

SEPTEMBER 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			

- ♥ 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. SEPTEMBER 14TH
HEALING THROUGH MEDITATION
● Adults (18+ years) 1 PM to 2 PM

SAT. SEPTEMBER 19TH
**HEALING YOUR INNER-CHILD:
The Extraordinary Journey Within**
● Adults (18+ years) 2 PM to 4 PM

MON. SEPTEMBER 28TH
**CONNECTING COUNSELORS:
Topic: Emotional Resilience**
● Adults (21+ years) 5 PM to 6 PM

TRAININGS & COURSES

WED. SEPTEMBER 2ND
**MENTAL HEALTH FIRST AID
INFORMATIONAL SESSION**
● Adults (21+ years) 6 PM to 7 PM

WED. SEPTEMBER 9TH
**MENTAL HEALTH FIRST AID SUPPORT
SESSION For Certified Mental Health
First Aiders only**
● Adults (18+ years) 5 PM to 6 PM

THURS. 17TH & FRI. 18TH SEPTEMBER
**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

**TUES. SEPTEMBER 1ST, 8TH, 15TH,
22ND & 29TH**
**JOB LOSS DURING COVID-19 SUPPORT
GROUP**
● Adults (21+ years) 3 PM to 4 PM

**TUES. SEPTEMBER 1ST, 8TH, 15TH,
22ND & 29TH**
**EMOTIONAL HEALTH DURING TIMES OF
COVID-19 SUPPORT GROUP**
● Adults (21+ years) 3.30 PM to 4:30 PM

WED. SEPTEMBER 2ND, 16TH & 30TH
**RELATING THROUGH RACE SUPPORT
GROUP**
● Adults (18+ years) 5:30 PM to 7 PM

THURS. SEPTEMBER 3RD
**GRIEVING DURING COVID-19
SUPPORT GROUP**
● Adults (18+ years) 11.30 AM to 1:00 PM

**SUN. SEPTEMBER 6TH, 13TH, 20TH
& 27TH**
BEIRUT TRAUMA SUPPORT GROUP
*For those who witnessed or experienced
the Beirut Explosion*
● Adults (21+ years) 3 PM to 4 PM

**MON. SEPTEMBER 7TH, 14TH, 21ST
& 28TH**
**PREGNANCY CIRCLE DURING TIMES OF
COVID-19 SUPPORT GROUP**
● Women (18+ years) 11 AM to 12 PM

MON. SEPTEMBER 7TH & 21ST
TEACHERS SUPPORT GROUP
● Adults (21+ years) 5 PM to 6 PM

ADULT GRIEF SUPPORT GROUP
● Adults (18+ years) 5:30 PM to 7 PM

TUES. SEPTEMBER 8TH
**MONTHLY ONLINE SUPERVISION
FOR SCHOOL COUNSELORS**
*A closed group running for 9 sessions,
over the 3 Terms; September - June*
● Adults (21+ years) 8.30 AM to 10.30 AM

SUPPORT GROUPS cont'd

MON. SEPTEMBER 7TH & 21ST
SINGLE PARENTS SUPPORT GROUP
● Adults (21+ years) 6 PM to 7 PM

WED. SEPTEMBER 9TH
COPING WITH CANCER SUPPORT GROUP
● Adults (18+ years) 5 PM to 6 PM

SUN. SEPTEMBER 13TH
IVF/INFERTILITY SUPPORT GROUP
In partnership with IVF Support Group UAE
● Women (18+ years) 10 AM to 11:30AM

MON. SEPTEMBER 14TH & 28TH
MOTHERLESS DAUGHTERS SUPPORT GROUP
● Women (21+ years) 6 PM to 7:30 PM

SAT. SEPTEMBER 19TH
UNIVERSITY STRESS SUPPORT GROUP
● Students (18 - 22 years) 12 PM to 1 PM

MON. SEPTEMBER 28TH
LITTLE LIFETIMES SUPPORT GROUP
Pregnancy & Infant Loss Support Group
● Adults (18+ years) 10 AM to 11:30 AM

WED. SEPTEMBER 30TH
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*