

NOVEMBER 2020

UPCOMING EVENTS OF THE MONTH



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					

- 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.

WORKSHOPS & SEMINARS

MON. NOVEMBER 9TH
HEALING THROUGH MEDITATION

Adults (21+ years) 1 PM to 2 PM

TUES. NOVEMBER 10TH
CONNECTING COUNSELORS EVENT: Play Therapy

Adults (21+ years) 5 PM to 6 PM

SAT. NOVEMBER 14TH
HEALING THROUGH MEDITATION

Adults (21+ years) 1 PM to 2 PM

SUN. NOVEMBER 15TH
SEN EVENT:

Making Sense of Sensory Strategies

Adults (21+ years) 6.30 PM to 7.30 PM

SUN. NOVEMBER 22ND
LIGHTHEARTED PARENTING GROUP:
Emotional Regulation in Children

Parents 6.30 PM to 7:30 PM

TUES. NOVEMBER 24TH
SPECIAL EVENT: EVENING OF REMEMBRANCE

An Online Event, Raymee Grief Center

Adults (21+ years) 6 PM to 7.30 PM

TRAININGS & COURSES

WED. NOVEMBER 4TH
MENTAL HEALTH FIRST AID INFORMATIONAL SESSION

Adults (21+ years) 6 PM to 7 PM

FRI. NOVEMBER 6TH
TEEN-TO-TEEN MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE

Teens (16-18 yrs) 11 AM to 3 PM

WED. NOVEMBER 11TH
MENTAL HEALTH FIRST AID SUPPORT SESSION For Certified Mental Health First Aiders only

Adults (18+ years) 5 PM to 6 PM

THURS. 12TH & FRI. 13TH NOV
ADULT-TO-ADULT MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE

Adults (18+ years) 9:30 AM to 2:30 PM

FRI. NOVEMBER 27TH
TEEN-TO-TEEN MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE

Teens (13-15 yrs) 11 AM to 3 PM

SUPPORT GROUPS

SUN. NOVEMBER 1ST, 8TH, 15TH, 22ND & 29TH

BEIRUT TRAUMA SUPPORT GROUP
For those who witnessed or experienced the Beirut Explosion

Adults (21+ years) 3 PM to 4 PM

MON. NOVEMBER 2ND, 16TH & 30TH

TEACHERS SUPPORT GROUP

Adults (21+ years) 5 PM to 6 PM

ADULT GRIEF SUPPORT GROUP

Adults (18+ years) 5:30 PM to 7 PM

MON. NOVEMBER 2ND, 16TH & 30TH

SINGLE PARENTS SUPPORT GROUP

Adults (21+ years) 6 PM to 7 PM

TUES. NOVEMBER 3RD, 10TH, 17TH & 24TH

JOB LOSS DURING COVID-19 SUPPORT GROUP

Adults (21+ years) 3 PM to 4 PM

TUES. NOVEMBER 3RD, 10TH, 17TH & 24TH

EMOTIONAL HEALTH DURING TIMES OF COVID-19 SUPPORT GROUP

Adults (21+ years) 3.30 PM to 4:30 PM

SUN. NOVEMBER 8TH

IVF/INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

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

MON. NOVEMBER 9TH & 23RD

PREGNANCY CIRCLE DURING TIMES OF COVID-19 SUPPORT GROUP

Women (18+ years) 11 AM to 12 PM

MON. NOVEMBER 9TH & 23RD

TEEN TRIBE SUPPORT GROUP

Teens (13 - 16 years) 5 PM to 6 PM

MON. NOVEMBER 9TH & 23RD

LIFE AFTER DIVORCE SUPPORT GROUP

Adults (21+ years) 6 PM to 7 PM

MON. NOVEMBER 9TH & 23RD

MOTHERLESS DAUGHTERS SUPPORT GROUP

Women (21+ years) 6 PM to 7:30 PM

SUPPORT GROUPS cont'd

WED. NOVEMBER 11TH

COPING WITH CANCER SUPPORT GROUP

Adults (18+ years) 5 PM to 6 PM

WED. NOVEMBER 11TH & 25TH
RELATING THROUGH RACE SUPPORT GROUP

Adults (18+ years) 5:30 PM to 7 PM

WED. NOVEMBER 18TH

ASD/AUTISM SUPPORT GROUP FOR ADULTS

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

SAT. NOVEMBER 21ST

UNIVERSITY STRESS SUPPORT GROUP

Students (18 - 22 years) 12 PM to 1 PM

MON. NOVEMBER 23RD

LITTLE LIFETIMES SUPPORT GROUP

Pregnancy & Infant Loss Support Group

Adults (18+ years) 10 AM to 11:30 AM

WED. NOVEMBER 25TH

SUPPORT 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*