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.

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				

TRAININGS & COURSES

MON. DECEMBER 8TH

MHFA REFRESHER TRAINING

Adults (21+ years) 9.30 AM to 1.30 PM

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 DECEMBER 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

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

MON. DECEMBER 22ND

CHRONIC PAIN SUPPORT GROUP

Adults (21+ years) 7 PM to 8 PM