

# SEPTEMBER 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

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

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

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

### SCHOOL STAFF SUPPORT GROUPS

**THURS. SEPTEMBER 24<sup>TH</sup>**  
**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

**WED. 16<sup>TH</sup> & THUR. 17<sup>TH</sup> 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 16<sup>TH</sup>**  
**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. 23<sup>RD</sup> & THUR. 24<sup>TH</sup> 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 2<sup>ND</sup>**  
**ADULT GRIEF SUPPORT GROUP**  
● Adults (21+ years) **4 PM to 5.30 PM**

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

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

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

**TUES. SEPTEMBER 29<sup>TH</sup>**  
**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  |       |     |     |     |

### OTHER SUPPORT GROUPS

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

**CHRONIC PAIN SUPPORT GROUP**  
● Adults (21+ years) **7 PM to 8 PM**

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

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

**MON. SEPTEMBER 14<sup>TH</sup>**  
**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**

**TUES. SEPTEMBER 15<sup>TH</sup>**  
**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 16<sup>TH</sup>**  
**ASD/AUTISM SUPPORT GROUP FOR ADULTS**  
● Adults (18+ years) **6 PM to 7.30 PM**  
*\*In-person at The LightHouse Arabia*

**MON. SEPTEMBER 21<sup>ST</sup>**  
**CHRONIC PAIN SUPPORT GROUP**  
● Adults (21+ years) **7 PM to 8 PM**

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

**SINGLE PARENTS SUPPORT GROUP**  
● Parents **6 PM to 7 PM**

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