

ONLINE SUPPORT GROUPS

APRIL, 2024

Please find below a listing of the Free-of-cost support groups currently offered online by The LightHouse Arabia. The timings indicated are Gulf Standard Time (GST).

For our full event calendar and to register, please visit lighthousearabia.com/events.

MOTHERLESS DAUGHTERS SUPPORT GROUP

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

Wednesday, April 17th
5.30pm - 7pm; (Women, 21 yrs+)



FACILITATED BY

MADALINA OANA FILIP, MSc (Romania)
Psychologist

ADULT GRIEF SUPPORT GROUP

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

Monday, April 22nd
5pm - 6.30pm; (Adults, 18 yrs+)



FACILITATED BY

FARAH DAHABI, LCSW (US)
Clinical Social Worker
Mental Health First Aid UAE, Director

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, April 30th
10am - 11.30am; (for Parents)



FACILITATED BY

DR. OTTILIA BROWN, PhD. (South Africa)
Clinical Psychologist

SHARED GRIEF FOR PALESTINE SUPPORT GROUP

*As we bear witness to Palestine's pain and suffering, we are confronted with a profound grief. This group provides a space to come together to share the grief and offer solace and mutual support. We strive to process the shared trauma and sorrow with empathy and respect. Here, you are not alone in your grief. ***This group will be offered multiple times throughout the month, at varying times and with different clinician facilitators. All groups will take place online (Zoom).***

An initial Grief Consultation is not needed prior to registering for this group.

Sunday, April 21st
6pm - 7.30pm; (Adults, 18 yrs+)



FACILITATED BY

ERICA ERASMUS, MA (South Africa)
Clinical 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, April 22nd
5.30pm - 7pm; (Adults, 21 yrs+)



FACILITATED BY

DR. RIM MAHMOUD, PsyD. (UK)
Health Psychologist

Register

www.lighthousearabia.com/events
T. +971 (0)4 380 2088



THE LIGHTHOUSE
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Health:

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.

Friday, April 5th
10.30am - 11.30pm; (Adults, 18 yrs+)



FACILITATED BY

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

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, April 15th
6pm - 7pm; (Adults, 21 yrs+)



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 incredible time in a woman's life.

Friday, April 19th
10.30am - 11.30am;
(Women in perimenopause or menopause)



FACILITATED BY

TANYA DHARAMSHI, MScPsych (US)
Counselor (DHCC) & Counselling Psychologist
Community Support Group Services, Lead

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, April 10th
8.30pm - 9.30pm; (Adults, 18 yrs+)



FACILITATED BY

ANNA WHITE, BSc. (Ireland)
Sr. Occupational Therapist
SI Practitioner & MHFA UAE 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

Wednesday, April 17th
7pm - 8pm; (Men, 18 yrs+)
In-person at The LightHouse Arabia



FACILITATED BY

DR. SURESH WADHWANI, MD (UAE)
Consultant Psychiatrist

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Health cont'd:

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, April 15th
10am - 11.30am; (Women)



FACILITATED BY

DR. TARA WYNE, D.Clin.Psy (UK)
Clinical Psychologist & Clinical 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, April 23rd
6pm - 7pm; (Adults, 21 yrs+)



FACILITATED BY

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

UNIVERSITY STRESS SUPPORT 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.

Thursday, April 25th
5pm - 6pm; (Adults, 18 yrs+)

CO-FACILITATED BY



FARAH JAHANZEB
Psychologist Assistant



YASMINE MOHAMAD
Psychologist Assistant

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, April 29th
7.30pm - 8.30pm; (Adults, 21 yrs+)



FACILITATED BY

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

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Parenting:

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, April 23rd
6pm - 7pm; (Parents)



FACILITATED BY

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

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, April 24th
7pm - 8pm; (Parents)



FACILITATED BY

WESLEY KEW, MA (South Africa)
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, April 24th
6pm - 7pm; (Parents)



CO-FACILITATED BY

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



GAZAL SAYED, MSc (Sweden)
Speech & Language Therapist

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