



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

WEBINARS

WED. MAY 6TH

FREE COMMUNITY WEBINAR:
The Importance of Self-Compassion for Emotional Regulation

● Adults (18+ years) 10 AM - 11 AM

TUES. MAY 12TH

FREE COMMUNITY WEBINAR:
Coping with Anxiety: What to Do When You Worry Too Much

● Adults (18+ years) 11 AM - 12 PM

THURS. MAY 14TH

FREE COMMUNITY WEBINAR:
Steady Within: Building Capacity in Times of Uncertainty

● Adults (18+ years) 10 AM - 11 AM

TUES. MAY 19TH

FREE COMMUNITY WEBINAR:
Protecting Sleep Under Stress: Practical Ways to Support Rest & Recovery

● Adults (18+ years) 10 AM - 11 AM

WED. MAY 27TH

FREE COMMUNITY WEBINAR:
Sustainable High Performance: Achieving Excellence Without Compromising Wellbeing

● Adults (18+ years) 10 AM - 11 AM

TRAININGS & COURSES

WED. MAY 13TH

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

THUR. 21ST & FRI. 22ND MAY

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. MAY 6TH & 20TH

ADULT GRIEF SUPPORT GROUP

● Adults (21+ years) 4PM to 5.30 PM

WED. MAY 13TH

MOTHERLESS DAUGHTERS SUPPORT GROUP

● Women (21+ years) 5.30 PM to 7 PM

MON. MAY 18TH

PRE-BEREAVEMENT SUPPORT GROUP FOR CAREGIVERS

● Adults (21+ years) 6 PM to 7 PM

TUES. MAY 26TH

PARTNER LOSS SUPPORT GROUP

● Adults (21+ years) 4 PM to 5.30 PM

OTHER SUPPORT GROUPS

MON. MAY 4TH

HEALING FROM HEARTBREAK SUPPORT GROUP

● Adults (21+ years) 5 PM to 6 PM

AUTISM SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ASD

● Parents 6 PM to 7 PM

TUES. MAY 5TH

CONSCIOUS PARENT SUPPORT GROUP

● Parents 12 PM to 1 PM

MON. MAY 11TH

CHRONIC PAIN SUPPORT GROUP

● Adults (21+ years) 7 PM to 8 PM

EXPAT SOCIAL SUPPORT GROUP

● Adults (21+ years) 7 PM to 8 PM

IVF/INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

● Women (21+ years) 10 AM to 11.30 AM

WED. MAY 13TH

ASD/AUTISM SUPPORT GROUP FOR ADULTS

● Adults (18+ years) 8 PM to 9:30 PM

THURS. MAY 14TH

TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

● Women (in perimenopause or menopause)

10.30 AM to 11.30 AM

TUES. MAY 19TH

THE FOURTH TRIMESTER: SUPPORTING WOMEN THROUGH POSTPARTUM

● Women 10 AM to 11 AM

LIFE AFTER DIVORCE SUPPORT GROUP

● Adults (21+ years) 6 PM to 7 PM

SINGLE PARENTS SUPPORT GROUP

● Parents 6 PM to 7 PM

MON. MAY 25TH

CHRONIC PAIN SUPPORT GROUP

● Adults (21+ years) 7 PM to 8 PM

TUES. MAY 26TH

ASD/AUTISM SUPPORT GROUP FOR ADULTS

● Adults (18+ years) 6.30 PM to 7.30 PM

In-person at The LightHouse Arabia