



Online Mental Health First Aid INFO SESSIONS, TRAININGS & SUPPORT SESSIONS

UPCOMING ONLINE EVENTS IN 2020

ONLINE ADULT-TO-ADULT MHFA TRAINING:

(9.30am - 2.30pm)



A 10-hour evidence-based course ideal for adults wanting to learn how to identify and respond to other adults who may be struggling with their mental health.

- **August 19 & 20** (Wed./Thurs.)
- **September 17 & 18** (Thur./Fri.)
- **October 21 & 22** (Wed./Thur.)
- **November 18 & 19** (Wed./Thur.)
- **December 9 & 10** (Wed./Thur.)

ONLINE MHFA INFORMATIONAL SESSIONS:

(6pm - 7pm)



Join us for an informational session to learn more about what Mental Health First Aid is all about, followed by an interactive Q&A session.

- Tues. **August 11**
- Wed. **September 2**
- Wed. **October 7**
- Wed. **November 4**
- Wed. **December 2**

ONLINE MHFA SUPPORT SESSIONS:

(5pm - 6pm)



A monthly support session for accredited Mental Health First Aiders.

- Mon. **August 17** (6pm-7pm)
- Wed. **September 9**
- Wed. **October 7**
- Wed. **November 11**
- Wed. **December 9**

IDENTIFY. UNDERSTAND. RESPOND.

*The LightHouse Arabia is the only authorized
and licensed provider for MHFA training
in the U.A.E.*

Pre-Registration required:

www.lighthousearabia.com/events

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