

APRIL 2024

UPCOMING EVENTS OF THE MONTH



THE LiGHTHOUSE
CENTER FOR WELLBEING



All of our event timings are Gulf Standard Time (GST), and 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					

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

WORKSHOPS & SEMINARS

TUES. APRIL 23RD

SEN EVENT:

Understanding Executive Functioning & its Role in Emotional Regulation

● Adults (21+ years)

5.30 PM to 7 PM

In-person at The LightHouse Arabia

SUN. APRIL 28TH

JOURNEY OF STUDENT LEADERSHIP:

What it means & what it takes (Self-Discovery Workshop)

● Teens (13 - 18 years)

10 AM to 2 PM

In-person at The LightHouse Arabia

TRAININGS & COURSES

THURS. 4TH APRIL

MHFA REFRESHER ONLINE COURSE

For certified Mental Health First Aiders

● Adults (18+ years) **9.30 AM to 1.30 PM**

WED. 24TH & THURS. 25TH APRIL

ADULT-TO-ADULT MENTAL HEALTH FIRST AID TRAINING ONLINE

● Adults (18+ years) **9.30 AM to 2:30 PM**

WED. APRIL 24TH

MHFA 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

FRI. APRIL 5TH

COPING WITH CANCER SUPPORT GROUP

● Adults (18+ years) **10.30 AM to 11.30 AM**

WED. APRIL 10TH

ASD/AUTISM SUPPORT GROUP FOR ADULTS

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

MON. APRIL 15TH

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) **6 PM to 7 PM**

WED. APRIL 17TH

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

FRI. APRIL 19TH

TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

● Women (in perimenopause or menopause) **10.30 AM to 11.30 AM**

SUN. APRIL 21ST

SHARED GRIEF FOR PALESTINE

● Adults (18+ years) **6 PM to 7.30 PM**

MON. APRIL 22ND

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**

SUPPORT GROUPS cont'd

TUES. APRIL 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. APRIL 24TH

AUTISM SUPPORT GROUP FOR PARENTS

● Parents **6 PM to 7 PM**

CONSCIOUS PARENTING SUPPORT GROUP

● Parents (with children ages 6 - 11 yrs) **7 PM to 8 PM**

THURS. APRIL 25TH

UNIVERSITY STRESS SUPPORT GROUP

● Students (18+ years) **5 PM to 6 PM**

Suitable for university students currently in their first year of studies.

MON. APRIL 29TH

EXPAT SOCIAL SUPPORT GROUP

● Adults (18+ years) **7.30 PM to 8.30 PM**

TUES. APRIL 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