

OCTOBER 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



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

WORKSHOPS & SEMINARS

SAT. OCTOBER 10TH
YOUR MIND MATTERS (WEBINAR)
*For World Mental Health Day
● Adults (21+ years) 12 PM to 1 PM

HEALING THROUGH MEDITATION
● Adults (18+ years) 1 PM to 2 PM

MON. OCTOBER 12TH
SEN EVENT:
Promoting Emotional Regulation at School
● Adults (21+ years) 5.30 PM to 6.30 PM

SAT. OCTOBER 24TH
MEDITATION 101: Learn to Meditate
● Adults (18+ years) 1 PM to 2 PM

TRAININGS & COURSES

WED. OCTOBER 7TH
MENTAL HEALTH FIRST AID SUPPORT SESSION For Certified Mental Health First Aiders only
● Adults (18+ years) 5 PM to 6 PM

WED. OCTOBER 7TH
MENTAL HEALTH FIRST AID INFORMATIONAL SESSION
● Adults (21+ years) 6 PM to 7 PM

WED. 21ST & THURS. 22ND OCTOBER
ADULT-TO-ADULT MENTAL HEALTH FIRST AID TRAINING
A 2-PART ONLINE COURSE
● Adults (18+ years) 9:30 AM to 2:30 PM

SUPPORT GROUPS

SUN. OCTOBER 4TH, 11TH, 18TH & 25TH
BEIRUT TRAUMA SUPPORT GROUP
For those who witnessed or experienced the Beirut Explosion
● Adults (21+ years) 3 PM to 4 PM

MON. OCTOBER 5TH & 19TH
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. OCTOBER 5TH & 19TH
SINGLE PARENTS SUPPORT GROUP
● Adults (21+ years) 6 PM to 7 PM

TUES. OCTOBER 6TH, 13TH, 20TH & 27TH
JOB LOSS DURING COVID-19 SUPPORT GROUP
● Adults (21+ years) 3 PM to 4 PM

TUES. OCTOBER 6TH, 13TH, 20TH & 27TH
EMOTIONAL HEALTH DURING TIMES OF COVID-19 SUPPORT GROUP
● Adults (21+ years) 3.30 PM to 4:30 PM

SUN. OCTOBER 11TH
IVF/INFERTILITY SUPPORT GROUP
In partnership with IVF Support Group UAE
● Women (18+ years) 10 AM to 11:30AM

MON. OCTOBER 12TH & 26TH
PREGNANCY CIRCLE DURING TIMES OF COVID-19 SUPPORT GROUP
● Women (18+ years) 11 AM to 12 PM

MON. OCTOBER 12TH & 26TH
TEEN TRIBE SUPPORT GROUP
● Teens (13 - 16 years) 5 PM to 6 PM

MON. OCTOBER 12TH & 26TH
MOTHERLESS DAUGHTERS SUPPORT GROUP
● Women (21+ years) 6 PM to 7:30 PM

SUPPORT GROUPS cont'd

WED. OCTOBER 14TH
COPING WITH CANCER SUPPORT GROUP
● Adults (18+ years) 5 PM to 6 PM

WED. OCTOBER 14TH & 28TH
RELATING THROUGH RACE SUPPORT GROUP
● Adults (18+ years) 5:30 PM to 7 PM

SAT. OCTOBER 17TH
UNIVERSITY STRESS SUPPORT GROUP
● Students (18 - 22 years) 12 PM to 1 PM

MON. OCTOBER 26TH
LITTLE LIFETIMES SUPPORT GROUP
Pregnancy & Infant Loss Support Group
● Adults (18+ years) 10 AM to 11:30 AM

WED. OCTOBER 28TH
ASD/AUTISM SUPPORT GROUP FOR ADULTS
● Adults (18+ years) 6 PM to 7:30 PM

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