years) **1 PM to 3 PM**

TRAININGS & COURSES

WED. APRIL 12TH

MENTAL HEALTH FIRST AID INFORMATIONAL SESSION

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

WED. 12TH & THURS. 13TH APRIL

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

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

WED. APRIL 19TH

ADULT MHFA SUPPORT SESSION

● Adults (18+ years) **6 PM to 7 PM**

WED. APRIL 26TH

MHFA REFRESHER COURSE

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

THURS. 27TH & FRI. 28TH APRIL

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

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

SAT. APRIL 29TH

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

● Teens (13-15 years) **11 AM to 3.30 PM**

SUPPORT GROUPS

TUES. APRIL 4TH

MENTAL HEALTH SUPPORT GROUP FOR MEN

● Men (18+ years) **5 PM to 6 PM**
**Ramadan timings*

WED. APRIL 5TH

ASD/AUTISM SUPPORT GROUP FOR ADULTS

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

THURS. APRIL 6TH & 20TH

ADULT GRIEF SUPPORT GROUP

● Adults (18+ years) **3 PM to 4.30 PM**
**Ramadan timings*

MON. APRIL 10TH

IVF/INFERTILITY SUPPORT GROUP

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

HEARTBREAK SUPPORT GROUP

● Adults (21+ years) **5.30 PM to 6:30 PM**
**Ramadan timings*

TUES. APRIL 11TH

MOTHERLESS DAUGHTERS SUPPORT GROUP

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

TUES. APRIL 18TH

LIFE AFTER DIVORCE SUPPORT GROUP

● Adults (21+ years) **2 PM TO 3 PM**
**Ramadan timings*

SINGLE PARENTS SUPPORT GROUP

● Parents **4 PM to 5 PM**
**Ramadan timings*

MON. APRIL 24TH

PARTNER LOSS SUPPORT GROUP

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

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

HEARTBREAK SUPPORT GROUP

● Adults (21+ years) **6:30 PM to 7:30 PM**

EXPAT SOCIAL SUPPORT GROUP

● Adults (21+ years) **6:30 PM to 7:30 PM**

SUPPORT GROUPS cont'd

TUES. APRIL 25TH

LITTLE LIFETIMES SUPPORT GROUP

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

COPING WITH CANCER SUPPORT GROUP

● Adults (18+ years) **11 AM to 12 PM**

WED. APRIL 26TH

CONSCIOUS PARENTING SUPPORT GROUP

● Parents (with children ages 6 - 11 yrs)
5.30 PM to 7 PM

AUTISM SUPPORT GROUP FOR PARENTS

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

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*