

JUNE 2025

UPCOMING EVENTS OF THE MONTH



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. JUNE 3RD

SEN EVENT:

The Gifted Child

● School Educators **6 PM - 7 PM**

WED. JUNE 4TH

FREE COMMUNITY WEBINAR:

Manage Your Time, Manage Your Life

● Adults (18+ years) **12 PM - 1 PM**

TUES. JUNE 17TH

FREE COMMUNITY WEBINAR:

Connecting to Your Authentic Self

● Adults (18+ years) **11 AM - 12 PM**

YOGA & SOMATIC PRACTICES

Making Space for Integrating

● Women (18+ years) **7 PM to 8.15 PM**

**In-person at The LightHouse Arabia.*

This session is for women only (Indoors)

THURS. JUNE 19TH

YOGA & SOMATIC PRACTICES

Making Space for Integrating

● Adults (18+ years) **7 PM to 8.15 PM**

**In-person at The LightHouse Arabia*

(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. JUNE 11TH

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**

SUN. JUNE 15TH

TEEN-TO-TEEN MHFA TRAINING

● Teens (16-18 years) **4 PM to 8 PM**

WED. 18TH & THURS. 19TH JUNE

ADULT-TO-ADULT MHFA TRAINING

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

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

**In-person at The LightHouse Arabia*

FRI. JUNE 20TH

MHFA REFRESHER COURSE

For Certified MHFAiders only

● Adults (18+ years) **9:30 AM to 1:30 PM**

GRIEF SUPPORT GROUPS

WED. JUNE 4TH & 18TH

MOTHERLESS DAUGHTERS SUPPORT GROUP

● Women (21+ years) **5.30 PM to 7 PM**

TUES. JUNE 10TH

PARTNER LOSS SUPPORT GROUP

● Adults (21+ years) **4 PM to 5.30 PM**

MON. JUNE 16TH & 30TH

ADULT GRIEF SUPPORT GROUP

● Adults (21+ years) **5 PM to 6.30 PM**

TUES. JUNE 17TH

SHARED GRIEF FOR PALESTINE SUPPORT GROUP

● Adults (18+ years) **6 PM to 7 PM**

**This Grief Support Group does not require a Grief Consultation in advance.*

WED. JUNE 18TH

LITTLE LIFETIMES SUPPORT GROUP

Pregnancy & Infant Loss Support Group

In partnership with *Love Through Loss*

● Adults (18+ years) **7 PM to 8 PM**

WED. JUNE 25TH

PRE-BEREAVEMENT SUPPORT GROUP FOR CAREGIVERS

● Adults (21+ years) **7 PM to 8 PM**



THE LIGHTHOUSE
CENTER FOR WELLBEING

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. JUNE 2ND

HEARTBREAK SUPPORT GROUP

● Adults (21+ years) **5 PM to 6 PM**

CHRONIC PAIN SUPPORT GROUP

● Adults (21+ years) **7 PM to 8 PM**

MON. JUNE 9TH

IVF/INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

● Women (21+ years) **10 AM to 11.30 AM**

TUES. JUNE 10TH

SINGLE PARENTS SUPPORT GROUP

● Parents **6 PM to 7 PM**

MEN'S MENTAL HEALTH SUPPORT GROUP

● Men (18+ years) **6 PM to 7 PM**

**In-person at The LightHouse Arabia*

TUES. JUNE 17TH

LIFE AFTER DIVORCE SUPPORT GROUP

● Adults (21+ years) **6 PM to 7 PM**

WED. JUNE 18TH

ASD/AUTISM SUPPORT GROUP FOR ADULTS

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

CONSCIOUS PARENT SUPPORT GROUP

● Parents **7 PM to 8 PM**

MON. JUNE 23RD

AUTISM SUPPORT GROUP FOR PARENTS

OF CHILDREN WITH ASD

● Parents **6 PM to 7 PM**

TUES. JUNE 24TH

ASD/AUTISM SUPPORT GROUP FOR ADULTS

● Adults (18+ years) **6 PM to 7 PM**

**In-person at The LightHouse Arabia*

FRI. JUNE 27TH

TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

● Women (in perimenopause or menopause)

10.30 AM to 11.30 AM

MON. JUNE 30TH

EXPAT SOCIAL SUPPORT GROUP

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