

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					



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.

### WEBINARS

**WED. JUNE 3<sup>RD</sup>**  
FREE COMMUNITY WEBINAR:  
**Switching Off, in an 'Always On' World**  
● Adults (18+ years) 10 AM - 11 AM

**THURS. JUNE 11<sup>TH</sup>**  
FREE COMMUNITY WEBINAR:  
**Men's Mind Matters: Male Mental Health**  
● Adults (18+ years) 10 AM - 11 AM

**TUES. JUNE 16<sup>TH</sup>**  
FREE COMMUNITY WEBINAR:  
**Negative Thinking: Understanding & Managing It in Difficult Times**  
● Adults (18+ years) 1 PM - 2 PM

**TUES. JUNE 23<sup>RD</sup>**  
FREE COMMUNITY WEBINAR:  
**Coping with Change and Transitions**  
● Parents 12 PM - 1 PM

### SUPPORT FOR EDUCATORS

**THURS. JUNE 18<sup>TH</sup>**  
SCHOOL SEN/INCLUSION STAFF:  
**Monthly Support Group**  
● Adults (18+ years) 9 AM - 10 AM

### TRAININGS & COURSES

**WED. 10<sup>TH</sup> & THUR. 11<sup>TH</sup> JUNE**  
**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

**WED. JUNE 17<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. 24<sup>TH</sup> & THUR. 25<sup>TH</sup> JUNE**  
**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

**ADULT-TO-ADULT MHFA TRAINING**  
A 2-Part Training (10 hours, over 2 days)  
● Adults (18+ years) 9:30 AM to 2:30 PM  
*\*NOTE: Delivered In Arabic*

### GRIEF SUPPORT GROUPS

**WED. JUNE 3<sup>RD</sup> & 17<sup>TH</sup>**  
**ADULT GRIEF SUPPORT GROUP**  
● Adults (21+ years) 4PM to 5.30 PM

**WED. JUNE 10<sup>TH</sup>**  
**MOTHERLESS DAUGHTERS SUPPORT GROUP**  
● Women (21+ years) 5.30 PM to 7 PM

**MON. JUNE 22<sup>ND</sup>**  
**PRE-BEREAVEMENT SUPPORT GROUP FOR CAREGIVERS**  
● Adults (21+ years) 6 PM to 7 PM

**TUES. JUNE 23<sup>RD</sup>**  
**PARTNER LOSS SUPPORT GROUP**  
● Adults (21+ years) 4 PM to 5.30 PM

### OTHER SUPPORT GROUPS

**MON. JUNE 1<sup>ST</sup>**  
**HEALING FROM HEARTBREAK GROUP**  
● Adults (21+ years) 5 PM to 6 PM

**WED. JUNE 3<sup>RD</sup>**  
**CONSCIOUS PARENT SUPPORT GROUP**  
● Parents 12 PM to 1 PM

**MON. JUNE 8<sup>TH</sup>**  
**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

**WED. JUNE 10<sup>TH</sup>**  
**ASD/AUTISM SUPPORT GROUP FOR ADULTS**  
● Adults (18+ years) 8 PM to 9:30 PM

**MON. JUNE 15<sup>TH</sup>**  
**EXPAT SOCIAL SUPPORT GROUP**  
● Adults (21+ years) 7 PM to 8 PM

**TUES. JUNE 16<sup>TH</sup>**  
**THE FOURTH TRIMESTER: SUPPORTING WOMEN THROUGH POSTPARTUM**  
● Women 10 AM to 11 AM

**SINGLE PARENTS SUPPORT GROUP**  
● Parents 6 PM to 7 PM

**THURS. JUNE 18<sup>TH</sup>**  
**TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP**  
● Women (in perimenopause or menopause) 10 AM to 11.30 AM

**TUES. JUNE 23<sup>RD</sup>**  
**AUTISM SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ASD**  
● Parents 6 PM to 7 PM

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

**ASD/AUTISM SUPPORT GROUP FOR ADULTS**  
● Adults (18+ years) 6 PM to 7.30 PM  
*In-person at The Lighthouse Arabia*

**MON. JUNE 29<sup>TH</sup>**  
**CHRONIC PAIN SUPPORT GROUP**  
● Adults (21+ years) 7 PM to 8 PM