

# JANUARY 2021

## UPCOMING EVENTS OF THE MONTH



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



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

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						

### WORKSHOPS & SEMINARS

- SAT. JANUARY 16<sup>TH</sup>**  
**VAL-YOU 2021: A 2-Part Online Vision Board workshop (Part 2: Fri. February 6th)**  
 Adults (18+ years) **11AM to 1 PM**
- SAT. JANUARY 23<sup>RD</sup>**  
**HEALING THROUGH MEDITATION:**  
 Adults (21+ years) **1 PM to 2 PM**
- FRI. JANUARY 29<sup>TH</sup>**  
**TEEN VAL-YOU 2021: An Online Vision Board workshop for Teens**  
 Teens (15-18 years) **11 AM to 12.30 PM**

### TRAININGS & COURSES

- WED. JANUARY 6<sup>TH</sup>**  
**MENTAL HEALTH FIRST AID INFORMATIONAL SESSION**  
 Adults (21+ years) **6 PM to 7 PM**
- MON. JANUARY 11<sup>TH</sup>**  
**TEEN MENTAL HEALTH FIRST AID SUPPORT SESSION**  
 Teens (13-15 yrs) **6.30 PM to 7.30 PM**
- WED. JANUARY 20<sup>TH</sup>**  
**MENTAL HEALTH FIRST AID SUPPORT SESSION For Certified Mental Health First Aiders only**  
 Adults (18+ years) **5 PM to 6 PM**
- FRI. JANUARY 22<sup>ND</sup>**  
**TEEN MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE**  
 Teens (16-18 yrs) **11 AM to 3 PM**
- WED. 27<sup>TH</sup> & THURS. 28<sup>TH</sup> JANUARY**  
**ADULT-TO-ADULT MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE**  
 Adults (18+ years) **9:30 AM to 2:30 PM**

### SUPPORT GROUPS

- SUN. JANUARY 3<sup>RD</sup>, 17<sup>TH</sup> & 31<sup>ST</sup>**  
**BEIRUT TRAUMA SUPPORT GROUP**  
*For those who witnessed or experienced the Beirut Explosion*  
 Adults (21+ years) **3 PM to 4 PM**
- MON. JANUARY 4<sup>TH</sup> & 18<sup>TH</sup>**  
**HEARTBREAK SUPPORT GROUP**  
 Adults (21+ years) **6 PM to 7 PM**
- MON. JANUARY 4<sup>TH</sup> & 18<sup>TH</sup>**  
**TEEN TRIBE SUPPORT GROUP**  
 Teens (13 - 16 years) **5 PM to 6 PM**
- MON. JANUARY 4<sup>TH</sup> & 18<sup>TH</sup>**  
**LIFE AFTER DIVORCE SUPPORT GROUP**  
 Adults (21+ years) **6 PM to 7 PM**
- MON. JANUARY 4<sup>TH</sup> & 18<sup>TH</sup>**  
**MOTHERLESS DAUGHTERS SUPPORT GROUP**  
 Women (21+ years) **6 PM to 7:30 PM**
- TUES. JANUARY 5<sup>TH</sup>, 12<sup>TH</sup>, 19<sup>TH</sup> & 26<sup>TH</sup>**  
**JOB LOSS DURING COVID-19 SUPPORT GROUP**  
 Adults (21+ years) **3 PM to 4 PM**
- TUES. JANUARY 5<sup>TH</sup>, 12<sup>TH</sup>, 19<sup>TH</sup> & 26<sup>TH</sup>**  
**EMOTIONAL HEALTH DURING TIMES OF COVID-19 SUPPORT GROUP**  
 Adults (21+ years) **3.30 PM to 4:30 PM**
- WED. JANUARY 6<sup>TH</sup> & 20<sup>TH</sup>**  
**RELATING THROUGH RACE SUPPORT GROUP**  
 Adults (18+ years) **5:30 PM to 7 PM**
- SUN. JANUARY 10<sup>TH</sup>**  
**IVF/INFERTILITY SUPPORT GROUP**  
*In partnership with IVF Support Group UAE*  
 Women (18+ years) **10 AM to 11:30AM**

### SUPPORT GROUPS cont'd

- MON. JANUARY 11<sup>TH</sup> & 25<sup>TH</sup>**  
**TEACHERS SUPPORT GROUP**  
 Adults (21+ years) **5 PM to 6 PM**
- MON. JANUARY 11<sup>TH</sup> & 25<sup>TH</sup>**  
**ADULT GRIEF SUPPORT GROUP**  
 Adults (18+ years) **5:30 PM to 7 PM**
- MON. JANUARY 11<sup>TH</sup> & 25<sup>TH</sup>**  
**SINGLE PARENTS SUPPORT GROUP**  
 Adults (21+ years) **6 PM to 7 PM**
- WED. JANUARY 13<sup>TH</sup>**  
**COPING WITH CANCER SUPPORT GROUP**  
 Adults (18+ years) **5 PM to 6 PM**
- WED. JANUARY 20<sup>TH</sup>**  
**ASD/AUTISM SUPPORT GROUP FOR ADULTS**  
 Adults (18+ years) **6 PM to 7:30 PM**
- MON. JANUARY 25<sup>TH</sup>**  
**LITTLE LIFETIMES SUPPORT GROUP**  
*Pregnancy & Infant Loss Support Group*  
 Adults (18+ years) **10 AM to 11:30 AM**
- WED. JANUARY 27<sup>TH</sup>**  
**SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP**  
 Adults (18+ years) **6 PM to 7:30 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*