

MAY 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	31		

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

WORKSHOPS & SEMINARS

TUES. MAY 7TH
SMART START: ENHANCING CHILDREN'S SOCIAL & EMOTIONAL SKILLS
6-Week Journey (7th May - 11th June)

Children (7 - 9 years)

5 PM to 6.30 PM

In-person at The LightHouse Arabia

THURS. 9TH & FRI. 10TH MAY
ACCEPTANCE & COMMITMENT THERAPY (ACT) - LEVEL 2 (Online Workshop)

Adults (18+ years)

9.30 AM to 2.30 PM

SUN. MAY 26TH
THE GOOD DIVORCE:
How to Separate Amicably for the Wellbeing of your Children (Online Masterclass)

Parents 10.30 AM to 12.30 PM

TRAININGS & COURSES

SAT. 4TH MAY
TEEN MENTAL HEALTH FIRST AID ONLINE TRAINING
Teens (16 - 18 years) 11 AM to 3.30 PM

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

SAT. 18TH MAY
TEEN-TO-TEEN MENTAL HEALTH FIRST AID ONLINE TRAINING
Teens (13 - 15 years) 11 AM to 3.30 PM

WED. MAY 22ND
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

THURS. 23RD & FRI. 24TH MAY
ADULT-TO-ADULT MENTAL HEALTH FIRST AID ONLINE TRAINING
Adults (18+ years) 9:30 AM to 2:30 PM

SUPPORT GROUPS

MON. MAY 6TH
ADULT GRIEF SUPPORT GROUP
Adults (18+ years) 5 PM to 6.30 PM

WED. MAY 8TH
MEN'S MENTAL HEALTH SUPPORT GROUP
Men (18+ years) 7 PM to 8 PM
In-person at The LightHouse Arabia

ASD/AUTISM SUPPORT GROUP FOR ADULTS
Adults (18+ years) 8:30 PM to 9:30 PM

MON. MAY 13TH
IVF/INFERTILITY SUPPORT GROUP
In partnership with IVF Support Group UAE
Women (21+ years) 10 AM to 11.30 AM

HEARTBREAK SUPPORT GROUP
Adults (21+ years) 6 PM to 7 PM

TUES. MAY 14TH
PARTNER LOSS SUPPORT GROUP
For those who have lost their partners (married or unmarried)
Adults (21+ years) 4 PM to 5.30 PM

WED. MAY 15TH
MOTHERLESS DAUGHTERS SUPPORT GROUP
Women (21+ years) 5.30 PM to 7 PM

FRI. MAY 17TH
COPING WITH CANCER SUPPORT GROUP
Adults (18+ years) 10.30 AM to 11.30 AM

TUES. MAY 21ST
SINGLE PARENTS SUPPORT GROUP
Adults (21+ years) 6 PM to 7 PM

SUPPORT GROUPS cont'd

MON. MAY 27TH
EXPAT SOCIAL SUPPORT GROUP
Adults (18+ years) 7.30 PM to 8.30 PM

TUES. MAY 28TH
LITTLE LIFETIMES SUPPORT GROUP
Pregnancy & Infant Loss Support Group
Adults (18+ years) 10 AM to 11:30 AM

LIFE AFTER DIVORCE SUPPORT GROUP
Adults (21+ years) 6 PM to 7 PM

WED. MAY 29TH
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. MAY 30TH
UNIVERSITY STRESS SUPPORT GROUP
Students (18+ years) 5 PM to 6 PM
Suitable for university students currently in their first year of studies.

FRI. MAY 31ST
TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP
Women (in perimenopause or menopause) 10.30 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