

# MARCH 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

**TUES. MARCH 3<sup>RD</sup>**

**FREE COMMUNITY WEBINAR:**  
**Breaking The Stigma: Understanding & Treating Depression**  
 ● Adults (18+ years) **11 AM - 12 PM**

**MON. MARCH 9<sup>TH</sup>**

**FREE COMMUNITY WEBINAR:**  
**Confronting and Breaking Gender Bias & Barriers**  
*\*Special Event for International Women's Day 2026*  
 ● Adults (18+ years) **10 AM - 11 AM**

**WED. MARCH 11<sup>TH</sup>**

**FREE COMMUNITY WEBINAR:**  
**Supporting Calm Achievers : Helping your Child Handle High Pressure Moments**  
 ● Adults (18+ years) **11 AM - 12 PM**

**WED. MARCH 18<sup>TH</sup>**

**FREE COMMUNITY WEBINAR:**  
**Move for Your Mental Health**  
 ● Adults (18+ years) **11 AM - 12 PM**

**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

**FRI. MARCH 13<sup>TH</sup>**

**MHFA REFRESHER COURSE**  
 For Certified Mental Health First Aiders (extend your accreditation for 3 more years)  
 ● Adults (18+ years) **9:30 AM to 1:30 PM**

**WED. MARCH 18<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**

**THURS. 26<sup>TH</sup> & FRI. 27<sup>TH</sup> MARCH**

**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**

### GRIEF SUPPORT GROUPS

**WED. MARCH 4<sup>TH</sup>**

**ADULT GRIEF SUPPORT GROUP**  
 ● Adults (21+ years) **4PM to 5.30 PM**

**WED. MARCH 11<sup>TH</sup>**

**MOTHERLESS DAUGHTERS SUPPORT GROUP**  
 ● Women (21+ years) **5.30 PM to 7 PM**

**MON. MARCH 16<sup>TH</sup>**

**PRE-BEREAVEMENT SUPPORT GROUP FOR CAREGIVERS**  
 ● Adults (21+ years) **6 PM to 7 PM**

**TUES. MARCH 31<sup>ST</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	29
30	31					

### OTHER SUPPORT GROUPS

**MON. MARCH 2<sup>ND</sup>**

**HEALING FROM HEARTBREAK SUPPORT**  
 ● Adults (21+ years) **5 PM to 6 PM**

**CHRONIC PAIN SUPPORT GROUP**

● Adults (21+ years) **7 PM to 8 PM**

**MON. MARCH 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. MARCH 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**

**WED. MARCH 11<sup>TH</sup>**

**ASD/AUTISM SUPPORT GROUP FOR ADULTS**  
 ● Adults (18+ years) **4 PM to 5:30 PM**

**MON. MARCH 16<sup>TH</sup>**

**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**

**TUES. MARCH 24<sup>TH</sup>**

**LIFE AFTER DIVORCE SUPPORT GROUP**  
 ● Adults (21+ years) **6 PM to 7 PM**

**SINGLE PARENTS SUPPORT GROUP**

● Parents **6 PM to 7 PM**

**THURS. MARCH 26<sup>TH</sup>**

**SCHOOL SEN/INCLUSION STAFF GROUP**  
*\*New monthly support group*  
 ● Adults (21+ years) **9 AM to 10 AM**

**TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP**

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

**TUES. MARCH 31<sup>ST</sup>**

**ASD/AUTISM SUPPORT GROUP FOR ADULTS**  
 ● Adults (18+ years) **6.30 PM to 7.30 PM**  
*\*In-person at The Lighthouse Arabia*