

ONLINE SUPPORT GROUPS

AUGUST, 2025

Please find below a listing of the Free-of-cost support groups for the month, offered by The LightHouse Arabia. The timings indicated are Gulf Standard Time (GST).

Grief & Loss

MOTHERLESS DAUGHTERS SUPPORT GROUP

For women 21+ years who have lost their mother and come together and share experiences, feelings and offer support.

Wednesday, August 6th
5.30pm - 7pm; (Women, 21 yrs+)

FACILITATED BY

MADALINA OANA FILIP, MSc (Romania)
Psychologist



ADULT GRIEF SUPPORT GROUP

A small group open to men and women who are grieving the death of someone significant to them.

Monday, August 11th & 25th
5pm - 6.30pm; (Adults, 18 yrs+)

FACILITATED BY

FARAH DAHABI, LCSW (US)
Clinical Social Worker
Trauma and Crisis Services, Director



PARTNER LOSS SUPPORT GROUP

This is a safe and supportive space for individuals who have lost their partners (married or unmarried). The group aims to provide participants with a space to speak openly about their grief alongside others who have shared experiences.

Tuesday, August 19th
4pm - 5.30pm; (Adults, 21 yrs+)

FACILITATED BY

DR. HOPOLANG MATEE, PhD. (South Africa)
Clinical Psychologist



PRE-BEREAVEMENT SUPPORT GROUP FOR CAREGIVERS

This support group is a compassionate space for individuals (21 yrs+), who are actively caregiving for a loved one facing a degenerative illness, terminal diagnosis or age-related decline.

Thursday, August 21st
6pm - 7pm;

FACILITATED BY

EIDDE FRANCKE, M.A. (South Africa)
Clinical Psychologist



Kindly note, a one-time 50-minute Grief Consultation is required before attending a Grief Support Group unless stated otherwise. Please call to schedule on **T. +971 (0)4 380 2088**.



THE LiGHTHOUSE®
CENTER FOR WELLBEING

Health:

HEARTBREAK SUPPORT GROUP

For men and women (21+ yrs), who have recently experienced the breakdown or end of a committed romantic relationship. This group aims to provide a safe space to share, connect, seek support and explore the challenges being faced.

Monday, August 4th
5pm – 6pm; (Adults, 21 yrs+)



FACILITATED BY

DR. LUCY WOOD, DClinPsy (UK)
Clinical Psychologist

ADULTS WITH AUTISM SPECTRUM DISORDER (ASD) SUPPORT GROUP

This group provides a safe, confidential and relaxed setting online for adults with ASD/Asperger's to share their thoughts and feelings, and/or ask for feedback, information, and support from each other.

Wednesday, August 6th
8.30pm - 9.30pm; (Adults, 18 yrs+)

Tuesday August 19th
6pm - 7pm; (Adults, 18 yrs+)
**In-person at The LightHouse Arabia (Al Wasl Rd)*



FACILITATED BY

ANNA WHITE, BSc. (Ireland)
Sr. Occupational Therapist
SI Practitioner & MHFA UAE Director

EXPAT SOCIAL SUPPORT GROUP

This monthly support group is open to all adult expats living in the UAE and is a safe space to meet others, connect, and feel more at home in the UAE from the comfort of your own home. Connect with fellow expats, share stories and exchange tips about life and experiences in the UAE, and learn how to navigate life's challenges with support, reaffirming that you are not alone.

Monday, August 25th
7.30pm - 8.30pm; (Adults, 21 yrs+)

FACILITATED BY

MAROPENG RALENALA
MA Clin. Psy. (South Africa)
Clinical Psychologist



CHRONIC PAIN SUPPORT GROUP

**New Group*

This supportive space is for adults (21 years+), who are living with chronic pain (any pain lasting more than three months). It can be due to conditions such as arthritis, back pain, fibromyalgia, migraines, MS or pain caused by a permanent physical injury. **Kindly note, this group is not suitable for those experiencing chronic pain due to terminal illness.*

Monday, August 4th
7pm – 8pm; (Adults, 21 yrs+)

FACILITATED BY

ERICA ERASMUS, M.A. (South Africa)
Clinical Psychologist



MEN'S MENTAL HEALTH SUPPORT GROUP

Adversity in life may be inevitable but suffering in silence does not have to be. This new support group aims to provide a safe space and a judgement-free environment for men to meet, open up, talk, and listen. We recognize that taking the first step is often the most difficult. Our group is designed to be free of pressure and there is no obligation to speak because, we believe, sometimes simply listening can help.

Tuesday, August 19th
6pm - 7pm; (Men, 18 yrs+)
**In-person at The LightHouse Arabia (Al Wasl Rd)*

FACILITATED BY

WESLEY KEW, MA (South Africa)
Clinical Psychologist



LIFE AFTER DIVORCE SUPPORT GROUP

Reclaim, rebuild and thrive. This is a safe space to share challenges faced when dealing with divorce, to learn evidence-based strategies in coping with stressors, and have experiences normalized through the power of sharing.

Tuesday, August 26th
6pm - 7pm; (Adults, 21 yrs+)

FACILITATED BY

DR. TARA WYNE, D.Clin.Psy (UK)
Clinical Psychologist & Clinical Director



Register

www.lighthousearabia.com/events
T. +971 (0)4 380 2088

Health cont'd:

TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

Approximately 50% of the world's population are women, and we spend one-third of our life in a space of menopause. The transition to menopause (called perimenopause), and the changes that occur are real and impact us all - in the body and the mind, with strong connections to hormones and how we think, feel and respond. This group provides a safe space to normalize and explore the physical and emotional changes you may be experiencing, and to help navigate the transition together, for what can also be an incredible time in a woman's life.

Friday, August 29th
10.30am - 11.30am;
(Women in perimenopause or menopause)



FACILITATED BY

TANYA DHARAMSHI, MScPsych (US)

Counselor (DHCC) & Counselling Psychologist
Community Support Services and
Raymee Grief Center, Lead

Parenting:

AUTISM SUPPORT GROUP FOR PARENTS

This group provides a safe, confidential and relaxed setting online for parents and caregivers of children with Autism (ages 5 - 18 years old). It is a space for parents to come together and share experiences, while offering support to one another.

Monday, August 4th
6pm - 7pm; (Parents)



FACILITATED BY

KIRSTEN NEFDT, M.A. (South Africa)

Clinical Psychologist

CONSCIOUS PARENTING SUPPORT GROUP

This support group is a space for parents of children ages 6 - 11 years to discuss the challenges and stressors they face in raising their children. In a time where advice on how to manage challenges like screen time, sleep, friendships, and big emotions can be varied, parents will be able to share their dilemmas, as well as hear from other parents about things that have or haven't worked for them.

Wednesday, August 13th
7pm - 8pm; (Parents)



FACILITATED BY

WESLEY KEW, MA (South Africa)

Clinical Psychologist

Register

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