

OCTOBER 2026

UPCOMING EVENTS OF THE MONTH



All of our event timings are **Gulf Standard Time (GST)**, and are currently being offered **online, via the Zoom platform unless otherwise stated below.**

WEBINARS

MON. OCTOBER 5TH

FREE COMMUNITY WEBINAR:

Growing Minds: Exploring the Basics of Child & Adolescent Mental Health

**Special Event for World Mental Health Day*

● Adults (18+ years) **11 AM - 12 PM**

TUES. OCTOBER 6TH

FREE COMMUNITY WEBINAR:

Switching Off, in an Always On World

● Adults (18+ years) **11 AM - 12 PM**

FRI. OCTOBER 9TH

FREE COMMUNITY SESSION:

Your Mind Matters: Fundamentals on Understanding Mental Health

**Special Event for World Mental Health Day*

● Adults (18+ years) **9.30 AM - 10.30 AM**

TUES. OCTOBER 20TH

FREE COMMUNITY SESSION:

Talking the Talk: Promoting a Language-Rich Learning Environment

● Adults (18+ years) **11 AM - 12 PM**

FRI. OCTOBER 23RD

FREE COMMUNITY SESSION:

Mental Health: The Missing Piece in Cancer Care

**Special Event for Breast Cancer Awareness*

● Adults (18+ years) **10 AM - 11 AM**

MON. OCTOBER 26TH

FREE COMMUNITY SESSION:

Raising a Multilingual Child (Fireside Chat)

● Adults (18+ years) **11 AM - 12 PM**

THURS. OCTOBER 29TH

FREE COMMUNITY WEBINAR:

Steady Within: Building Capacity for Uncertainty & Change

● Adults (18+ years) **11 AM - 12 PM**

SCHOOL STAFF SUPPORT GROUPS

THURS. OCTOBER 29TH

SCHOOL SEN/INCLUSION STAFF SUPPORT GROUP

● Adults (21+ years) **9 AM to 10 AM**

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.

TRAININGS & COURSES

SUN. OCTOBER 4TH

BEAT PROCRASTINATION WORKSHOP

● Teens (14-18 years) **10 AM to 2 PM**

**In-person at The LightHouse Arabia*

MON. OCTOBER 12TH - 16TH

PSYCHOLOGY IMMERSION PROGRAM

● Teens (15-18 years) **9 AM to 2 PM**

**In-person at The LightHouse Arabia*

WED. 7TH & THUR. 8TH OCTOBER

ADULT-TO-ADULT MHFA TRAINING

A 2-Part Training (10 hours, over 2 days)

● Adults (18+ years) **9.30 AM to 2.30 PM**

WED. OCTOBER 14TH

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**

THURS. OCTOBER 15TH

MHFA REFRESHER COURSE

For certified Mental Health First Aiders

● Adults (18+ years) **9 AM to 1.30 PM**

SUN. OCTOBER 18TH

TEEN-TO-TEEN MHFA COURSE

● Teens (13-15 years) **1 PM to 5.30 PM**

WED. 28TH & THUR. 29TH OCTOBER

INTRODUCTION TO ACCEPTANCE & COMMITMENT THERAPY

A 2-Part Training (10 hours, over 2 days)

● Adults (18+ years) **9 AM to 2 PM**

**In-person at The LightHouse Arabia*

GRIEF SUPPORT GROUPS

WED. OCTOBER 7TH

ADULT GRIEF SUPPORT GROUP

● Adults (21+ years) **4 PM to 5.30 PM**

WED. OCTOBER 14TH

MOTHERLESS DAUGHTERS SUPPORT

● Women (21+ years) **5.30 PM to 7 PM**

MON. OCTOBER 19TH

PRE-BEREAVEMENT SUPPORT GROUP FOR CAREGIVERS

● Adults (21+ years) **6 PM to 7 PM**

SUN. OCTOBER 25TH

ADULT GRIEF SUPPORT GROUP

● Adults (21+ years) **4 PM to 5.30 PM**

**In-person at The LightHouse Arabia*

TUES. OCTOBER 27TH

PARTNER LOSS SUPPORT GROUP

● Adults (21+ years) **4 PM to 5.30 PM**



THE LiGHTHOUSE

CENTER FOR WELLBEING

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	

OTHER SUPPORT GROUPS

MON. OCTOBER 5TH

HEALING FROM HEARTBREAK GROUP

● Adults (21+ years) **5 PM to 6 PM**

AUTISM SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ASD

● Parents **6 PM to 7 PM**

CHRONIC PAIN SUPPORT GROUP

● Adults (21+ years) **7 PM to 8 PM**

MON. OCTOBER 12TH

IVF/INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

● Women (21+ years) **10 AM to 11.30 AM**

EXPAT SOCIAL SUPPORT GROUP

● Adults (21+ years) **7 PM to 8 PM**

WED. OCTOBER 14TH

ASD/AUTISM SUPPORT GROUP FOR ADULTS

● Adults (18+ years) **8 PM to 9.30 PM**

MON. OCTOBER 19TH

CHRONIC PAIN SUPPORT GROUP

● Adults (21+ years) **7 PM to 8 PM**

TUES. OCTOBER 20TH

CONSCIOUS PARENT SUPPORT GROUP

● Parents **12 PM to 1 PM**

MEN'S MENTAL HEALTH SUPPORT GROUP

● Men (18+ years) **5.30 PM to 6.30 PM**

**In-person at The LightHouse Arabia*

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*

WED. OCTOBER 21ST

TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

● Women **6 PM to 7.30 PM**

THURS. OCTOBER 22ND

THE FOURTH TRIMESTER: SUPPORTING WOMEN THROUGH POSTPARTUM

● Women **10 AM to 11 AM**