

# JUNE 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. JUNE 4<sup>TH</sup>**  
**SELF-DISCOVERY JOURNEY WORKSHOP:**  
**The Art of Healing: Processing Grief & Loss  
Through Guided Drawing Art Therapy**  
● Adults (25+ years) **9 AM to 11.30 AM**  
*In-person at The LightHouse Arabia*

**TUES. JUNE 6<sup>TH</sup>**  
**POSITIVE PARENTING SEMINAR:**  
**A Guide to Becoming the Parent You  
Want to Be**  
● Parents **9.30 AM to 11 AM**  
*In-person at The LightHouse Arabia  
In collaboration with Mumzworld*

### TRAININGS & COURSES

**MON. JUNE 5<sup>TH</sup>**  
**MENTAL HEALTH CHAMPIONS TRAINING**  
● Adults (21+ years) **9 AM to 1 PM**  
*\*Free-of-cost training: In partnership with  
Dubai Health Authority (DHA)*  
*\*Suitable for school nurses & school doctors*  
*In-person at The LightHouse Arabia*

**WED. 7<sup>TH</sup> & THURS. 8<sup>TH</sup> JUNE**  
**ADULT-TO-ADOLESCENT MENTAL HEALTH  
FIRST AID TRAINING COURSE**  
● Adults (18+ years) **9 AM to 2 PM**  
*\*Free-of-cost training: In partnership with  
Dubai Health Authority (DHA)*  
*\*Suitable for school counselors, school nurses  
& school doctors*  
*In-person at The LightHouse Arabia*

**WED. JUNE 7<sup>TH</sup>**  
**MENTAL HEALTH FIRST AID  
INFORMATIONAL SESSION**  
● Adults (21+ years) **6 PM to 6.30 PM**

**MON. JUNE 12<sup>TH</sup>**  
**MENTAL HEALTH CHAMPIONS TRAINING**  
● Adults (21+ years) **9 AM to 1 PM**  
*\*Free-of-cost training: In partnership with  
Dubai Health Authority (DHA)*  
*\*Suitable for school nurses & school doctors*  
*In-person at The LightHouse Arabia*

**WED. 14<sup>TH</sup> & THURS. 15<sup>TH</sup> JUNE**  
**ADULT-TO-ADOLESCENT MENTAL HEALTH  
FIRST AID TRAINING COURSE**  
● Adults (18+ years) **9 AM to 2 PM**  
*\*Free-of-cost training: In partnership with  
Dubai Health Authority (DHA)*  
*\*Suitable for school counselors, school nurses  
& school doctors*  
*In-person at The LightHouse Arabia*

### TRAININGS & COURSES cont'd

**THURS. 15<sup>TH</sup> & FRI. 16<sup>TH</sup> JUNE**  
**ADULT-TO-ADULT MENTAL HEALTH  
FIRST AID TRAINING ONLINE COURSE**  
● Adults (18+ years) **9:30 AM to 2:30 PM**  
*In-person at The LightHouse Arabia*

**WED. JUNE 21<sup>ST</sup>**  
**ADULT MHFA SUPPORT SESSION**  
● Adults (18+ years) **6 PM to 7 PM**

**THURS. JUNE 22<sup>ND</sup>**  
**MHFA REFRESHER COURSE**  
● Adults (18+ years) **9.30 AM to 1.30 PM**

### SUPPORT GROUPS

**THURS. JUNE 1<sup>ST</sup> & 22<sup>ND</sup>**  
**ADULT GRIEF SUPPORT GROUP**  
● Adults (18+ years) **4 PM to 5.30 PM**

**TUES. JUNE 6<sup>TH</sup>**  
**\*NEW GROUP**  
**TRANSITIONING THROUGH MENOPAUSE  
SUPPORT GROUP**  
● Women (in perimenopause or menopause)  
**10 AM to 11 AM**

**\*NEW GROUP**  
**INFERTILITY SUPPORT GROUP FOR MEN**  
*In partnership with IVF Support Group UAE*  
● Men (21+ years) **1 PM to 2 PM**

**MENTAL HEALTH SUPPORT GROUP  
FOR MEN**  
● Men (18+ years) **6.30 PM to 7.30 PM**  
*In-person at The LightHouse Arabia*

**MON. JUNE 12<sup>TH</sup>**  
**IVF/INFERTILITY SUPPORT GROUP**  
*In partnership with IVF Support Group UAE*  
● Women (18+ years) **10 AM to 11:30 AM**

**HEARTBREAK SUPPORT GROUP**  
● Adults (21+ years) **5 PM to 6 PM**

### SUPPORT GROUPS cont'd

**WED. JUNE 14<sup>TH</sup>**  
**MOTHERLESS DAUGHTERS  
SUPPORT GROUP**  
● Women (21+ years) **5.30 PM to 7 PM**

**CONSCIOUS PARENTING SUPPORT GROUP**  
● Parents (with children ages 6 - 11 yrs)  
**6 PM to 7 PM**

**ASD/AUTISM SUPPORT GROUP FOR  
ADULTS**  
● Adults (18+ years) **8:30 PM to 9:30 PM**

**TUES. JUNE 20<sup>TH</sup>**  
**LIFE AFTER DIVORCE SUPPORT GROUP**  
● Adults (21+ years) **6 PM to 7 PM**

**SINGLE PARENTS SUPPORT GROUP**  
● Parents **6 PM to 7 PM**

**WED. JUNE 21<sup>ST</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. JUNE 26<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**

**EXPAT SOCIAL SUPPORT GROUP**  
● Adults (21+ years) **6:30 PM to 7:30 PM**

**TUES. JUNE 27<sup>TH</sup>**  
**LITTLE LIFETIMES SUPPORT GROUP**  
*Pregnancy & Infant Loss Support Group*  
● Adults (18+ years) **10 AM to 11:30 AM**

**WED. JUNE 28<sup>TH</sup>**  
**MOTHERLESS DAUGHTERS  
SUPPORT GROUP**  
● Women (21+ years) **5.30 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*