

AUGUST 2024

UPCOMING EVENTS OF THE MONTH



All of our event timings are Gulf Standard Time (GST), and are currently being offered online, via the Zoom platform unless otherwise stated below.

MON	TUES	WED	THURS	FRI	SAT	SUN
			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+, 21 YRS+)
- ALL AGES WELCOME

WORKSHOPS & SEMINARS

WED. AUGUST 7TH
COMMUNITY WEBINAR:
Sleep: The Single Most Effective Thing for Your Physical and Mental Health

● Adults (18+ years) **11 AM - 12 PM**

TUES. AUGUST 27TH
COMMUNITY WEBINAR:
Back to School: Managing the Transition

● Adults (18+ years) **11 AM - 12 PM**

TRAININGS & COURSES

WED. AUGUST 21ST
MHFA INFORMATIONAL SESSION

● Adults (21+ years) **5 PM to 5.30 PM**

MENTAL HEALTH FIRST AID SUPPORT SESSION

For certified Mental Health First Aiders

● Adults (18+ years) **6 PM to 7 PM**

WED. 21ST & THURS. 22ND AUGUST
ADULT-TO-ADULT MENTAL HEALTH FIRST AID ONLINE TRAINING

● Adults (18+ years) **9:30 AM to 2:30 PM**

GRIEF SUPPORT GROUPS

Grief Support Groups: *Kindly note, a 50-minute one-on-one Grief Consultation is required with one of our grief specialists prior to joining a Grief Support Group (unless stated otherwise below). Please call to book your complimentary consultation.*

WED. AUGUST 7TH & 21ST
MOTHERLESS DAUGHTERS SUPPORT GROUP

● Women (21+ years) **5.30 PM to 7 PM**

MON. AUGUST 12TH
ADULT GRIEF SUPPORT GROUP

● Adults (18+ years) **5 PM to 6.30 PM**

WED. AUGUST 14TH & 21ST
SHARED GRIEF FOR PALESTINE

● Adults (18+ years) **4 PM to 5 PM**

**This Grief Support Group does not require a Grief Consultation in advance.*

MON. AUGUST 19TH
PARTNER LOSS SUPPORT GROUP

For those who have lost their partners (married or unmarried)

● Adults (21+ years) **4 PM to 5.30 PM**

TUES. AUGUST 27TH
LITTLE LIFETIMES SUPPORT GROUP
Pregnancy & Infant Loss Support Group
In partnership with *Love Through Loss*

● Adults (18+ years) **10 AM to 11.30 AM**

OTHER SUPPORT GROUPS

MON. AUGUST 12TH
HEARTBREAK SUPPORT GROUP

● Adults (21+ years) **6 PM to 7 PM**

FRI. AUGUST 16TH
COPING WITH CANCER SUPPORT GROUP

● Adults (18+ years) **10.30 AM to 11.30 AM**

TUES. AUGUST 20TH
LIFE AFTER DIVORCE SUPPORT GROUP

● Adults (21+ years) **6 PM to 7 PM**

WED. AUGUST 21ST
AUTISM SUPPORT GROUP FOR PARENTS

● Parents **6 PM to 7 PM**

CONSCIOUS PARENTING SUPPORT GROUP

● Parents (with children ages 6 - 11 yrs) **7 PM to 8 PM**

ASD/AUTISM SUPPORT GROUP FOR ADULTS

● Adults (18+ years) **8:30 PM to 9:30 PM**

FRI. AUGUST 23RD
TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

● Women (in perimenopause or menopause) **10.30 AM to 11.30 AM**

MON. AUGUST 26TH
EXPAT SOCIAL SUPPORT GROUP

● Adults (21+ years) **7.30 PM to 8.30 PM**

TUES. AUGUST 27TH
SINGLE PARENTS SUPPORT GROUP

● Adults (21+ years) **6 PM to 7 PM**