



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 6TH
FREE COMMUNITY SESSION:
Fireside Chat: The Science of Rest: Why Switching Off Feels So Hard
● Adults (18+ years) 1 PM - 2 PM

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

WED. JULY 29TH
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 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

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

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

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

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

OTHER SUPPORT GROUPS

MON. JULY 6TH
HEALING FROM HEARTBREAK GROUP
● Adults (21+ years) 5 PM to 6 PM

TUES. JULY 7TH
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 8TH
ASD/AUTISM SUPPORT GROUP FOR ADULTS
● Adults (18+ years) 8 PM to 9.30 PM

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

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

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

TUES. JULY 21ST
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 27TH
CHRONIC PAIN SUPPORT GROUP
● Adults (21+ years) 7 PM to 8 PM