

ONLINE SUPPORT GROUPS

SEPTEMBER, 2020

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:



GRIEVING DURING COVID-19 SUPPORT GROUP

A support group for individuals who have been bereaved during the time of COVID-19. Your loved one may or may not have had a diagnosis of coronavirus. We believe that nobody should ever need to grieve alone.

**Thursday, September 3rd; 11.30am - 1pm;
(Adults, 21 yrs+)**



FACILITATED BY
AISLING PRENDERGAST, MSc. (UK)
Psychologist

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, September 28th, 10am - 11.30am;
monthly (for Parents)**



FACILITATED BY
DR. OTTILIA BROWN, PhD. (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.

**Monday, September 14th & 28th, 6pm - 7.30pm;
(Women, 21 yrs+)**



FACILITATED BY
RONETTE ANNA ZAIMAN, MSc. (South Africa)
Clinical Psychologist

ADULT GRIEF SUPPORT GROUP

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

**Monday, September 7th & 21st, 5.30pm - 7pm;
bi-monthly (Adults, 21 yrs+)**



FACILITATED BY
FARAH DAHABI, LCSW (US)
Grief Support Specialist & MHFA Director

SURVIVING AFTER LOSS TO SUICIDE (SALS)

Taking place once a month for individuals who are grieving the death of someone to suicide. You do not have to go through your grief alone.

**Wednesday, September 30th, 6pm - 7.30pm;
monthly**



FACILITATED BY
DR. NICHOLAS WAKEFIELD, D.Clin.Psy. (UK)
Clinical Psychologist

* 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](mailto:E.events@lighthousearabia.com) or by calling The LightHouse Arabia. T. (0)4 380 2088.

Register

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



THE LIGHTHOUSE
CENTER FOR WELLBEING

Health:

FRONTLINE HEALTHCARE WORKERS DURING COVID-19 SUPPORT GROUP



A support group for frontline healthcare workers who are caring for individuals with a diagnosis of coronavirus. The group provides a space for healthcare workers to discuss their emotional wellbeing concerns and other stressors related to their role and the impact of the coronavirus pandemic personally and to their loved ones.

Tuesday, August 4th & 18th
4.30pm – 5.30pm; (Adults, 21 yrs+)



FACILITATED BY

JUAN VAN WYK, M.A. (South Africa)
Clinical Psychologist

JOB LOSS DURING COVID-19 SUPPORT GROUP

This online support group runs weekly and is for those who have tested positive for the coronavirus and are coping while in quarantine.

Tuesday, September 1st, 8th, 15th, 22nd & 29th
3pm -4pm; weekly (Adults, 21 yrs+)



FACILITATED BY

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

RELATING THROUGH RACE SUPPORT GROUP

An online support group for Black people to share thoughts on race and racism. It is a space to debrief following witnessing racially unjust events in the media; a place to discuss experiences of being Black; and an opportunity to support each other in managing both personal and collective racial trauma, and race-related stress.

Wednesday, September 2nd, 16th & 30th
5.30pm -7pm; (Adults, 18 yrs+)



FACILITATED BY

DR. NAKITA O'LEARY
Clinical Psychologist

EMOTIONAL HEALTH DURING TIMES OF COVID-19

A weekly 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, September 1st, 8th, 15th, 22nd & 29th
3.30pm – 4.30pm; weekly (Adults, 21 yrs+)



FACILITATED BY

DR. ROBERT CHANDLER, D.Clin.Psy. (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, September 13th, 10am -11.30am;
monthly (Women)



FACILITATED BY

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

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.

Wednesday, September 30th, 6pm -7.30pm;
monthly (Adults, 18 yrs+)



FACILITATED BY

DR. SHEETAL KINI, Ph.D. (USA)
Clinical Psychologist

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Health cont'd:

COPING WITH CANCER SUPPORT GROUP

Connecting those affected 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.

Wednesday, September 9th
5pm – 6pm; (Adults, 18 yrs+)



FACILITATED BY

ANANYA YADAV, MSc. (UK)
Psychology Assistant

BEIRUT TRAUMA SUPPORT GROUP

A support group for those who witnessed or experienced the Beirut Explosion. The group provides a safe and confidential space to process your thoughts, emotions and reactions under the care of a grief and trauma specialist.

Sunday, September 6th, 13th, 20th & 27th
3pm – 4pm; weekly (Adults, 21 yrs+)



FACILITATED BY

AISLING PRENDERGAST, MSc. (UK)
Psychologist

TEACHERS SUPPORT GROUP

A bi-weekly 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 their loved ones.

Monday, September 7th & 21st
5pm – 6pm; (Adults, 21 yrs+)



FACILITATED BY

DR. REBECCA STEINGIESSER, DPsych (Australia)
Clinical Psychologist

UNIVERSITY STRESS SUPPORT GROUP

This support group is a safe space for students currently enrolled in university, and who are experiencing university-related stress in terms of managing academics and personal life.

Saturday, September 19th
12pm - 1pm; monthly (Students, 18-22 yrs)



FACILITATED BY

LARA OMRAN, M.A. (UK)
Psychology Assistant

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THE LIGHTHOUSE
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Parenting:

PREGNANCY CIRCLE DURING TIMES OF COVID-19

A weekly support group that runs online and provides pregnant women with a space to share and discuss worries in the current COVID-19 climate, but also focus on hopes around pregnancy and beyond.

**Monday, September 7th, 14th, 21st & 28th
11am -12pm (Women)**



FACILITATED BY

DR. ROSE LOGAN, D. Clin. Psy (UK)
Clinical Psychologist

SINGLE PARENTS SUPPORT GROUP

A bi-monthly support group that runs online, 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, September 7th & 21st, 3pm – 4pm
(Parents)**

FACILITATED BY



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

Register

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