



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

## UPCOMING EVENTS IN 2024 & 2025

### 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.

\*6.75 CME/CPD credits available from DHA.

- November 21 & 22 (Thur./Fri.)
  - December 11 & 12 (Wed/Thur.)
  - January 15 & 16 (Wed/Thur.)
  - February 27 & 28 (Thur./Fri.)
  - March 26 & 27 (Wed./Thur.)
- \*In-person training (January)

### ONLINE ADULT-TO-ADOLESCENT MHFA TRAINING: (9.30am - 2.30pm)



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

\*7.25 CME/CPD credits available from DHA.

- November 5 & 6 (Tues./Wed.)
- January 29 & 30 (Wed./Thur.)
- March 12 & 13 (Wed./Thur.)
- April 24 & 25 (Thur./Fri.)

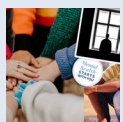
### ONLINE MHFA REFRESHER COURSE: (9.30am - 1.30pm)



A 4-hour online course to re-certify as a MHFAider (accreditation extended for 3 more years). Update and refresh your knowledge, skills, and confidence. Work through complex, real-life Mental Health First Aid conversations, learn best practices to take care of your own mental health, and learn the latest in research.

- Fri. January 31
- Thurs. March 20

### ONLINE TEEN-TO-TEEN MHFA TRAINING: (11am - 3.30pm)



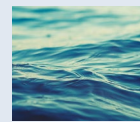
A 4.5-hour evidence-based training for teens who want to learn how to understand, identify, and respond to other teens who may be struggling with their mental health.

- Sat. November 9 (13-15 yrs)
  - Sat. February 23 (13-15 yrs)
  - Sat. March 16 (16-18 yrs)
- \*In-person training (March)  
\*In-person training (February)

## IDENTIFY. UNDERSTAND. RESPOND.

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

### ONLINE MHFA INFORMATIONAL SESSIONS: (5pm - 5.30pm)



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.

- Wed. November 13
- Wed. December 4
- Wed. January 8
- Wed. February 12
- Wed. March 12

### ONLINE ADULT MHFA SUPPORT SESSIONS: (6pm - 7pm)



A monthly support session for accredited Adult Mental Health First Aiders.

- Wed. November 13
- Wed. December 4
- Tues. January 14
- Wed. February 12
- Wed. March 12

### Pre-Registration required:

[www.lighthousearabia.com/events](http://www.lighthousearabia.com/events)

*\*All events are delivered online using the Zoom platform.*



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