



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			

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

WED. APRIL 1ST & 22ND

ADULT GRIEF SUPPORT GROUP

● Adults (21+ years) 4PM 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

SCHOOL STAFF SUPPORT GROUPS

THURS. APRIL 2ND, 16TH & 30TH

SCHOOL SEN/INCLUSION STAFF SUPPORT GROUP

● Adults (21+ years) 9 AM to 10 AM

TUES. APRIL 7TH

HOLDING STEADY: A REFLECTIVE SPACE FOR TEACHERS

● Adults (21+ years) 3 PM to 4 PM

THURS. APRIL 16TH

HOLDING STEADY: A REFLECTIVE SPACE FOR TEACHERS

● Adults (21+ years) 3 PM to 4 PM

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