

SEPTEMBER 2026

UPCOMING EVENTS OF THE MONTH



THE LiGHTHOUSE
CENTER FOR WELLBEING



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				

WEBINARS

THURS. SEPTEMBER 10TH
FREE COMMUNITY WEBINAR:
Understanding and Treating Depression
**Special Event for World Suicide Prevention Day*
● Adults (18+ years) **11 AM - 12 PM**

MON. SEPTEMBER 14TH
FREE COMMUNITY WEBINAR:
Managing Anxiety in Children & Adolescents
● Adults (18+ years) **1 PM - 2 PM**

TUES. SEPTEMBER 29TH
FREE COMMUNITY SESSION:
Mastering Stress, Avoiding Burnout
● Adults (18+ years) **11 AM - 12 PM**

SCHOOL STAFF SUPPORT GROUPS

THURS. SEPTEMBER 24TH
SCHOOL SEN/INCLUSION STAFF SUPPORT GROUP
● Adults (21+ years) **9 AM to 10 AM**

TRAININGS & COURSES

WED. 16TH & THUR. 17TH SEPT.
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**
**In-person at The LightHouse Arabia*

WED. SEPTEMBER 16TH
MHFA INFORMATIONAL SESSION
● Adults (18+ 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. 23RD & THUR. 24TH SEPT.
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**
**In-person at The LightHouse Arabia*

GRIEF SUPPORT GROUPS

WED. SEPTEMBER 2ND
ADULT GRIEF SUPPORT GROUP
● Adults (21+ years) **4 PM to 5.30 PM**

WED. SEPTEMBER 9TH
MOTHERLESS DAUGHTERS SUPPORT GROUP
● Women (21+ years) **5.30 PM to 7 PM**

MON. SEPTEMBER 21ST
PRE-BEREAVEMENT SUPPORT GROUP FOR CAREGIVERS
● Adults (21+ years) **6 PM to 7 PM**

SUN. SEPTEMBER 27TH
ADULT GRIEF SUPPORT GROUP
● Adults (21+ years) **4 PM to 5.30 PM**
**In-person at The LightHouse Arabia*

TUES. SEPTEMBER 29TH
PARTNER LOSS SUPPORT GROUP
● Adults (21+ years) **4 PM to 5.30 PM**

OTHER SUPPORT GROUPS

MON. SEPTEMBER 7TH
HEALING FROM HEARTBREAK GROUP
● Adults (21+ years) **5 PM to 6 PM**

TUES. SEPTEMBER 8TH
THE FOURTH TRIMESTER: SUPPORTING WOMEN THROUGH POSTPARTUM
● Women **10 AM to 11 AM**

WED. SEPTEMBER 9TH
ASD/AUTISM SUPPORT GROUP FOR ADULTS
● Adults (18+ years) **8 PM to 9.30 PM**
**In-person at The LightHouse Arabia*

MON. SEPTEMBER 14TH
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**

TUES. SEPTEMBER 15TH
MEN'S MENTAL HEALTH SUPPORT GROUP
● Men (18+ years) **5 PM to 6 PM**
**In-person at The LightHouse Arabia*

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

WED. SEPTEMBER 16TH
ASD/AUTISM SUPPORT GROUP FOR ADULTS
● Adults (18+ years) **6 PM to 7.30 PM**
**In-person at The LightHouse Arabia*

MON. SEPTEMBER 21ST
SINGLE PARENTS SUPPORT GROUP
● Parents **6 PM to 7 PM**

TUES. SEPTEMBER 22ND
CONSCIOUS PARENT SUPPORT GROUP
● Parents **12 PM to 1 PM**

WED. SEPTEMBER 23RD
TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP
● Women (in perimenopause or menopause) **6 PM to 7.30 PM**

MON. SEPTEMBER 28TH
CHRONIC PAIN SUPPORT GROUP
● Adults (21+ years) **7 PM to 8 PM**