NOVEMBER 2026

UPCOMING EVENTS OF THE MONTH

THE LiGHTHOUSE
CENTER FOR WELLBEING

SUN	MON	TUES	WED	THURS	FRI	SAT
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					

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.*

WEBINARS

MON. NOVEMBER 9TH
FREE COMMUNITY WEBINAR:
Men's Mind Matters: Understanding Men's Mental Health
*Special Event for Movember
Adults (18+ years) **12 PM - 1 PM**

WED. NOVEMBER 11TH
FREE COMMUNITY WEBINAR:
Cultivating Self-Compassion During Challenging Times
*Special Event for World Kindness Day
Adults (18+ years) **11 AM -12 PM**

THURS. NOVEMBER 19TH
FREE COMMUNITY SESSION:
Finding Calm in a Busy World: An Introduction to Mindfulness & Meditation
Adults (18+ years) **10 AM - 11 AM**

MON. NOVEMBER 23RD
FREE COMMUNITY SESSION:
Parenting Children in the iGeneration
Adults (18+ years) **10 AM - 11 AM**

SCHOOL STAFF SUPPORT GROUPS

THURS. NOVEMBER 26TH
SCHOOL SEN/INCLUSION STAFF SUPPORT GROUP
Adults (21+ years) **9 AM to 10 AM**

SPECIAL COMMUNITY EVENTS

MON. NOVEMBER 23RD
ANNUAL EVENING OF REMEMBRANCE
Raymee Grief Center - Community Event
**In-person at The LightHouse Arabia (Garden)*
Adults (18+ years) **7 PM to 9 PM**

TRAININGS & COURSES

WED. NOVEMBER 18TH
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. 19TH & FRI. 20TH NOV.
***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. 25TH & THUR. 26TH NOV.
***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. NOVEMBER 11TH
ADULT GRIEF SUPPORT GROUP
Adults (21+ years) **4 PM to 5.30 PM**

MOTHERLESS DAUGHTERS SUPPORT GROUP
Women (21+ years) **5.30 PM to 7 PM**

MON. NOVEMBER 16TH
PRE-BEREAVEMENT SUPPORT GROUP FOR CAREGIVERS
Adults (21+ years) **6 PM to 7 PM**

TUES. NOVEMBER 24TH
PARTNER LOSS SUPPORT GROUP
Adults (21+ years) **4 PM to 5.30 PM**

SUN. NOVEMBER 29TH
ADULT GRIEF SUPPORT GROUP
Adults (21+ years) **4 PM to 5.30 PM**
**In-person at The LightHouse Arabia*

OTHER SUPPORT GROUPS

MON. NOVEMBER 2ND
HEALING FROM HEARTBREAK GROUP
Adults (21+ years) **5 PM to 6 PM**

AUTISM SUPPORT GROUP FOR PARENTS
Parents **6 PM to 7 PM**

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

OTHER SUPPORT GROUPS

MON. NOVEMBER 9TH
EXPAT SOCIAL SUPPORT GROUP
Adults (21+ years) **7 PM to 8 PM**

IVF/INFERTILITY SUPPORT GROUP
In partnership with IVF Support Group UAE
Women (21+ years) **10 AM to 11.30 AM**

TUES. NOVEMBER 10TH
**New Group*
ADD/ADHD SUPPORT GROUP FOR ADULTS
Adults (18+ years) **5 PM to 6 PM**

WED. NOVEMBER 11TH
ASD/AUTISM SUPPORT GROUP FOR ADULTS
Adults (18+ years) **8 PM to 9.30 PM**

MON. NOVEMBER 16TH
CHRONIC PAIN SUPPORT GROUP
Adults (21+ years) **7 PM to 8 PM**

TUES. NOVEMBER 17TH
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*

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

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

TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP
Women (in perimenopause or menopause)
6 PM to 7.30 PM

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

THURS. NOVEMBER 19TH
THE FOURTH TRIMESTER: SUPPORTING WOMEN THROUGH POSTPARTUM
Women **10 AM to 11 AM**