

OCTOBER 2025

UPCOMING EVENTS OF THE MONTH

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		

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



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.

SEMINARS

WED. OCTOBER 8TH
FREE COMMUNITY WEBINAR:
Your Mind Matters: Fundamentals on Understanding Mental Health
● Adults (18+ years) **11 AM - 12 PM**

FRI. OCTOBER 10TH
FREE COMMUNITY WEBINAR:
From Stigma to Understanding: Challenging Mental Health Myths
**For World Mental Health Day*
● Adults (18+ years) **10 AM - 11 AM**

WED. OCTOBER 15TH
FREE COMMUNITY WEBINAR:
Managing Anxiety in Children and Adolescents
● Adults (18+ years) **10 AM - 11 PM**

WED. OCTOBER 22ND
FREE COMMUNITY WEBINAR:
Caregiver Burnout
● Adults (18+ years) **10 AM - 11 AM**

MON. OCTOBER 27TH
FREE COMMUNITY WEBINAR:
Mental Health: The Missing Piece to Cancer Care
**For Breast Cancer Awareness Month*
● Adults (18+ years) **12 PM - 1 PM**

TUES. OCTOBER 28TH
FREE COMMUNITY WEBINAR:
Managing Difficult Emotions: Promoting Emotional Regulation at Home
● Adults (18+ years) **11 AM - 12 PM**

WORKSHOPS

THURS. OCTOBER 9TH
COUNSELORS CONNECT EVENT:
Being Trauma-Informed in Schools - What it Means (Panel Discussion)
● Adults (21+ years) **8.30 AM to 10 AM**
**In-person at The LightHouse Arabia*

SUN. OCTOBER 12TH
FREE COMMUNITY EVENT (ONLINE):
Healing Through Meditation
**For World Mental Health Day*
● Adults (18+ years) **1 PM to 2 PM**

THURS. OCTOBER 23RD
YOGA & SOMATIC PRACTICES
Making Space for Growth
● Adults (18+ years) **7 PM to 8.15 PM**
**In-person at The LightHouse Arabia*

TRAININGS & COURSES

WED. OCTOBER 15TH
MHFA REFRESHER TRAINING
For certified MHFAiders
● Adults (18+ years) **9.30 AM to 1.30 PM**
**In-person at The LightHouse Arabia*

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. 16TH & FRI. 17TH OCTOBER
ADULT-TO-ADOLESCENT MHFA TRAINING
A 2-Part Online Training (10 hours, over 2 days)
● Adults (18+ years) **9:30 AM to 2:30 PM**

SUN. OCTOBER 19TH
TEEN-TO-TEEN MHFA TRAINING
● Teens (16-18 years) **1 PM to 5.30 PM**

THURS. 23RD & FRI. 24TH OCTOBER
ADULT-TO-ADULT MHFA TRAINING
A 2-Part Training (10 hours, over 2 days)
● Adults (18+ years) **9:30 AM to 2:30 PM**

GRIEF SUPPORT GROUPS

WED. OCTOBER 8TH
MOTHERLESS DAUGHTERS SUPPORT GROUP
● Women (21+ years) **5.30 PM to 7 PM**

WED. OCTOBER 15TH
SHARED GRIEF FOR PALESTINE SUPPORT GROUP
● Adults (18+ years) **4 PM to 5 PM**
**This Grief Support Group does not require a Grief Consultation in advance.*

MON. OCTOBER 20TH
ADULT GRIEF SUPPORT GROUP
● Adults (21+ years) **5 PM to 6.30 PM**

TUES. OCTOBER 21ST
PARTNER LOSS SUPPORT GROUP
● Adults (21+ years) **4 PM to 5.30 PM**

MON. OCTOBER 27TH
PRE-BEREAVEMENT SUPPORT GROUP FOR CAREGIVERS
● Adults (21+ years) **6 PM to 7 PM**

OTHER SUPPORT GROUPS

MON. OCTOBER 6TH
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) **5 PM to 6 PM**

AUTISM SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ASD
● Parents **6 PM to 7 PM**

TUES. OCTOBER 7TH
SINGLE PARENTS SUPPORT GROUP
● Parents **6 PM to 7 PM**

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

MON. OCTOBER 13TH & 27TH
CHRONIC PAIN SUPPORT GROUP
● Adults (21+ years) **7 PM to 8 PM**

TUES. OCTOBER 14TH
THE FOURTH TRIMESTER: SUPPORTING WOMEN THROUGH POSTPARTUM
● Women **10 AM to 11 AM**

MEN'S MENTAL HEALTH SUPPORT GROUP
● Men (18+ years) **6 PM to 7 PM**
**In-person at The LightHouse Arabia*

THURS. OCTOBER 16TH
TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP
● Women (in perimenopause or menopause) **10 AM to 11 AM**

TUES. OCTOBER 21ST
LIFE AFTER DIVORCE SUPPORT GROUP
● Adults (21+ years) **6 PM to 7 PM**

THURS. OCTOBER 23RD
CONSCIOUS PARENT SUPPORT GROUP
● Parents **7 PM to 8 PM**

TUES. OCTOBER 28TH
ASD/AUTISM SUPPORT GROUP FOR ADULTS
● Adults (18+ years) **6 PM to 7 PM**
In-person at The LightHouse Arabia