

APRIL 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.

TRAININGS & COURSES

WED. APRIL 15TH

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. 16TH & FRI. 17TH APRIL

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**

SUN. APRIL 19TH

TEEN-TO-TEEN MHFA TRAINING

16-18 year olds

● Teens (16-18 years) **1 PM to 5.30 PM**

WED. 22ND & THURS. 23RD APRIL

ADULT-TO-ADOLESCENT 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: *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.*

GRIEF SUPPORT GROUPS

WED. APRIL 1ST & 22ND

ADULT GRIEF SUPPORT GROUP

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

WED. APRIL 15TH

MOTHERLESS DAUGHTERS SUPPORT GROUP

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

MON. APRIL 20TH

PRE-BEREAVEMENT SUPPORT GROUP FOR CAREGIVERS

● Adults (21+ years) **6 PM to 7 PM**

TUES. APRIL 28TH

PARTNER LOSS SUPPORT GROUP

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

SEN SUPPORT GROUPS

THURS. APRIL 2ND & 30TH

SCHOOL SEN/INCLUSION STAFF GROUP

● Adults (21+ years) **9 AM to 10 AM**



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			

OTHER SUPPORT GROUPS

MON. APRIL 6TH

HEALING FROM HEARTBREAK SUPPORT

● Adults (21+ years) **5 PM to 6 PM**

AUTISM SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ASD

● Parents **6 PM to 7 PM**

TUES. APRIL 7TH

CONSCIOUS PARENT SUPPORT GROUP

● Parents **12 PM to 1 PM**

MON. APRIL 13TH

IVF/INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

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

CHRONIC PAIN SUPPORT GROUP

● Adults (21+ years) **7 PM to 8 PM**

EXPAT SOCIAL SUPPORT GROUP

● Adults (21+ years) **7 PM to 8 PM**

WED. APRIL 15TH

ASD/AUTISM SUPPORT GROUP FOR ADULTS

● Adults (18+ years) **8 PM to 9:30 PM**

TUES. APRIL 21ST

THE FOURTH TRIMESTER: SUPPORTING WOMEN THROUGH POSTPARTUM

● Women **10 AM to 11 AM**

SINGLE PARENTS SUPPORT GROUP

● Parents **6 PM to 7 PM**

LIFE AFTER DIVORCE SUPPORT GROUP

● Adults (21+ years) **6 PM to 7 PM**

THURS. APRIL 23RD

TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

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

MON. APRIL 27TH

CHRONIC PAIN SUPPORT GROUP

● Adults (21+ years) **7 PM to 8 PM**

TUES. APRIL 28TH

ASD/AUTISM SUPPORT GROUP FOR ADULTS

● Adults (18+ years) **6.30 PM to 8 PM**

**In-person at The Lighthouse Arabia*