

SEPTEMBER 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. 10TH SEPTEMBER
CONNECTING COUNSELORS EVENT
● Adults (18+ years) **5:30 PM to 7:30 PM**

TUES. 17TH SEPTEMBER
HEALING THROUGH MEDITATION
● Adults (18+ years) **12:30 PM to 1:30 PM**

SAT. 28TH SEPTEMBER
VAL-YOU (2-PART WORKSHOP)
Create your own vision board.
Part 2 takes place on Sat. 12th October.
● Adults (18+ years) **10:00 AM to 12:00 PM**

HEALING THROUGH MEDITATION
● Adults (18+ years) **12:30 PM to 1:30 PM**

MON. 30TH SEPTEMBER

MOMMY MONDAYS SEMINAR SERIES
Worry Less: How to ease the burden of parenthood worry
● Adults (18+ years) **9:00 AM to 10:30 AM**

TRAININGS & COURSES

TUES. 10TH SEPTEMBER
MONTHLY SUPERVISION FOR SCHOOL COUNSELORS
The Group Supervision for School Counselors (GSSC) is a small group of school counselors that meets once a month with a Clinical Supervisor from TLH. It is a closed group, and counselors can bring any topics or issues related to their practice as school counselor.
Tuesday morning group: Runs for 9 weeks, over 3 Terms
● Adults (18+ years) **8:30 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**

WED. 11TH SEPTEMBER
MONTHLY SUPERVISION FOR SCHOOL COUNSELORS
The Group Supervision for School Counselors (GSSC) is a small group of school counselors that meets once a month with a Clinical Supervisor from TLH. It is a closed group, and counselors can bring any topics or issues related to their practice as school counselor.
Wednesday afternoon group: Runs for 9 weeks, over 3 Terms
● Adults (18+ years) **5:30 PM to 7:30 PM**

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**

THURS. 26TH & FRI. 27TH SEPT.
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**

SUPPORT GROUPS

SUN. 8TH SEPTEMBER
INFERTILITY SUPPORT GROUP
In partnership with IVF Support Group UAE
● Women (18+ years) **10:00 AM to 11:30 AM**

MON. 9TH SEPTEMBER
GENERAL GRIEF SUPPORT GROUP
○ All ages welcome **5:30 PM to 7:00 PM**

WED. 11TH SEPTEMBER
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**

MON. 16TH SEPTEMBER
MOTHERLESS DAUGHTERS SUPPORT GROUP
○ All ages welcome **6:00 PM to 7:30 PM**

WED. 18TH SEPTEMBER
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. 23RD SEPTEMBER
GENERAL GRIEF SUPPORT GROUP
○ All ages welcome **5:30 PM to 7:00 PM**

WED. 25TH SEPTEMBER
SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP
○ All ages welcome **6:00 PM to 7:30 PM**

SUN. 29TH SEPTEMBER
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. 30TH SEPTEMBER
LITTLE LIFETIMES
Pregnancy & Infant Loss Support Group
● Adults (18+ years) **10:00 AM to 11:30 AM**

MOTHERLESS DAUGHTERS SUPPORT GROUP
○ All ages welcome **6:00 PM to 7:30 PM**