SUPPORT GROUPS

NOVEMBER, 2026

Please find below a listing of the Free-of-cost support groups for the month, offered by The LightHouse Arabia. The timings indicated are Gulf Standard Time (GST). Our groups take place online (Zoom), unless stated otherwise.

Grief & Loss

ADULT GRIEF SUPPORT GROUP

A small group open to men and women who are grieving the death of someone significant to them.

Wednesday, November 11th
4pm - 5.30pm; (Adults, 18 yrs+)

Sunday, November 29th
4pm - 5.30pm; (Adults, 18 yrs+)
****In-person at The LightHouse Arabia (Al Wasl Rd)***



FACILITATED BY

ANGELINE CHAN, MA Psych (South Africa)
Clinical Psychologist

PRE-BEREAVEMENT SUPPORT GROUP FOR CAREGIVERS

This support group is a compassionate space for individuals (21 yrs+), who are actively caregiving for a loved one facing a degenerative illness, terminal diagnosis or age-related decline.

Monday, November 16th
6pm - 7pm;



FACILITATED BY

EIDDE FRANCKE, M.A. (South Africa)
Clinical Psychologist

MOTHERLESS DAUGHTERS SUPPORT GROUP

For women 21+ years who have lost their mother and come together and share experiences, feelings and offer support.

Wednesday, November 11th
5.30pm -7pm; (Women, 21 yrs+)



FACILITATED BY

MADALINA OANA FILIP, MSc (Romania)
Psychologist

PARTNER LOSS SUPPORT GROUP

This is a safe and supportive space for individuals who have lost their partners (married or unmarried). The group aims to provide participants with a space to speak openly about their grief alongside others who have shared experiences.

Tuesday, November 24th
4pm -5.30pm; (Adults, 21 yrs+)



FACILITATED BY

DR. HOPOLANG MATEE, PhD. (South Africa)
Clinical Psychologist
Education Services, Lead

*Kindly note, a one-time 50-minute Grief Consultation is required before attending a Grief Support Group unless stated otherwise. Please call to schedule on **T**. +971 (0)4 380 2088.*

THE LIGHTHOUSE®
CENTER FOR WELLBEING

Health:

HEALING FROM HEARTBREAK SUPPORT GROUP

For men and women (21+ yrs), who have recently experienced the breakdown or end of a committed romantic relationship. This group aims to provide a safe space to share, connect, seek support and explore the challenges being faced.

Monday, November 2nd
5pm – 6pm; (Adults, 21 yrs+)



FACILITATED BY

Dr. Sheetal Kini, PhD (US)
Clinical Psychologist

EXPAT SOCIAL SUPPORT GROUP

This monthly support group is open to all adult expats living in the UAE and is a safe space to meet others, connect, and feel more at home in the UAE from the comfort of your own home. Connect with fellow expats, share stories and exchange tips about life and experiences in the UAE, and learn how to navigate life's challenges with support, reaffirming that you are not alone.

Monday, November 9th
7pm -8pm; (Adults, 21 yrs+)



FACILITATED BY

AMY GLOVER, MA (South Africa)
Clinical Psychologist

ADULTS WITH AUTISM SPECTRUM DISORDER (ASD) SUPPORT GROUP

This group provides a safe, confidential and relaxed setting online for adults with ASD/Asperger's to share their thoughts and feelings, and/or ask for feedback, information, and support from each other.

Wednesday, November 11th
8pm -9.30pm; (Adults, 18 yrs+)

Tuesday, November 17th
6pm -7.30pm; (Adults, 18 yrs+)
****In-person at The LightHouse Arabia (Al Wasl Rd)***



FACILITATED BY

ANNA WHITE, BSc. (Ireland)
Sr. Occupational Therapist
Mental Health First Aid UAE &
Corporate & Workplace Services, Director

IVF & FERTILITY SUPPORT GROUP

*In partnership with **IVF Support UAE**, this is an online group for women coming together, to support other women to understand the impact of IVF and infertility on personal wellbeing. The LightHouse Arabia is committed to reducing the stigma and shame around infertility. We seek to provide support, understanding and a non-judgmental environment for everyone.*

Monday, November 9th
10am -11.30am; (Women)



FACILITATED BY

DR. TARA WYNE, DClinPsy (UK)
Clinical Psychologist & Clinical Director

ADHD/ADD SUPPORT GROUP FOR ADULTS

****New Group***
This group offers a safe, non-judgemental space for adults seeking to better understand and navigate ADHD/ADD. Through shared experiences, psychoeducation and practical strategies, participants can explore common challenges such as procrastination, overwhelm, perfectionism and self-criticism. The group aims to foster greater self-understanding, build more sustainable coping strategies and create meaningful connections with others who share similar experiences.

Tuesday, November 10th
5pm - 6pm; (Adults, 18 yrs+)



FACILITATED BY

EIDDE FRANCKE, M.A. (South Africa)
Clinical Psychologist

CHRONIC PAIN SUPPORT GROUP

*This supportive space is for adults (21 years+), who are living with chronic pain (any pain lasting more than three months). It can be due to conditions such as arthritis, back pain, fibromyalgia, migraines, MS or pain caused by a permanent physical injury. *Kindly note, this group is not suitable for those experiencing chronic pain due to terminal illness.*

Monday, November 16th
7pm – 8pm; (Adults, 21 yrs+)



FACILITATED BY

ERICA ERASMUS, M.A. (South Africa)
Clinical Psychologist

Register
www.lighthousearabia.com/events
T. +971 (0)4 380 2088

Health cont'd:

MEN'S MENTAL HEALTH SUPPORT GROUP

Adversity in life may be inevitable but suffering in silence does not have to be. This new support group aims to provide a safe space and a judgement-free environment for men to meet, open up, talk, and listen. We recognize that taking the first step is often the most difficult. Our group is designed to be free of pressure and there is no obligation to speak because, we believe, sometimes simply listening can help.

Tuesday, November 17th
5.30pm - 6.30pm; (Men, 18 yrs+)
****In-person at The LightHouse Arabia (Al Wasl Rd)***



FACILITATED BY

DR. SCOTT WHITFIELD, DSportExPsy (UK)
Sport and Excercise Psychologist &
Performance Coach

TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

Approximately 50% of the world's population are women, and we spend one-third of our life in a space of menopause. The transition to menopause (called perimenopause), and the changes that occur are real and impact us all - in the body and the mind, with strong connections to hormones and how we think, feel and respond. This group provides a safe space to normalize and explore the physical and emotional changes you may be experiencing, and to help navigate the transition together, for what can also be an incredible time in a woman's life.

Tuesday, November 17th
6pm - 7.30pm;
(Women in perimenopause or menopause)

FACILITATED BY



TANYA DHARAMSHI, MScPsych (US)
Counselor (DHCC) & Counselling Psychologist
Community Support Services, Director

LIFE AFTER DIVORCE SUPPORT GROUP

Reclaim, rebuild and thrive. This is a safe space to share challenges faced when dealing with divorce, to learn evidence-based strategies in coping with stressors, and have experiences normalized through the power of sharing.

Tuesday, November 17th
6pm -7pm; (Adults, 21 yrs+)



FACILITATED BY

DR. TARA WYNE, DClinPsy (UK)
Clinical Psychologist & Clinical Director

THE FOURTH TRIMESTER: SUPPORTING WOMEN THROUGH POSTPARTUM

This group is for new mothers in the first 18 months following childbirth. It is ideal for women who feel they would benefit from mental and physical health support throughout the postpartum period. It is a safe space for open discussions, and for creating a 'fourth trimester' postpartum sanctuary, while exploring ways that mothers can be supported by themselves, their community and environment.

Thursday, November 19th
10am -11am; (Women)



FACILITATED BY

GAZAL SAYED, MA (Sweden)
Speech & Language Therapist

Register
www.lighthousearabia.com/events
T. +971 (0)4 380 2088

Parenting:

AUTISM SUPPORT GROUP FOR PARENTS

This group provides a safe, confidential and relaxed setting online for parents and caregivers of children with Autism (ages 5 - 18 years old). It is a space for parents to come together and share experiences, while offering support to one another.

Monday, November 2nd
6pm - 7pm; (Parents)



FACILITATED BY

KIRSTEN NEFDT, M.A. (South Africa)
Clinical Psychologist

SINGLE PARENTS SUPPORT GROUP

A support group designed to provide a safe space single parents to share the daily challenges they face in single-parenting, have personal experiences normalized through the power of sharing, be equipped with evidence-based strategies in dealing with their stressors, and feel a sense of containment and support with what they are experiencing at present, while meeting other single parents.

Tuesday, November 17th
6pm - 7pm; (Parents)



FACILITATED BY

CHRISTINE KRITZAS, M.A. (South Africa)
Psychologist

CONSCIOUS PARENTING SUPPORT GROUP

This support group is a space for parents of children ages 6 - 11 years to discuss the challenges and stressors they face in raising their children. In a time where advice on how to manage challenges like screen time, sleep, friendships, and big emotions can be varied, parents will be able to share their dilemmas, as well as hear from other parents about things that have or haven't worked for them.

Tuesday, November 17th
12pm - 1pm; (Parents)



FACILITATED BY

DR. PARKAVI SABANATHAN, DClinPsy (Australia)
Clinical Psychologist

Register
www.lighthousearabia.com/events
T. +971 (0)4 380 2088