

MARCH 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.

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					

SEMINARS

MON. MARCH 9TH
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 11TH
FREE COMMUNITY WEBINAR:
Supporting Calm Achievers : Helping your Child Handle High Pressure Moments
● Adults (18+ years) **11 AM - 12 PM**

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

TRAININGS & COURSES

FRI. MARCH 13TH
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 18TH
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. 26TH & FRI. 27TH 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 4TH
ADULT GRIEF SUPPORT GROUP
● Adults (21+ years) **4PM to 5.30 PM**

WED. MARCH 11TH
MOTHERLESS DAUGHTERS SUPPORT GROUP
● Women (21+ years) **5.30 PM to 7 PM**

MON. MARCH 16TH
PRE-BEREAVEMENT SUPPORT GROUP FOR CAREGIVERS
● Adults (21+ years) **6 PM to 7 PM**

TUES. MARCH 31ST
PARTNER LOSS SUPPORT GROUP
● Adults (21+ years) **4 PM to 5.30 PM**

OTHER SUPPORT GROUPS

MON. MARCH 2ND
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 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. MARCH 10TH
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 11TH
ASD/AUTISM SUPPORT GROUP FOR ADULTS
● Adults (18+ years) **4 PM to 5:30 PM**

MON. MARCH 16TH
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 24TH
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 26TH
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 31ST
ASD/AUTISM SUPPORT GROUP FOR ADULTS
● Adults (18+ years) **6.30 PM to 7.30 PM**
**In-person at The LightHouse Arabia*