

DECEMBER 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.

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				

TRAININGS & COURSES

WED. DECEMBER 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

THURS. 11TH & FRI. 12TH DEC.

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

MON. DECEMBER 15TH

PRE-BEREAVEMENT SUPPORT GROUP FOR CAREGIVERS

● Adults (21+ years) 6 PM to 7 PM

TUES. DECEMBER 16TH

PARTNER LOSS SUPPORT GROUP

● Adults (21+ years) 4 PM to 5.30 PM

ADULT GRIEF SUPPORT GROUP

● Adults (21+ years) 5.30 PM to 7 PM

WED. DECEMBER 17TH

MOTHERLESS DAUGHTERS SUPPORT GROUP

● Women (21+ years) 5.30 PM to 7 PM

OTHER SUPPORT GROUPS

MON. DECEMBER 8TH

CONSCIOUS PARENTING SUPPORT GROUP

● Parents (with children ages 6 - 11 yrs)
8 AM to 9 AM

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

CHRONIC PAIN SUPPORT GROUP

● Adults (21+ years) 7 PM to 8 PM

EXPAT SOCIAL SUPPORT GROUP

● Adults (21+ years) 7 PM to 8 PM

TUES. DECEMBER 9TH

SINGLE PARENTS SUPPORT GROUP

● Parents 6 PM to 7 PM

WED. DECEMBER 10TH

ASD/AUTISM SUPPORT GROUP FOR ADULTS

● Adults (18+ years) 6:30 PM to 7:30 PM

TUES. DECEMBER 16TH

THE FOURTH TRIMESTER: SUPPORTING WOMEN THROUGH POSTPARTUM

● Women 10 AM to 11 AM

LIFE AFTER DIVORCE SUPPORT GROUP

● Adults (21+ years) 6 PM to 7 PM

MEN'S MENTAL HEALTH SUPPORT GROUP

● Men (18+ years) 6 PM to 7 PM

**In-person at The LightHouse Arabia*

THURS. DECEMBER 18TH

TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

● Women (in perimenopause or menopause)
10.30 AM to 11.30 AM