

JANUARY 2024

UPCOMING EVENTS OF THE MONTH



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	31				



*All of our events
are currently being offered
online, via the Zoom platform
unless otherwise stated below.*

- ♥ **CHILDREN**
- **TWEENS** (AGES 9 – 12 YRS)
- **TEENS** (AGES 13 – 17 YRS)
- **ADULTS** (18 YRS+, 21 YRS+)
- **ALL AGES WELCOME**

WORKSHOPS & SEMINARS

TUES. 16TH JANUARY

ACT MONTHLY SKILLS GROUP: Taking your Acceptance and Commitment Therapy (ACT) journey to the next level (16th January- 12th March)

● Adults (21+ years) 8 AM to 10 AM

SMART START: Enhancing Children's Social and Emotional Skills

● Children (7 - 9 yrs) 5 PM to 6.30 PM

**In-person at The LightHouse Arabia. An 8-week journey.*

FRI. JANUARY 19TH

VAL-YOU 2024: FOR TEENS

A Vision Board Workshop: Materializing Your Dreams Through Visualization

● Teens (12 - 18 years) 1 PM to 3 PM

In-person at The LightHouse Arabia

THURS. 25TH & FRI. 26TH JANUARY

ACCEPTANCE & COMMITMENT THERAPY (ACT) - LEVEL 2

● Adults (18+ years) 9 AM to 2 PM

**In-person at The LightHouse Arabia*

TUES. 30TH JANUARY

SEN EVENT:

From Assessment to Intervention: The Role of Occupational Therapists and Clinical Psychologists in the School Success of SEN Students

● Adults (21+ years) 5.30 PM to 7.30 PM

**In-person at The LightHouse Arabia*

TRAININGS & COURSES

THURS. 18TH & FRI. 19TH JANUARY

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

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

THURS. 25TH & FRI. 26TH JANUARY

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

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

WED. JANUARY 31ST

MENTAL HEALTH FIRST AID INFORMATIONAL SESSION

● Adults (21+ years) 5 PM to 5.30 PM

MENTAL HEALTH FIRST AID SUPPORT SESSION

For certified Mental Health First Aiders

● Adults (18+ years) 6 PM to 7 PM

SUPPORT GROUPS

WED. JANUARY 3RD

ASD/AUTISM SUPPORT GROUP FOR ADULTS

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

MON. JANUARY 8TH

IVF/INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

● Women (18+ years) 10 AM to 11:30AM

WED. JANUARY 10TH

MOTHERLESS DAUGHTERS SUPPORT GROUP

● Women (21+ years) 5.30 PM to 7 PM

MEN'S MENTAL HEALTH SUPPORT GROUP

● Men (18+ years) 7 PM to 8 PM

In-person at The LightHouse Arabia

MON. JANUARY 15TH

ADULT GRIEF SUPPORT GROUP

● Adults (18+ years) 5 PM to 6.30 PM

PARTNER LOSS SUPPORT GROUP

For those who have lost their partners (married or unmarried)

● Adults (21+ years) 5:30 PM to 7 PM

HEARTBREAK SUPPORT GROUP

● Adults (21+ years) 6 PM to 7 PM

In-person at The LightHouse Arabia

WED. JANUARY 17TH

CONSCIOUS PARENTING SUPPORT GROUP

● Parents (with children ages 6 - 11 yrs)

6 PM to 7 PM

FRI. JANUARY 19TH

COPING WITH CANCER SUPPORT GROUP

● Adults (18+ years) 10 AM to 11 AM

SUPPORT GROUPS cont'd

TUES. JANUARY 23RD

SINGLE PARENTS SUPPORT GROUP

● Adults (21+ years) 6 PM to 7 PM

LIFE AFTER DIVORCE SUPPORT GROUP

● Adults (21+ years) 6 PM to 7 PM

WED. JANUARY 24TH

AUTISM SUPPORT GROUP FOR PARENTS

● Parents 6 PM to 7 PM

FRI. JANUARY 26TH

TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

● Women (in perimenopause or menopause) 10 AM to 11 AM

MON. JANUARY 29TH

ADULT GRIEF SUPPORT GROUP

● Adults (18+ years) 5 PM to 6.30 PM

EXPAT SOCIAL SUPPORT GROUP

● Adults (18+ years) 6.30 PM to 7.30 PM

TUES. JANUARY 30TH

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