

ONLINE SUPPORT GROUPS

DECEMBER, 2021

Please find below a listing of the Free-of-cost support groups currently offered online by The LightHouse Arabia.

For our full event calendar and to register, please visit lighthousearabia.com/events.

Grief:



MOTHERLESS DAUGHTERS SUPPORT GROUP

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

**Monday, December 6th & 20th, 6pm - 7.30pm;
(Women, 21 yrs+)**



FACILITATED BY

RONETTE ANNA ZAAIMAN, MSc. (South Africa)

Clinical Psychologist &
Community Services Lead

ADULT GRIEF SUPPORT GROUP

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

**Monday, December 13th
5.30pm - 7pm; (Adults, 18 yrs+)**

**This group will take place in-person at
The LightHouse Arabia*



FACILITATED BY

FARAH DAHABI, LCSW (US)

Grief Support Specialist & MHFA Director

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.

**Sunday, December 19th, 5.30pm - 7pm;
(Adults, 21 yrs+)**



FACILITATED BY

LARA OMRAN

Psychology Assistant

LITTLE LIFETIMES SUPPORT GROUP

For pregnancy and infant loss. We are honored to offer this grief support group for parents who are grieving the loss of a child. You do not need to go through your grief alone.

**Monday, December 20th, 10am - 11.30am;
(for Parents)**



FACILITATED BY

DR. OTTILIA BROWN, PhD. (South Africa)

Clinical Psychologist

SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP

For individuals who are grieving the death of someone to suicide. You do not need to go through your grief alone.

**Monday, December 20th, 5pm - 6pm;
(Adults, 21 yrs+)**



FACILITATED BY

AISLING PRENDERGAST, BSc. (UK)

Psychologist &
Support Group Services Lead

** Prior to joining the Grief Support Group you will need to do a grief consultation, which can be arranged by sending an email to E.events@lighthousearabia.com or by calling The LightHouse Arabia. T. (0)4 380 2088.*



THE LIGHTHOUSE
CENTER FOR WELLBEING

Health:

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.

Sunday, December 5th
6.30pm – 7.30pm; (Adults, 21 yrs+)



FACILITATED BY
DR. SHEETAL KINI, PhD. (US)
Clinical Psychologist

COPING WITH CANCER SUPPORT GROUP

Connecting those who are currently or have been caregivers for those directly impacted by cancer, this support group is a place to receive and provide emotional support and share information. It is also a place to share in the lighter moments, laugh and reconnect with ourselves.

Monday, December 6th
5pm – 6pm; (Adults, 18 yrs+)



FACILITATED BY
GILLIAN FOWLER, M.Clin.Psy (South Africa)
Clinical Psychologist

ADULTS WITH AUTISM SPECTRUM DISORDER (ASD/ASPERGER'S) 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.

Tuesday, December 7th
8.30pm -9.30pm; (Adults, 18 yrs+)



FACILITATED BY
ANNA WHITE, BSc. (Ireland)
Sr. Occupational Therapist
SI Practitioner

TEEN TRIBE SUPPORT GROUP

This support group offers a safe space for teens to get together and talk about the challenges and stressors they are currently facing in their lives. of managing academics and personal life.

Monday, December 13th
6pm -7pm; (Teens, 13-16 yrs)



FACILITATED BY
DR. DANIELA SEMEDO, PhD. (UK)
Clinical Psychologist

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.

Sunday, December 12th
10am -11.30am; (Women)



FACILITATED BY
DR. TARA WYNE, D.Clin.Psy (UK)
Clinical Psychologist & Clinical 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.

Monday, December 13th
6pm -7pm; (Adults, 21 yrs+)



FACILITATED BY
CHRISTINE KRITZAS, M.A. (South Africa)
Psychologist & Education Director

Register

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



THE LIGHTHOUSE
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Health cont'd:

EMOTIONAL HEALTH DURING TIMES OF COVID-19

A group that meets to discuss emotional and mental health concerns, and stress related to social isolation, self-quarantine, and other stressors as a result of the COVID-19 situation.

Tuesday, December 14th
3.30pm – 4.30pm; (Adults, 21 yrs+)

FACILITATED BY



DR. ROBERT CHANDLER, D.Clin.Psy (UK)
Clinical Psychologist

TEACHERS SUPPORT GROUP

A support group for teachers who are currently educating and supporting students, while navigating the new norm. Teachers can bring any topics or issues related to their practice as a teacher. The group provides a space for teachers to discuss their emotional wellbeing concerns and other stressors related to their role and the impact of COVID-19 pandemic on them personally and

Monday, December 20th
5pm – 6pm; (Adults, 21 yrs+)

FACILITATED BY



GILLIAN FOWLER, M.Clin.Psy (South Africa)
Clinical Psychologist

Parenting:

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.

Monday, December 6th
6pm - 7pm (Parents)

FACILITATED BY



CHRISTINE KRITZAS, M.A. (South Africa)
Psychologist & Education Director

Register

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