



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

**MON. JULY 6<sup>TH</sup>**  
**FREE COMMUNITY SESSION:**  
*Fireside Chat: The Science of Rest: Why Switching Off Feels So Hard*  
● Adults (18+ years) 1 PM - 2 PM

**THURS. JULY 16<sup>TH</sup>**  
**FREE COMMUNITY WEBINAR:**  
*Parenting High Energy Kids During Summer*  
● Adults (18+ years) 10 AM - 11 AM

**WED. JULY 29<sup>TH</sup>**  
**FREE COMMUNITY WEBINAR:**  
*Values in Action: Why Values are the Key to Finding Fulfillment in Life*  
● Adults (18+ years) 11 AM - 12 PM

### TRAININGS & COURSES

**WED. JULY 15<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

**THUR. 23<sup>RD</sup> & FRI. 24<sup>TH</sup> JULY**  
**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. JULY 1<sup>ST</sup> & 15<sup>TH</sup>**  
**ADULT GRIEF SUPPORT GROUP**  
● Adults (21+ years) 4PM to 5.30 PM

**WED. JULY 15<sup>TH</sup>**  
**MOTHERLESS DAUGHTERS SUPPORT GROUP**  
● Women (21+ years) 5.30 PM to 7 PM

**MON. JULY 20<sup>TH</sup>**  
**PRE-BEREAVEMENT SUPPORT GROUP FOR CAREGIVERS**  
● Adults (21+ years) 6 PM to 7 PM

**TUES. JULY 28<sup>TH</sup>**  
**PARTNER LOSS SUPPORT GROUP**  
● Adults (21+ years) 4 PM to 5.30 PM

### OTHER SUPPORT GROUPS

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

**TUES. JULY 7<sup>TH</sup>**  
**THE FOURTH TRIMESTER: SUPPORTING WOMEN THROUGH POSTPARTUM**  
● Women 10 AM to 11 AM

**CONSCIOUS PARENT SUPPORT GROUP**  
● Parents 11 AM to 12 PM

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

**MON. JULY 13<sup>TH</sup>**  
**EXPAT SOCIAL SUPPORT GROUP**  
● Adults (21+ years) 7 PM to 8 PM

**TUES. JULY 14<sup>TH</sup>**  
**AUTISM SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ASD**  
● Parents 7 PM to 8 PM

**THURS. JULY 16<sup>TH</sup>**  
**TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP**  
● Women (in perimenopause or menopause) 10 AM to 11.30 AM

**TUES. JULY 21<sup>ST</sup>**  
**LIFE AFTER DIVORCE SUPPORT GROUP**  
● Adults (21+ years) 6 PM to 7 PM

**SINGLE PARENTS SUPPORT GROUP**  
● Parents 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. JULY 27<sup>TH</sup>**  
**CHRONIC PAIN SUPPORT GROUP**  
● Adults (21+ years) 7 PM to 8 PM