

# ONLINE SUPPORT GROUPS

JUNE, 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](https://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.*

**Thursday, June 1st & 22nd**  
**4pm - 5.30pm; (Adults, 18 yrs+)**

FACILITATED BY

**FARAH DAHABI, LCSW (US)**

Clinical Social Worker  
Mental Health First Aid UAE, Director



### 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, June 26th**  
**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.*

**Wednesday, June 14th & 28th**  
**5.30pm - 7pm; (Women, 21 yrs+)**

FACILITATED BY

**MADALINA OANA FILIP, MSc (Romania)**

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, June 27th**  
**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](mailto:E.events@lighthousearabia.com) or by calling The LightHouse Arabia. T. (0)4 380 2088.*



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# Health:

## TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

**\*New Group:** Approximately 50% of the world's population are women, and we spend one-third of our life in a space of menopause. The transition to menopause (called perimenopause), and the changes that occur are real and impact us all - in the body and the mind, with strong connections to hormones and how we think, feel and respond. This group provides a safe space to normalize and explore the physical and emotional changes you may be experiencing, and to help navigate the transition together, for what can also be an incredible time in a woman's life.

**Tuesday, June 6th**  
**10am - 11am; (Women in perimenopause or menopause)**



FACILITATED BY

**TANYA DHARAMSHI, MScPsych (US)**

Counselor (DHCC) & Counselling Psychologist  
Community Support Group Services, Lead

## INFERTILITY SUPPORT GROUP FOR MEN

**\*New Group:** In partnership with **IVF Support UAE**, this new online support group is a space to bring men together to find support for themselves and others, and to better understand the impact of male infertility and IVF on personal wellbeing. It is important to acknowledge that men are also deeply affected by this journey. Male factor infertility also causes many emotional and physical challenges. At our support group, we understand the unique challenges faced by men/male partners and offer a safe space for support, understanding, and guidance.

**Tuesday, June 6th**  
**1pm - 2pm; (Men)**



FACILITATED BY

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

Clinical Psychologist & Clinical Director

## MENTAL HEALTH SUPPORT GROUP FOR MEN

Adversity in life may be inevitable but suffering in silence does not have to be. This new support group aims to provide a safe space and a judgement-free environment for men to meet, open up, talk, and listen. We recognize that taking the first step is often the most difficult. Our group is designed to be free of pressure and there is no obligation to speak because, we believe, sometimes simply listening can help.

**Tuesday, June 6th**  
**6.30pm - 7.30pm; (Men, 18 yrs+)**  
**In-person at The LightHouse Arabia**



FACILITATED BY

**DR. HUSSAIN RIAZ, MD (UK)**

Consultant Psychiatrist

## 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, June 12th**  
**10am - 11.30am; (Women)**



FACILITATED BY

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

Clinical Psychologist & Clinical Director

## 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, June 12th**  
**5pm - 6pm; (Adults, 21 yrs+)**



FACILITATED BY

**DR. LUCY WOOD, D.Clin.Psy (UK)**

Clinical Psychologist

**Register**

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

T. +971 (0)4 380 2088



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## Health cont'd:

### 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, June 14th**  
**8.30pm -9.30pm; (Adults, 18 yrs+)**



FACILITATED BY

**ANNA WHITE, BSc. (Ireland)**  
Sr. Occupational Therapist  
SI Practitioner & MHFA UAE 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, June 20th**  
**6pm -7pm; (Adults, 21 yrs+)**



FACILITATED BY

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

### EXPAT SOCIAL SUPPORT GROUP

*This monthly support group is open to all adult expats living in the UAE and is a safe space to meet others, connect, and feel more at home in the UAE from the comfort of your own home. Connect with fellow expats, share stories and exchange tips about life and experiences in the UAE, and learn how to navigate life's challenges with support, reaffirming that you are not alone.*

**Monday, June 26th**  
**6.30pm -7.30pm; (Adults, 21 yrs+)**



FACILITATED BY

**MAROPENG RALENALA**  
**MA Clin. Psy. (South Africa)**  
Clinical Psychologist



# Parenting:

## 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, June 14th**  
**6pm - 7pm; (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, June 21st**  
**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, June 20th**  
**6pm - 7pm; (Parents)**



FACILITATED BY

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

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