



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

### WORKSHOPS & SEMINARS

**MON. 27<sup>TH</sup> MAY**  
**MOMMY MONDAYS SEMINAR SERIES**  
 Adults (18+ years) **9:00 AM to 10:30 AM**

**TUES. 28<sup>TH</sup> MAY**  
**CONNECTING COUNSELORS EVENT**  
 Adults (18+ years) **3:30 PM to 5:30 PM**

### TRAININGS & COURSES PART 2

**WED. 1<sup>ST</sup>, 8<sup>TH</sup>, 15<sup>TH</sup>, 22<sup>ND</sup> & 29<sup>TH</sup> MAY**  
**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. 2<sup>ND</sup> & FRI. 3<sup>RD</sup> MAY**  
**ADOLESCENT MENTAL HEALTH FIRST AID TRAINING (MHFA)**  
A 2-Part Course; 14 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 6:00 PM**

**TUES. 14<sup>TH</sup> MAY**  
**MENTAL HEALTH FIRST AIDER (MHFA) SUPPORT SESSION For Certified Mental Health First Aiders only**  
 Adults (18+ years) **4:00 PM to 5:30 PM**

**SUN. 19<sup>TH</sup> MAY**  
**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) **11:00AM to 12:00 PM**

### SUPPORT GROUPS

**TUES. 7<sup>TH</sup> MAY**  
**UNIVERSITY STRESS SUPPORT GROUP**  
For currently enrolled university students who are experiencing university-related stress  
 Adults (18 - 22 years) **5:30 PM to 6:30 PM**

**WED. 8<sup>TH</sup> MAY**  
**COPING WITH CANCER SUPPORT GROUP**  
 All ages welcome **10:00 AM to 11:30 AM**

**SUN. 12<sup>TH</sup> MAY**  
**INFERTILITY SUPPORT GROUP**  
In partnership with IVF Support Group UAE  
 Women (18+ years) **10:00 AM to 11:30 AM**

**MON. 13<sup>TH</sup> MAY**  
**GENERAL GRIEF SUPPORT GROUP**  
 All ages welcome **5.30 PM to 7:00 PM**

**WED. 15<sup>TH</sup> MAY**  
**ADULTS WITH AUTISM SPECTRUM DISORDER (ASD)/ASPERGER'S SUPPORT GROUP**  
 Adults **6:00 PM to 7:30 PM**

**SUN. 19<sup>TH</sup> MAY**  
**UNIVERSITY STRESS SUPPORT GROUP**  
For currently enrolled university students who are experiencing university-related stress  
 Adults (18 - 22 years) **5:30 PM to 6:30 PM**

**MON. 20<sup>TH</sup> MAY**  
**MOTHERLESS DAUGHTERS SUPPORT GROUP**  
 All ages welcome **5:30 PM to 7:00 PM**

**WED. 22<sup>ND</sup> MAY**  
**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**

**MON. 27<sup>TH</sup> MAY**  
**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**

**WED. 29<sup>TH</sup> MAY**  
**SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP**  
 All ages welcome **6:00 PM to 7:30 PM**