

NOVEMBER 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.



THE LiGHTHOUSE
CENTER FOR WELLBEING

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. NOVEMBER 5TH
A VIGIL FOR PALESTINE:
Holding Space for Our Shared Grief
In-person at The LightHouse Arabia, Garden
● Adults (18+ years) **6 PM to 8 PM**

SUN. NOVEMBER 12TH
MOVE FOR MENTAL HEALTH WALK
Kite Beach Walk (5km); in association with Dubai Fitness Challenge
In-person at Kite Beach
(Meeting point: in front of SALT, walking path)
○ All Ages Welcome **5 PM to 7 PM**

MON. NOVEMBER 20TH
EVENING OF REMEMBRANCE
Annual community event for anyone grieving the loss of a loved one.
Raymee Grief Center (in-person & online)
● Adults (21+ years) **6 PM to 8 PM**

TRAININGS & COURSES

SAT. NOVEMBER 4TH
TEEN-TO-TEEN MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE
● Teens (16 - 18+ years) **11 AM to 3.30 PM**

WED. NOVEMBER 8TH
MENTAL HEALTH FIRST AID INFORMATIONAL SESSION
● Adults (21+ years) **5 PM to 5.30 PM**

WED. NOVEMBER 15TH
MENTAL HEALTH FIRST AID REFRESHER COURSE
For certified Mental Health First Aiders.
● Adults (21+ years) **9.30 AM to 1.30 PM**

THURS. 16TH & FRI. 17TH NOVEMBER
ADULT-TO-ADULT MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE
● Adults (18+ years) **9:30 AM to 2:30 PM**

WED. NOVEMBER 29TH
ADULT MHFA SUPPORT SESSION
● Adults (18+ years) **6 PM to 7 PM**

SUPPORT GROUPS

THURS. NOVEMBER 2ND & 23RD
ADULT GRIEF SUPPORT GROUP
● Adults (18+ years) **4 PM to 5.30 PM**

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

MON. NOVEMBER 13TH
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**
In-person at The LightHouse Arabia

WED. NOVEMBER 15TH
CONSCIOUS PARENTING SUPPORT GROUP
● Parents (with children ages 6 - 11 yrs) **6 PM to 7 PM**

TUES. NOVEMBER 21ST
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**

SINGLE PARENTS SUPPORT GROUP
● Adults (21+ years) **6 PM to 7 PM**

WED. NOVEMBER 22ND
MOTHERLESS DAUGHTERS SUPPORT GROUP
● Women (21+ years) **5.30 PM to 7 PM**

AUTISM SUPPORT GROUP FOR PARENTS
● Parents **6 PM to 7 PM**

SUPPORT GROUPS cont'd

MON. NOVEMBER 27TH
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. NOVEMBER 28TH
COPING WITH CANCER SUPPORT GROUP
● Adults (18+ years) **10 AM to 11 AM**

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

WED. NOVEMBER 29TH
UNIVERSITY STRESS SUPPORT GROUP
For students in first year of university studies
● Adults (18+ years) **4.30 PM to 5.30 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*