

SEPTEMBER 2025

UPCOMING EVENTS OF THE MONTH



THE LiGHTHOUSE
CENTER FOR WELLBEING



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.

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					

SEMINARS

TUES. SEPTEMBER 2ND
FREE COMMUNITY WEBINAR:
Timeless Parenting: Values-Centered Parenting

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

WED. SEPTEMBER 10TH
FREE COMMUNITY WEBINAR:
Moving Forward Through Change and Adversity

● Adults (18+ years) **12 PM - 1 PM**

WED. SEPTEMBER 17TH
FREE COMMUNITY WEBINAR:
Toxic Positivity vs. Authentic Happiness

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

TUES. SEPTEMBER 30TH
FREE COMMUNITY WEBINAR:
Raising Children in the iGeneration

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

WORKSHOPS

THURS. SEPTEMBER 11TH
YOGA & SOMATIC PRACTICES
Making Space to Create Alignment in Your Life

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

**In-person at The LightHouse Arabia.*

TUES. SEPTEMBER 30TH
DIVORCE MASTERCLASS FOR PARENTS:
How to Separate Amicably for the Wellbeing of Your Children

● Parents **8 PM - 9.30 PM**

TRAININGS & COURSES

WED. SEPTEMBER 10TH
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**

WED. 17TH & THURS. 18TH SEPT
ADULT-TO-ADOLESCENT 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.*

SUN. SEPTEMBER 21ST
TEEN-TO-TEEN MHFA TRAINING

● Teens (13-15 years) **1 PM to 5.30 PM**

WED. 24TH & THURS. 25TH SEPT
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.*

GRIEF SUPPORT GROUPS

THURS. SEPTEMBER 4TH
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.*

MON. SEPTEMBER 8TH & 22ND
ADULT GRIEF SUPPORT GROUP

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

WED. SEPTEMBER 10TH
MOTHERLESS DAUGHTERS SUPPORT GROUP

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

TUES. SEPTEMBER 23RD
PARTNER LOSS SUPPORT GROUP

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

PRE-BEREAVEMENT SUPPORT GROUP FOR CAREGIVERS

● Adults (21+ years) **6 PM to 7 PM**

OTHER SUPPORT GROUPS

MON. SEPTEMBER 1ST

HEARTBREAK SUPPORT GROUP

● Adults (21+ years) **5 PM to 6 PM**

CHRONIC PAIN SUPPORT GROUP

● Adults (21+ years) **7 PM to 8 PM**

MON. SEPTEMBER 8TH

IVF/INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

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

AUTISM SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ASD

● Parents **6 PM to 7 PM**

TUES. SEPTEMBER 9TH

THE FOURTH TRIMESTER: SUPPORTING WOMEN THROUGH POSTPARTUM

● Women **10 AM to 11 AM**

**New Group (for mothers in the first 12 months postpartum)*

SINGLE PARENTS SUPPORT GROUP

● Parents **6 PM to 7 PM**

WED. SEPTEMBER 10TH

ASD/AUTISM SUPPORT GROUP FOR ADULTS

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

MON. SEPTEMBER 15TH

CHRONIC PAIN SUPPORT GROUP

● Adults (21+ years) **7 PM to 8 PM**

TUES. SEPTEMBER 23RD

LIFE AFTER DIVORCE SUPPORT GROUP

● Adults (21+ years) **6 PM to 7 PM**

ASD/AUTISM SUPPORT GROUP FOR ADULTS

● Adults (18+ years) **6 PM to 7 PM**

In-person at The LightHouse Arabia

THURS. SEPTEMBER 25TH

TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

● Women (in perimenopause or menopause) **10 AM to 11 AM**

CONSCIOUS PARENT SUPPORT GROUP

● Parents **7 PM to 8 PM**

MON. SEPTEMBER 29TH

CHRONIC PAIN SUPPORT GROUP

● Adults (21+ years) **7 PM to 8 PM**