



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. 11<sup>TH</sup> JUNE

##### HEALING THROUGH MEDITATION

Adults (18+ years) **12:30 PM to 1:30 PM**

#### SAT. 22<sup>ND</sup> JUNE

##### HEALING THROUGH MEDITATION

Adults (18+ years) **12:30 PM to 1:30 PM**

### TRAININGS & COURSES

#### SUN. 9<sup>TH</sup> JUNE

##### 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**

#### TUES. 11<sup>TH</sup> JUNE

##### MENTAL HEALTH FIRST AIDER (MHFA) SUPPORT SESSION *For Certified Mental Health First Aiders only*

Adults (18+ years) **6:00 PM to 7:30 PM**

#### WED. 12<sup>TH</sup>, 19<sup>TH</sup>, 26<sup>TH</sup> JUNE

##### 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**

#### THURS. 13<sup>TH</sup> & FRI. 14<sup>TH</sup> JUNE

##### 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 adults with mental health difficulties.

Adults (18+ years) **9:00 AM to 4:00 PM**

### SUPPORT GROUPS

#### SUN. 9<sup>TH</sup> JUNE

##### INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

Women (18+ years) **10:00 AM to 11:30 AM**

#### MON. 10<sup>TH</sup> JUNE

##### GENERAL GRIEF SUPPORT GROUP

All ages welcome **5.30 PM to 7:00 PM**

#### WED. 12<sup>TH</sup> JUNE

##### 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 **6:00 PM to 7:30 PM**

#### TUES. 18<sup>TH</sup> JUNE

##### 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. 19<sup>TH</sup> JUNE

##### 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**

#### SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP

All ages welcome **6:00 PM to 7:30 PM**

#### MON. 24<sup>TH</sup> JUNE

##### LITTLE LIFETIMES

Pregnancy & Infant Loss Support Group

Adults (18+ years) **10:00 AM to 11:30 AM**

#### GENERAL GRIEF SUPPORT GROUP

All ages welcome **5.30 PM to 7:00 PM**

#### SUN. 30<sup>TH</sup> JUNE

##### 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**