

# DECEMBER 2021

## UPCOMING EVENTS OF THE MONTH

- ♥ **CHILDREN**
- **TWEENS** (AGES 9 – 12 YRS)
- **TEENS** (AGES 13 – 17 YRS)
- **ADULTS** (18 YRS+, 21 YRS+)
- **ALL AGES WELCOME**



*All of our events are currently being offered online, via the Zoom platform unless otherwise stated below.*



**THE LIGHTHOUSE**  
CENTER FOR WELLBEING

SUN	MON	TUE	WED	THU	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	31	

### TRAININGS & COURSES

**WED. DECEMBER 8<sup>TH</sup>**  
**MENTAL HEALTH FIRST AID INFORMATIONAL SESSION**  
● Adults (21+ years) **6 PM to 6.30 PM**

**WED. 8<sup>TH</sup> & THURS. 9<sup>TH</sup> DECEMBER**  
**ADULT-TO-ADULT MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE**  
● Adults (18+ years) **9:30 AM to 2:30 PM**

**THURS. DECEMBER 9<sup>TH</sup>**  
**MENTAL HEALTH FIRST AID SUPPORT SESSION** *For Certified MHFAiders only*  
● Adults (18+ years) **5 PM to 6 PM**

### SUPPORT GROUPS

**SUN. DECEMBER 5<sup>TH</sup>**  
**HEARTBREAK SUPPORT GROUP**  
● Adults (21+ years) **6.30 PM to 7.30 PM**

**MON. DECEMBER 6<sup>TH</sup>**  
**COPING WITH CANCER SUPPORT GROUP**  
● Adults (18+ years) **5 PM to 6 PM**

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

**MON. DECEMBER 6<sup>TH</sup> & 20<sup>TH</sup>**  
**MOTHERLESS DAUGHTERS SUPPORT GROUP**  
● Women (21+ years) **6 PM to 7.30 PM**

**TUES. DECEMBER 7<sup>TH</sup>**  
**ASD/AUTISM SUPPORT GROUP FOR ADULTS**  
● Adults (18+ years) **8:30 PM to 9:30 PM**

**SUN. DECEMBER 12<sup>TH</sup>**  
**IVF/INFERTILITY SUPPORT GROUP**  
In partnership with IVF Support Group UAE  
● Women (18+ years) **10 AM to 11:30AM**

**MON. DECEMBER 13<sup>TH</sup>**  
**ADULT GRIEF SUPPORT GROUP**  
*(\*In-person at The Lighthouse Arabia)*  
● Adults (18+ years) **5.30 PM to 7 PM**

**TEEN TRIBE SUPPORT GROUP**  
● Teens (**13-16 yrs**) **6 PM to 7 PM**

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

**TUES. DECEMBER 14<sup>TH</sup>**  
**EMOTIONAL HEALTH DURING TIMES OF COVID-19 SUPPORT GROUP**  
● Adults (21+ years) **3:30 PM to 4:30 PM**

**SUN. DECEMBER 19<sup>TH</sup>**  
**PARTNER LOSS SUPPORT GROUP**  
*For those who have lost their partners (married or unmarried)*  
● Adults (21+ years) **5:30 PM to 7 PM**

### SUPPORT GROUPS

**MON. DECEMBER 20<sup>TH</sup>**  
**LITTLE LIFETIMES SUPPORT GROUP**  
Pregnancy & Infant Loss Support Group  
● Adults (18+ years) **10 AM to 11:30 AM**

**TEACHERS SUPPORT GROUP**  
● Adults (21+ years) **5 PM to 6 PM**

**SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP**  
● Adults (18+ years) **5 PM to 6 PM**

**Grief Support Groups:** *Kindly note, a 60-minute one-on-one Grief Consultation is required with one of our grief specialists prior to joining any Grief Support Group. Please call to book your complimentary consultation. T. (0)4 380 2088*