



All of our event timings are Gulf Standard Time (GST), and are currently being offered online, via the Zoom platform unless otherwise stated below.

WORKSHOPS & SEMINARS

TUES. APRIL 8TH
FREE COMMUNITY WEBINAR:
Move for Your Mental Health
● Adults (18+ years) **11 AM - 12 PM**

SUN. APRIL 13TH
DIVORCE MASTERCLASS FOR PARENTS:
How to Separate Amicably for the Wellbeing of Your Children
● Parents **10.30 AM - 12.30 PM**

TUES. APRIL 15TH
FREE COMMUNITY WEBINAR:
Managing Anxiety in Children and Adolescents
● Parents **11 AM - 12 PM**

THURS. APRIL 17TH
COUNSELORS CONNECT EVENT:
Supporting Children & Families Through Divorce (Panel Discussion)
● Adults (21+ years) **8.30 AM - 10.30 AM**
**In-person at The LightHouse Arabia*

YOGA & SOMATIC PRACTICES
Making Space for Inspiration
● Women (18+ years) **7 PM to 8.15 PM**
**In-person at The LightHouse Arabia. This session is for women only (Garden)*

WED. APRIL 23RD
FREE COMMUNITY WEBINAR:
Secrets of a Healthy Mind
● Adults (18+ years) **11 AM - 12 PM**

THURS. APRIL 24TH
YOGA & SOMATIC PRACTICES
Making Space for Inspiration
● Adults (18+ years) **7 PM to 8.15 PM**
**In-person at The LightHouse Arabia. This session is for men and women (Garden)*

TUES. APRIL 29TH
FREE COMMUNITY WEBINAR:
Parenting High Energy Kids
● Parents **2 PM - 3 PM**

Grief Support Groups: *Kindly note, a 50-minute one-on-one Grief Consultation is required with one of our grief specialists prior to joining a Grief Support Group (unless stated otherwise below). Please call to book your complimentary consultation.*

TRAININGS & COURSES

THURS. 10TH & FRI. 11TH APRIL
ADULT-TO-ADULT MHFA TRAINING
A 2-Part Training (10 hours, over 2 days)
● Adults (18+ years) **9:30 AM to 2:30 PM**

SUN. 13TH APRIL
TEEN-TO-TEEN MHFA TRAINING
● Teens (13-15 yrs) **11 AM to 3:30 PM**
**In-person at The LightHouse Arabia*

MON. 21ST & TUES. 22ND APRIL
LEVEL 2: ACCEPTANCE & COMMITMENT THERAPY (ACT) TRAINING
A 2-Part Training (10 hours, over 2 days)
● Adults (18+ years) **9:30 AM to 2:30 PM**

WED. APRIL 23RD
MHFA INFORMATIONAL SESSION
● Adults (21+ years) **5 PM to 5.30 PM**

MHFA SUPPORT SESSION
For certified Mental Health First Aiders
● Adults (18+ years) **6 PM to 7 PM**

THURS. 24TH & FRI. 25TH APRIL
ADULT-TO-ADOLESCENT MHFA TRAINING
A 2-Part Training (10 hours, over 2 days)
● Adults (18+ years) **9:30 AM to 2:30 PM**

GRIEF SUPPORT GROUPS

MON. APRIL 7TH & 21ST
ADULT GRIEF SUPPORT GROUP
● Adults (21+ years) **5 PM to 6.30 PM**

TUES. APRIL 8TH
PARTNER LOSS SUPPORT GROUP
● Adults (21+ years) **4 PM to 5.30 PM**

WED. APRIL 9TH & 23RD
MOTHERLESS DAUGHTERS SUPPORT GROUP
● Women (21+ years) **5.30 PM to 7 PM**

MON. APRIL 14TH
SHARED GRIEF FOR PALESTINE SUPPORT GROUP
● Adults (18+ years) **4.30 PM to 5.30 PM**
**This Grief Support Group does not require a Grief Consultation in advance.*

WED. APRIL 16TH
LITTLE LIFETIMES SUPPORT GROUP
Pregnancy & Infant Loss Support Group
In partnership with Love Through Loss
● Adults (18+ years) **7 PM to 8 PM**

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				

OTHER SUPPORT GROUPS

MON. APRIL 7TH
HEARTBREAK SUPPORT GROUP
● Adults (21+ years) **4 PM to 5 PM**

WED. APRIL 16TH
AUTISM SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ASD
● Parents **6.30 PM to 7.30 PM**

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

MON. APRIL 21ST
IVF/INFERTILITY SUPPORT GROUP
In partnership with IVF Support Group UAE
● Women (21+ years) **10 AM to 11.30 AM**

TUES. APRIL 22ND
LIFE AFTER DIVORCE SUPPORT GROUP
● Adults (21+ years) **6 PM to 7 PM**

SINGLE PARENTS SUPPORT GROUP
● Parents **6 PM to 7 PM**

WED. APRIL 23RD
CONSCIOUS PARENTING SUPPORT GROUP
● Parents (with children ages 6 - 11 yrs) **7 PM to 8 PM**

FRI. APRIL 25TH
TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP
● Women (in perimenopause or menopause) **10.30 AM to 11.30 AM**

MON. APRIL 28TH
EXPAT SOCIAL SUPPORT GROUP
● Adults (21+ years) **7.30 PM to 8.30 PM**

TUES. APRIL 29TH
ASD/AUTISM SUPPORT GROUP FOR ADULTS
● Adults (18+ years) **6 PM to 7 PM**