



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

WED. MAY 7TH

FREE COMMUNITY WEBINAR:
Sleep: The Single Most Effective Thing For Your Physical and Mental Health

● Adults (18+ years) 11 AM - 12 PM

WED. MAY 14TH

FREE COMMUNITY WEBINAR:
Raising Emotionally Intelligent Children

● Parents 11 AM - 12 PM

TUES. MAY 20TH

FREE COMMUNITY WEBINAR:
Coping with Anxiety: What to Do When You Worry Too Much

● Adults (18+ years) 11 AM - 12 PM

DIVORCE MASTERCLASS FOR PARENTS:
How to Separate Amicably for the Wellbeing of Your Children

● Parents 8 PM - 9.30 PM

SUN. MAY 25TH

YOGA & SOMATIC PRACTICES
Making Space to Slow Down into Stillness

● Women (18+ years) 5 PM to 6.15 PM

**In-person at The LightHouse Arabia.
This session is for women only (Indoors)*

TUES. MAY 27TH

FREE COMMUNITY WEBINAR:
Failing Forward: The Value of Failure and Adversity

● Parents 11 AM - 12 PM

YOGA & SOMATIC PRACTICES

Making Space to Slow Down into Stillness

● Adults (18+ years) 7 PM to 8.15 PM

**In-person at The LightHouse Arabia.
This session is for men and women (Indoors)*

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

WED. MAY 14TH

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. 22ND & FRI. 23RD MAY

ADULT-TO-ADULT MHFA TRAINING

A 2-Part Training (10 hours, over 2 days)

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

WED. 28TH & THURS. 29TH MAY

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. MAY 5TH

ADULT GRIEF SUPPORT GROUP

● Adults (21+ years) 5 PM to 6.30 PM

TUES. MAY 6TH

PARTNER LOSS SUPPORT GROUP

● Adults (21+ years) 4 PM to 5.30 PM

WED. MAY 7TH & 21ST

MOTHERLESS DAUGHTERS SUPPORT GROUP

● Women (21+ years) 5.30 PM to 7 PM

MON. MAY 12TH

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. MAY 14TH

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	31	

OTHER SUPPORT GROUPS

MON. MAY 5TH

HEARTBREAK SUPPORT GROUP

● Adults (21+ years) 5 PM to 6 PM

**New Group*

CHRONIC PAIN SUPPORT GROUP

● Adults (21+ years) 7 PM to 8 PM

MON. MAY 12TH

IVF/INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

● Women (21+ years) 10 AM to 11.30 AM

TUES. MAY 13TH

SINGLE PARENTS SUPPORT GROUP

● Parents 6 PM to 7 PM

WED. MAY 14TH

ASD/AUTISM SUPPORT GROUP FOR ADULTS

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

TUES. MAY 20TH

LIFE AFTER DIVORCE SUPPORT GROUP

● Adults (21+ years) 6 PM to 7 PM

WED. MAY 21ST

CONSCIOUS PARENT SUPPORT GROUP

● Parents 7 PM to 8 PM

THURS. MAY 22ND

AUTISM SUPPORT GROUP FOR PARENTS

OF CHILDREN WITH ASD

● Parents 6 PM to 7 PM

FRI. MAY 23RD

TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

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

MON. MAY 26TH

MEN'S MENTAL HEALTH SUPPORT GROUP

● Men (18+ years) 6 PM to 7 PM

EXPAT SOCIAL SUPPORT GROUP

● Adults (21+ years) 7.30 PM to 8.30 PM

WED. MAY 28TH

**New Group*

**PRE-BEREAVEMENT SUPPORT GROUP
FOR CAREGIVERS**

● Adults (21+ years) 7 PM to 8 PM