

FEBRUARY 2026

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.

SEMINARS

WED. FEBRUARY 4TH

FREE COMMUNITY WEBINAR:

Breaking Bad Habits & Building Good Ones

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

TUES. FEBRUARY 10TH

FREE COMMUNITY WEBINAR:

Resiliency is the New Happiness: Raising Resilient Children

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

TUES. FEBRUARY 17TH

FREE COMMUNITY WEBINAR:

Mastering Stress, Avoiding Burnout

● Adults (18+ years) **10 AM - 11 PM**

TUES. FEBRUARY 24TH

FREE COMMUNITY WEBINAR:

Managing Anxiety in Children & Adolescents

● Adults (18+ years) **10 AM - 11 AM**

WORKSHOPS

WED. 25TH & THURS. 26TH FEB

ACCEPTANCE & COMMITMENT THERAPY (ACT) WORKSHOP - LEVEL 1

6 CME points awarded from DHA

● Adults (21+ years) **9 AM to 2 PM**

*In-person at The LightHouse Arabia

TRAININGS & COURSES

WED. 11TH & THURS. 12TH FEB

ADULT-TO-ADULT MHFA TRAINING

A 2-Part Training (10 hours, over 2 days)

9 CME points awarded from DHA

● Adults (18+ years) **9:30 AM to 2:30 PM**

*In-person at The LightHouse Arabia

WED. FEBRUARY 11TH

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. 25TH & THURS. 26TH FEB

ADULT-TO-ADOLESCENT MHFA TRAINING

A 2-Part Online Training (10 hours, over 2 days)

9 CME points awarded from DHA

● Adults (18+ years) **9:30 AM to 2:30 PM**

GRIEF SUPPORT GROUPS

WED. FEBRUARY 4TH & 18TH

ADULT GRIEF SUPPORT GROUP

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

WED. FEBRUARY 11TH

MOTHERLESS DAUGHTERS SUPPORT GROUP

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

MON. FEBRUARY 16TH

PRE-BEREAVEMENT SUPPORT GROUP FOR CAREGIVERS

● Adults (21+ years) **6 PM to 7 PM**

TUES. FEBRUARY 24TH

PARTNER LOSS SUPPORT GROUP

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

OTHER SUPPORT GROUPS

MON. FEBRUARY 2ND

CHRONIC PAIN SUPPORT GROUP

● Adults (21+ years) **7 PM to 8 PM**

HEALING FROM 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**

MON. FEBRUARY 9TH

IVF/INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

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

EXPAT SOCIAL SUPPORT GROUP

● Adults (21+ years) **7 PM to 8 PM**

TUES. FEBRUARY 10TH

THE FOURTH TRIMESTER: SUPPORTING WOMEN THROUGH POSTPARTUM

● Women **10 AM to 11 AM**

CONSCIOUS PARENT SUPPORT GROUP

● Parents **12 PM to 1 PM**

MON. FEBRUARY 16TH

MEN'S MENTAL HEALTH SUPPORT GROUP

● Men (18+ years) **5.30 PM to 6.30 PM**

*In-person at The LightHouse Arabia

CHRONIC PAIN SUPPORT GROUP

● Adults (21+ years) **7 PM to 8 PM**

TUES. FEBRUARY 17TH

LIFE AFTER DIVORCE SUPPORT GROUP

● Adults (21+ years) **6 PM to 7 PM**

WED. FEBRUARY 18TH

ASD/AUTISM SUPPORT GROUP FOR ADULTS

● Adults (18+ years) **4 PM to 5:30 PM**

THURS. FEBRUARY 19TH

TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

● Women (in perimenopause or menopause)

10.30 AM to 11.30 AM

TUES. FEBRUARY 24TH

SINGLE PARENTS SUPPORT GROUP

● Parents **5 PM to 6 PM**

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	