

AUGUST 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.

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.*

WORKSHOPS & SEMINARS

TUES. AUGUST 5TH
FREE COMMUNITY WEBINAR:
Brave Conversations
● Adults (18+ years) **12 PM - 1 PM**

WED. AUGUST 6TH
FREE COMMUNITY WEBINAR:
Back to School: Managing the Transition
● Adults (18+ years) **12 PM - 1 PM**

WED. AUGUST 20TH
FREE COMMUNITY WEBINAR:
Back to School: Managing the Transition
● Adults (18+ years) **12 PM - 1 PM**

WED. AUGUST 27TH
FREE COMMUNITY WEBINAR:
From Stigma to Understanding: Challenging Mental Health Myths
● Adults (18+ years) **11 AM - 12 PM**

TRAININGS & COURSES

MON. AUGUST 11TH
MHFA REFRESHER COURSE
For Certified MHFAiders only
● Adults (18+ years) **9:30 AM to 1:30 PM**

WED. AUGUST 13TH
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. 28TH & FRI. 29TH AUGUST
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. AUGUST 6TH
MOTHERLESS DAUGHTERS SUPPORT GROUP
● Women (21+ years) **5.30 PM to 7 PM**

MON. AUGUST 11TH & 25TH
ADULT GRIEF SUPPORT GROUP
● Adults (21+ years) **5 PM to 6.30 PM**

TUES. AUGUST 19TH
PARTNER LOSS SUPPORT GROUP
● Adults (21+ years) **4 PM to 5.30 PM**

THURS. AUGUST 21ST
PRE-BEREAVEMENT SUPPORT GROUP FOR CAREGIVERS
● Adults (21+ years) **6 PM to 7 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	31

OTHER SUPPORT GROUPS

MON. AUGUST 4TH
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**

CHRONIC PAIN SUPPORT GROUP
● Adults (21+ years) **7 PM to 8 PM**

WED. AUGUST 6TH
ASD/AUTISM SUPPORT GROUP FOR ADULTS
● Adults (18+ years) **8:30 PM to 9:30 PM**

WED. AUGUST 13TH
CONSCIOUS PARENT SUPPORT GROUP
● Parents **7 PM to 8 PM**

TUES. AUGUST 19TH
MEN'S MENTAL HEALTH SUPPORT GROUP
● Men **6 PM to 7 PM**
In-person at The Lighthouse Arabia

ASD/AUTISM SUPPORT GROUP FOR ADULTS
● Adults (18+ years) **6 PM to 7 PM**
In-person at The Lighthouse Arabia

MON. AUGUST 25TH
EXPAT SOCIAL SUPPORT GROUP
● Adults (21+ years) **7.30 PM to 8.30 PM**

TUES. AUGUST 26TH
LIFE AFTER DIVORCE SUPPORT GROUP
● Adults (21+ years) **6 PM to 7 PM**

FRI. AUGUST 29TH
TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP
● Women (in perimenopause or menopause) **10.30 AM to 11.30 AM**