

# SEPTEMBER 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.*

MON	TUES	WED	THURS	FRI	SAT	SUN
					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

### WORKSHOPS & SEMINARS

#### SUN. 17<sup>TH</sup> SEPTEMBER

**INCOUNTER: CONNECT TO YOUR TRUE SELF: A 6-session Group Workshop (17th September - 26th November)**

● Adults (25+ years) **9 AM to 11.30 AM**  
*In-person at The LightHouse Arabia*

#### MON. 18<sup>TH</sup> SEPTEMBER

**ACT SKILLS GROUP: Taking your Acceptance and Commitment Therapy (ACT) journey to the next level (18th September - 20th November)**

● Adults (21+ years) **8 AM to 10 AM**  
*In-person at The LightHouse Arabia*

### TRAININGS & COURSES

#### WED. SEPTEMBER 6<sup>TH</sup>

**MENTAL HEALTH FIRST AID INFORMATIONAL SESSION**

● Adults (21+ years) **5 PM to 5.30 PM**

#### THURS. 21<sup>ST</sup> & FRI. 22<sup>ND</sup> SEPTEMBER

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

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

#### WED. SEPTEMBER 27<sup>TH</sup>

**ADULT MHFA SUPPORT SESSION**

● Adults (18+ years) **6 PM to 7 PM**

### SUPPORT GROUPS

#### TUES. SEPTEMBER 5<sup>TH</sup>

**MEN'S MENTAL HEALTH SUPPORT GROUP**

● Men (18+ years) **6.30 PM TO 7.30 PM**

*In-person at The LightHouse Arabia*

#### WED. SEPTEMBER 6<sup>TH</sup>

**ASD/AUTISM SUPPORT GROUP FOR ADULTS**

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

#### THURS. SEPTEMBER 7<sup>TH</sup>

**ADULT GRIEF SUPPORT GROUP**

● Adults (18+ years) **4 PM to 5.30 PM**

#### MON. SEPTEMBER 11<sup>TH</sup>

**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 PM to 6 PM**

#### WED. SEPTEMBER 13<sup>TH</sup>

**MOTHERLESS DAUGHTERS SUPPORT GROUP**

● Women (21+ years) **5.30 PM to 7 PM**

#### MON. SEPTEMBER 18<sup>TH</sup>

**ADULT GRIEF SUPPORT GROUP**

● Adults (18+ years) **4 PM to 5.30 PM**

#### TUES. SEPTEMBER 19<sup>TH</sup>

**TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP**

● Women (in perimenopause or menopause) **10 AM TO 11 AM**

#### LIFE AFTER DIVORCE SUPPORT GROUP

● Adults (21+ years) **6 PM to 7 PM**

#### WED. SEPTEMBER 20<sup>TH</sup>

**CONSCIOUS PARENTING SUPPORT GROUP**

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

#### AUTISM SUPPORT GROUP FOR PARENTS

● Parents **6 PM to 7 PM**

### SUPPORT GROUPS cont'd

#### MON. SEPTEMBER 25<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. SEPTEMBER 26<sup>TH</sup>

**COPING WITH CANCER SUPPORT GROUP**

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

#### SINGLE PARENTS SUPPORT GROUP

● Adults (21+ years) **6 PM to 7 PM**

#### WED. SEPTEMBER 27<sup>TH</sup>

*\*New Group:*

**UNIVERSITY STRESS SUPPORT GROUP**

*For students in first year of university studies*

● Adults (18+ years) **4.30 PM to 5.30 PM**

#### THURS. SEPTEMBER 28<sup>TH</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*