

APRIL 2019

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

WORKSHOPS & SEMINARS

- TUES. 16TH APRIL**
HEALING THROUGH MEDITATION
 Adults (18+ years) **12:30 PM to 1:30 PM**
- WED. 17TH APRIL**
CONSCIOUS PARENT SEMINAR SERIES
Raising Emotionally Intelligent Children
 Adults (18+ years) **9:30 AM to 11:00 AM**
- SAT. 20TH APRIL**
VAL-YOU (2-PART WORKSHOP)
Create your own vision board.
Part 2 takes place on Sat. 4th May.
 Adults (18+ years) **10:00 AM to 12:00 PM**
- TUES. 23RD APRIL**
CONNECTING COUNSELORS EVENT
 Adults (18+ years) **5:30 PM to 7:30 PM**
- THURS. 25TH & 26TH APRIL**
TLH CLINICAL SEMINAR SERIES:
DBT SKILLS TRAINING: Working with Adults & Adolescents Struggling with Emotional and Relational Difficulties
 Adults (18+ years) **9:00 AM to 4:30 PM**
- SAT. 27TH APRIL**
CULTIVATING YOUR COMPASSIONATE SELF WORKSHOP
 Adults (18+ years) **10:00 AM to 1:00 PM**
- HEALING THROUGH MEDITATION**
 Adults (18+ years) **12:30 PM to 1:30 PM**
- MON. 29TH APRIL**
MOMMY MONDAYS SEMINAR SERIES
Raising Emotionally and Behaviorally Healthy Children
 Adults (18+ years) **9:00 AM to 10:30 AM**
- TLH CLINICAL SEMINAR SERIES:**
GUIDING GRIEF
 Adults (18+ years) **5:30 PM to 8:30 PM**

TRAININGS & COURSES PART 2

- WED. 3RD, 10TH, 17TH & 24TH APRIL**
SOCIAL SKILLS PRACTICE GROUP
For graduates of previous TLH Social Skills Programs and eligible TLH individual therapy clients (referred by their clinicians)
 Children (7-10 years) **4:30 PM to 5:30 PM**
- MON. 15TH APRIL**
ENHANCING CHILDREN'S SOCIAL SKILLS GROUP (Wk1 of 8-week program)
Facilitator: Rogaiyah Hamidaddin
*First Parents session: Mon. 22nd April
 Children (4-6 years) **4:00 PM to 5:30 PM**
- TUES. 16TH APRIL**
SOCIAL SKILLS GROUP INFO SESSION
Why Developing Children's Social Skills Matters For parents interested in learning more about the TLH 'Enhancing Children's Social Skills' 8-week program. Program is suitable for children 7-9 yrs & their parents.
 Parents **9:30 AM to 10:30 AM**
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. 18TH & 25TH APRIL**
ADULT MENTAL HEALTH FIRST AID TRAINING (MHFA)
A 2-Part Course; 12 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 4:15 PM**
- SAT. 20TH APRIL**
ENHANCING CHILDREN'S SOCIAL SKILLS GROUP (Wk 1 of 8-week program)
Facilitator: João Lourenço
*First Parents session: Sat. 27th April
 Children (7-9 years) **10:30 AM to 12 PM**
- TUES. 23RD APRIL**
MENTAL HEALTH FIRST AIDER (MHFA) INFORMATIONAL 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**
- SAT. 27TH APRIL**
ENHANCING CHILDREN'S SOCIAL SKILLS GROUP (Wk 1 of 8-week program)
Facilitator: Daniela Salazar
*First Parents session: Sat. 4th May
 Tweens (10-13 years) **12.30 PM to 2 PM**

SUPPORT GROUPS

- MON. 8TH APRIL**
MOTHERLESS DAUGHTERS SUPPORT GROUP
 All ages welcome **6:30 PM to 8:00 PM**
- TUES. 9TH APRIL**
UNIVERSITY STRESS SUPPORT GROUP
For currently enrolled university students who are experiencing university-related stress
 Adults (18 - 22 years) **6:00 PM to 7:00 PM**
- WED. 10TH APRIL**
ADULTS WITH AUTISM SPECTRUM DISORDER (ASD)/ASPERGER'S SUPPORT GROUP
 Adults **6:00 PM to 7:30 PM**
- COPING WITH CANCER SUPPORT GROUP**
 All ages welcome **6:30 PM to 7:30 PM**
- SUN. 14TH APRIL**
INFERTILITY SUPPORT GROUP
In partnership with IVF Support Group UAE
 Women (18+ years) **10:00 AM to 11:30 AM**
- MON. 15TH APRIL**
GENERAL GRIEF SUPPORT GROUPS
(FOR ADULTS, TEENS, MIDDLES, & LITTLES)
 All ages welcome **5:30 PM to 7:00 PM**
- WED. 17TH APRIL**
ADHD SUPPORT GROUP FOR PARENTS
A supportive space for parents to share their concerns, challenges, and joys of having a child with ADHD.
 Parents **5:30 PM to 7:00 PM**
- SUN. 21ST APRIL**
UNIVERSITY STRESS SUPPORT GROUP
For currently enrolled university students who are experiencing university-related stress
 Adults (18 - 22 years) **6:00 PM to 7:00 PM**
- MON. 22ND APRIL**
MOTHERLESS DAUGHTERS SUPPORT GROUP
 All ages welcome **6:30 PM to 8:00 PM**
- WED. 24TH APRIL**
SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP
 All ages welcome **6:00 PM to 7:30 PM**
- MON. 29TH APRIL**
LITTLE LIFETIMES
Pregnancy & Infant Loss Support Group
 Adults (18+ years) **10:00 AM to 11:30 AM**