

ONLINE SUPPORT GROUPS

NOVEMBER, 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.

Grief:



ADULT GRIEF SUPPORT GROUP

A small group open to men and women who are grieving the death of someone significant to

Thursday, November 2nd & 23rd
4pm - 5.30pm; (Adults, 18 yrs+)

FACILITATED BY



FARAH DAHABI, LCSW (US)

Clinical Social Worker
Mental Health First Aid UAE, Director

MOTHERLESS DAUGHTERS SUPPORT GROUP

For women 21+ years who have lost their mother and come together and share experiences, feelings and offer support.

Wednesday, November 22nd
5.30pm - 7pm; (Women, 21 yrs+)

FACILITATED BY



MADALINA OANA FILIP, MSc (Romania)

Psychologist

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

Monday, November 27th
5.30pm - 7pm; (Adults, 21 yrs+)

FACILITATED BY



DR. RIM MAHMOUD, PsyD. (UK)

Health 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, November 28th
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.*



THE LIGHTHOUSE
CENTER FOR WELLBEING

Health:

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

Wednesday, November 8th
8.30pm - 9.30pm; (Adults, 18 yrs+)

FACILITATED BY

ANNA WHITE, BSc. (Ireland)

Sr. Occupational Therapist
SI Practitioner & MHFA UAE Director

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

Monday, November 13th
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

Monday, November 13th
5pm - 6pm; (Adults, 21 yrs+)
In-person at The LightHouse Arabia

FACILITATED BY

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

Clinical Psychologist

TRANSITIONING THROUGH MENOPAUSE SUPPORT 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

Tuesday, November 21st
10am - 11am; (Women in perimenopause or menopause)

FACILITATED BY

TANYA DHARAMSHI, MScPsych (US)

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

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, November 21st
6pm - 7pm; (Adults, 21 yrs+)

FACILITATED BY

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

Clinical Psychologist & Clinical Director

Register

www.lighthousearabia.com/events

T. +971 (0)4 380 2088



THE LIGHTHOUSE
CENTER FOR WELLBEING

Health cont'd:

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

Monday, November 27th
6.30pm - 7.30pm; (Adults, 21 yrs+)



FACILITATED BY

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

COPING WITH CANCER SUPPORT GROUP

Connecting those who are currently or have been caregivers for those directly impacted by cancer, this support group is a place to receive and provide emotional support and share information. It is also a place to share in the lighter moments, laugh and reconnect with ourselves.

Tuesday, November 28th
10am - 11am; (Adults, 18 yrs+)



FACILITATED BY

TANYA DHARAMSHI, MScPsych (US)
Counselor (DHCC)
Counselling Psychologist

UNIVERSITY STRESS SUPPORT GROUP

****New Group:** Are you a first-year university student looking to better manage the stress of academics and personal life? If you find yourself feeling worried or stuck, this new monthly group is a safe and confidential space to explore your experience and learn from others having similar experiences.*

Wednesday, November 29th
4.30pm - 5.30pm; (Adults, 18 yrs+)

CO-FACILITATED BY



FARAH JAHANZEB
Assistant Psychologist



YASMINE MOHAMAD
Assistant 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, November 15th
6pm - 7pm; (Parents)



FACILITATED BY

DR. SUMMER FAKHRO, D.Clin.Psy (UK)
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

Tuesday, November 21st
6pm - 7pm; (Parents)



FACILITATED BY

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

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, November 22nd
6pm - 7pm; (Parents)



FACILITATED BY

PREETHA MADHAVAN, M.Psych. (Australia)
Clinical Psychologist

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