



**THE LiGHTHOUSE**  
CENTER FOR WELLBEING

**PARENTING  
SERVICES**



# WHY PARENTING SERVICES ?

**THE LIGHTHOUSE ARABIA IS COMMITTED TO SUPPORTING PARENTS WHO WISH TO BE MORE CONSCIOUS AND AUTHENTIC IN THEIR PARENTING.**

As we collectively continue to face a global youth mental health crisis, an increase in children's technology usage, and live in an age of distraction and overload, the call to be more authentically-attuned as parents arises. Our expert team of clinicians work closely with parents and children on family matters, equipping them with the necessary skills to increase self-awareness, understand emotional triggers, as well as cultivate emotional intelligence (EQ) in children.

## ISSUES WE SUPPORT WITH:

- Adoption
- Caregiver burnout
- Domestic violence
- Family conflict
- Parental mental health
- Post-natal anxiety/depression
- Parents returning to work
- Separation/Divorce
- Sibling Rivalry

### ***Parents were more likely than other adults to report increases in certain stressors***

- **66%** of parents agree ***they don't talk about their stress*** because they don't want to burden others.
- **62%** of parents report that ***no one understands*** how stressed they are.
- **60%** of parents report that stress makes it ***hard for them to focus***.
- **50%** of parents share that when they are stressed, ***they can't bring themselves to do anything***.
- **48%** of parents report that most days ***their stress is completely overwhelming***.
- **41%** of parents express that most days they are so stressed ***they can't function***.

*From APA's October 2023 Stress in America survey*

# OUR SERVICES

## PSYCHOTHERAPY:

Also known as talk therapy, psychotherapy is the general term for spending time with a trained therapist to diagnose and treat mental, emotional and personality problems.

Our team of clinical psychologists and psychotherapists are specialized in working with difficulties common to parents and families, using a variety of therapy models and non-medical based treatments.

## PSYCHIATRY:

We have a team of highly qualified, consultant psychiatrists who are trained to work with assessment, diagnosis, and treatment of mental illnesses, and are well-versed in working with parents and families alike.

## OTHER ONE-TO-ONE SERVICES:

- Adoption Counseling
- Divorce Guidance
- Divorce Mediation
- Family Therapy
- Parental Guidance

## CORPORATE SERVICES:

We also offer services to corporations and workplaces that are seeking further wellbeing support for their employees or community, ranging from educational parenting seminars to skill-building workshops and support sessions.

**66% of parents  
report experiencing  
burnout – that's  
6 in 10 parents**



### LightHearted Parenting means:

*Empowerment through Education*

*Understanding through Play*

*Connection through Vulnerability*

*Reassurance through Words*

*Skills through Knowledge*

*Support through Community*

*Progress through Action*

*Wisdom through Trust*

*Fulfillment from the Journey*

**Parenting is a journey  
that is lived day-by-day.**

**A unique blend of experiences  
for every one.**

Feelings on all levels.

Experiences that ebb & flow, race ahead, retract, change direction all along the course; emotions, learnings, triumphs, missteps, responsibilities, and truths. And through it all, **there isn't any perfection or imperfection.**

In this very real life, there is only **authenticity.**



**@lightheartedparenting**

# SUPPORT GROUPS, TALKS & WORKSHOPS

The LightHouse Arabia is honored to provide a wide array of support groups across a range of topics and issues relevant to different life stages and situations. All of our support groups are free-of-charge. At present, the majority of our support groups are hosted online via Zoom, while some take place in-person at The LightHouse Arabia.

For up-to-date support group details and registration, please visit our website: ***[lighthousearabia.com/events](https://lighthousearabia.com/events)***

## SUPPORT GROUPS FOR PARENTS

- Autism Support Group for Parents
- Conscious Parenting
- Life After Divorce
- Parents of children with cancer
- Single Parents

## RAYMEE GRIEF CENTER (GRIEF SUPPORT GROUPS)

- Little Lifetimes (Infant loss)



## EDUCATIONAL TALKS

Experiential workshops range from 90-minutes to a full day and can include parenting workshops through to divorce masterclasses. Our workshops run for the community and we have private bespoke events.

## EXPERIENTIAL WORKSHOPS

Our team offers a range of talks, trainings, and seminars relevant to parenting and beyond. Our talks cover topics from supporting a child's mental health through to raising children in the i-generation, from managing a child's anxiety through to increasing emotional intelligence in our youth, from increasing resilience in our children through to all other aspects of parenting.

***You are not alone.  
We are here to help.***

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