

MARCH 2020

UPCOMING EVENTS OF THE MONTH



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				

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

WORKSHOPS & SEMINARS

SAT. 7TH MARCH

HEALING THROUGH MEDITATION

● Adults (18+ years) 12:30 PM to 1:30 PM

TUES. 10TH MARCH

STRESS & ANXIETY: How to Take Control and Restore Calm (A 3-PART WORKSHOP)

Dates: (Tuesdays); March 10th, 17th & 24th

● Adults (21+ years) 5:00 PM to 7:00 PM

WED. 11TH MARCH

DEPRESSION MANAGEMENT

(A 3-PART WORKSHOP)

Dates: (Wednesdays); March 11th, 18th & 25th

● Adults (21+ years) 5:30 PM to 7:30 PM

SAT. 14TH MARCH

MEDITATION 101: LEARN TO MEDITATE

● Adults (18+ years) 12:30 PM to 1:30 PM

TRAININGS & COURSES

WED. 4TH MARCH

MENTAL HEALTH FIRST AID (MHFA) INFO SESSION

Learn about the training objectives for Mental Health First Aid, and how it can impact you, your relationships, community, or organization.

● Adults (18+ years) 6:00 PM to 7:00 PM

TUES. 10TH MARCH

MENTAL HEALTH FIRST AIDER (MHFA) SUPPORT SESSION *For Certified Mental Health First Aiders only*

● Adults (18+ years) 6:00 PM to 7:30 PM

THURS 12TH & FRI. 13TH MARCH

ADULT-TO-ADOLESCENT MENTAL HEALTH FIRST AID TRAINING (MHFA) A 2-Part Course; 14 hours total

Ideal for adults who want to learn more, in preparation for increasing their confidence and competence in supporting young people with mental health difficulties.

● Adults (18+ years) 9:00 AM to 5:00 PM

SUPPORT GROUPS

MON. 2ND MARCH

MOTHERLESS DAUGHTERS SUPPORT GROUP

● Women (18+ years) 6:00 PM to 7:30 PM

FEELINGS & FRIENDS: A Social Skills Practice

♥ Children (7 - 9 years) 5:00 PM to 6:00 PM

Dates: (Mondays); March 2nd, 9th, 16th, 23rd & 30th

TUES. 3RD MARCH

FEELINGS & FRIENDS: A Social Skills Practice

♥ Children (4 - 6 years) 5:00 PM to 6:00 PM

Dates: (Tuesdays); March 3rd, 10th, 17th, 24th & 31st

SUN. 8TH MARCH

INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

● Women (18+ years) 10:00 AM to 11:30 AM

MON. 9TH MARCH

GENERAL GRIEF SUPPORT GROUP

○ All ages welcome 5.30 PM to 7:00 PM

WED. 11TH MARCH

COPING WITH CANCER SUPPORT GROUP

● Adults (18+ years) 6:00 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 Grief Support Group. Please call to book your complimentary consultation. **T. (0)4 380 2088**