

# FEBRUARY 2026

## 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.

### SEMINARS

**WED. FEBRUARY 4<sup>TH</sup>**  
FREE COMMUNITY WEBINAR:  
**Breaking Bad Habits & Building Good Ones**  
● Adults (18+ years) 11 AM - 12 PM

**TUES. FEBRUARY 10<sup>TH</sup>**  
FREE COMMUNITY WEBINAR:  
**Resiliency is the New Happiness:  
Raising Resilient Children**  
● Adults (18+ years) 11 AM - 12 PM

**TUES. FEBRUARY 17<sup>TH</sup>**  
FREE COMMUNITY WEBINAR:  
**Mastering Stress, Avoiding Burnout**  
● Adults (18+ years) 10 AM - 11 PM

**TUES. FEBRUARY 24<sup>TH</sup>**  
FREE COMMUNITY WEBINAR:  
**Managing Anxiety in Children &  
Adolescents**  
● Adults (18+ years) 10 AM - 11 AM

### WORKSHOPS

**WED. 25<sup>TH</sup> & THURS. 26<sup>TH</sup> 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

**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.

### TRAININGS & COURSES

**WED. 11<sup>TH</sup> & THURS. 12<sup>TH</sup> 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 11<sup>TH</sup>**  
**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. 25<sup>TH</sup> & THURS. 26<sup>TH</sup> 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 4<sup>TH</sup> & 18<sup>TH</sup>**  
**ADULT GRIEF SUPPORT GROUP**  
● Adults (21+ years) 4 PM to 5.30 PM

**WED. FEBRUARY 11<sup>TH</sup>**  
**MOTHERLESS DAUGHTERS  
SUPPORT GROUP**  
● Women (21+ years) 5.30 PM to 7 PM

**MON. FEBRUARY 16<sup>TH</sup>**  
**PRE-BEREAVEMENT SUPPORT GROUP  
FOR CAREGIVERS**  
● Adults (21+ years) 6 PM to 7 PM

**TUES. FEBRUARY 24<sup>TH</sup>**  
**PARTNER LOSS SUPPORT GROUP**  
● Adults (21+ years) 4 PM to 5.30 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	

### OTHER SUPPORT GROUPS

**MON. FEBRUARY 2<sup>ND</sup>**  
**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 9<sup>TH</sup>**  
**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 10<sup>TH</sup>**  
**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 16<sup>TH</sup>**  
**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 17<sup>TH</sup>**  
**LIFE AFTER DIVORCE SUPPORT GROUP**  
● Adults (21+ years) 6 PM to 7 PM

**WED. FEBRUARY 18<sup>TH</sup>**  
**ASD/AUTISM SUPPORT GROUP FOR ADULTS**  
● Adults (18+ years) 4 PM to 5:30 PM

**THURS. FEBRUARY 19<sup>TH</sup>**  
**TRANSITIONING THROUGH MENOPAUSE  
SUPPORT GROUP**  
● Women (in perimenopause or menopause)  
10.30 AM to 11.30 AM

**TUES. FEBRUARY 24<sup>TH</sup>**  
**SINGLE PARENTS SUPPORT GROUP**  
● Parents 5 PM to 6 PM