

# ONLINE SUPPORT GROUPS

JULY, 2024

Please find below a listing of the Free-of-cost support groups currently offered online by The Lighthouse Arabia. The timings indicated are Gulf Standard Time (GST).

For our full event calendar and to register, please visit [lighthousearabia.com/events](http://lighthousearabia.com/events).

## ADULT GRIEF SUPPORT GROUP

*A small group open to men and women who are grieving the death of someone significant to them.*

**Monday, July 1st, 15th & 29th**  
**5pm - 6.30pm; (Adults, 18 yrs+)**

FACILITATED BY

**FARAH DAHABI, LCSW (US)**

Clinical Social Worker  
Mental Health First Aid UAE, Director



## MOTHERLESS DAUGHTERS SUPPORT GROUP

*For women 21+ years who have lost their mother and come together and share experiences, feelings and offer support.*

**Wednesday, July 10th & 24th**  
**5.30pm - 7pm; (Women, 21 yrs+)**

FACILITATED BY

**MADALINA OANA FILIP, MSc (Romania)**

Psychologist



## SHARED GRIEF FOR PALESTINE SUPPORT GROUP

*As we bear witness to Palestine's pain and suffering, we are confronted with a profound grief. This group provides a space to come together to share the grief and offer solace and mutual support. We strive to process the shared trauma and sorrow with empathy and respect. Here, you are not alone in your grief.*

**\*An initial Grief Consultation is not needed prior to registering for this group.**

**Wednesday, July 3rd**  
**3pm - 4pm; (Adults, 18 yrs+)**

FACILITATED BY

**TANYA DHARAMSHI, MScPsych (US)**

Counselor (DHCC) & Counselling Psychologist  
Community Support Services and  
Raymee Grief Center, Lead



## PARTNER LOSS SUPPORT GROUP

*This is a safe and supportive space for individuals who have lost their partners (married or unmarried). The group aims to provide participants with a space to speak openly about their grief alongside others who have shared experiences.*

**Tuesday, July 16th**  
**4pm - 5.30pm; (Adults, 21 yrs+)**

FACILITATED BY

**DR. HOPOLANG MATEE, PhD. (South Africa)**

Clinical Psychologist



## LITTLE LIFETIMES SUPPORT GROUP

*In partnership with **Love Through Loss**, we are honored to offer this group for parents, who are grieving the loss of a child or a pregnancy. You do not need to go through your grief alone.*

**Tuesday, July 23rd**  
**7pm - 8pm; (for Parents)**

FACILITATED BY

**TANYA DHARAMSHI, MScPsych (US)**

Counselor (DHCC) & Counselling Psychologist  
Community Support Services and  
Raymee Grief Center, Lead



**Register**

[www.lighthousearabia.com/events](http://www.lighthousearabia.com/events)  
T. +971 (0)4 380 2088



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# Health:

## IVF & FERTILITY SUPPORT GROUP

*In partnership with IVF Support UAE, this is an online group for women coming together, to support other women to understand the impact of IVF and infertility on personal wellbeing. The LightHouse Arabia is committed to reducing the stigma and shame around infertility. We seek to provide support, understanding and a non-judgmental environment for everyone.*

**Monday, July 8th**  
**10am - 11.30am; (Women)**



FACILITATED BY

**DR. TARA WYNE, D.Clin.Psy (UK)**  
Clinical Psychologist & Clinical Director

## HEARTBREAK SUPPORT GROUP

*For men and women (21+ yrs), who have recently experienced the breakdown or end of a committed romantic relationship. This group aims to provide a safe space to share, connect, seek support and explore the challenges being faced.*

**Monday, July 15th**  
**6pm – 7pm; (Adults, 21 yrs+)**



FACILITATED BY

**DR. LOUISE MCDONNELL, DCounsPsych (UK)**  
Counselling Psychologist

## MENTAL HEALTH SUPPORT GROUP FOR MEN

*Adversity in life may be inevitable but suffering in silence does not have to be. This new support group aims to provide a safe space and a judgement-free environment for men to meet, open up, talk, and listen. We recognize that taking the first step is often the most difficult. Our group is designed to be free of pressure and there is no obligation to speak because, we believe, sometimes simply listening can help.*

**Tuesday, July 9th**  
**7pm - 8pm; (Men, 18 yrs+)**  
*In-person at The LightHouse Arabia*



FACILITATED BY

**DR. SURESH WADHWANI, MD (UAE)**  
Consultant Psychiatrist

## COPING WITH CANCER SUPPORT GROUP

*Connecting those who are currently or have been caregivers for those directly impacted by cancer, this support group is a place to receive and provide emotional support and share information. It is also a place to share in the lighter moments, laugh and reconnect with ourselves.*

**Thursday, July 18th**  
**7pm - 8pm; (Adults, 18 yrs+)**



FACILITATED BY

**TANYA DHARAMSHI, MScPsych (US)**  
Counselor (DHCC) & Counseling Psychologist  
Community Support Services and  
Raymee Grief Center, Lead

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# Health cont'd:

## LIFE AFTER DIVORCE SUPPORT GROUP

*Reclaim, rebuild and thrive. This is a safe space to share challenges faced when dealing with divorce, to learn evidence-based strategies in coping with stressors, and have experiences normalized through the power of sharing.*

**Tuesday, July 23rd**  
**6pm - 7pm; (Adults, 21 yrs+)**



FACILITATED BY

**DR. TARA WYNE, D.Clin.Psy (UK)**  
Clinical Psychologist & Clinical Director

## ADULTS WITH AUTISM SPECTRUM DISORDER (ASD/ASPERGER'S) SUPPORT GROUP

*This group provides a safe, confidential and relaxed setting online for adults with ASD/Asperger's to share their thoughts and feelings, and/or ask for feedback, information, and support from each other.*

**Wednesday, July 24th**  
**8.30pm - 9.30pm; (Adults, 18 yrs+)**



FACILITATED BY

**ANNA WHITE, BSc. (Ireland)**  
Sr. Occupational Therapist  
SI Practitioner & MHFA UAE Director

## TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

*Approximately 50% of the world's population are women, and we spend one-third of our life in a space of menopause. The transition to menopause (called perimenopause), and the changes that occur are real and impact us all - in the body and the mind, with strong connections to hormones and how we think, feel and respond. This group provides a safe space to normalize and explore the physical and emotional changes you may be experiencing, and to help navigate the transition together, for what can also be an incredible time in a woman's life.*

**Thursday, July 25th**  
**7pm - 8pm;**  
**(Women in perimenopause or menopause)**



FACILITATED BY

**TANYA DHARAMSHI, MScPsych (US)**  
Counselor (DHCC) & Counselling Psychologist  
Community Support Services and  
Raymee Grief Center, Lead



# Parenting:

## AUTISM SUPPORT GROUP FOR PARENTS

*This group provides a safe, confidential and relaxed setting online for parents of children with Autism (ages 5 - 18 years old). It is a space for parents to come together and share experiences, while offering support to one another.*

**Wednesday, July 17th**  
**6pm - 7pm; (Parents)**



FACILITATED BY

**PREETHA MADHAVAN, M.Psych. (Australia)**  
Clinical Psychologist

## CONSCIOUS PARENTING SUPPORT GROUP

*This support group is a space for parents of children ages 6 - 11 years to discuss the challenges and stressors they face in raising their children. In a time where advice on how to manage challenges like screen time, sleep, friendships, and big emotions can be varied, parents will be able to share their dilemmas, as well as hear from other parents about things that have or haven't worked for them.*

**Wednesday, July 24th**  
**7pm - 8pm; (Parents)**



FACILITATED BY

**WESLEY KEW, MA (South Africa)**  
Clinical Psychologist

## SINGLE PARENTS SUPPORT GROUP

*A support group designed to provide a safe space single parents to share the daily challenges they face in single-parenting, have personal experiences normalized through the power of sharing, be equipped with evidence-based strategies in dealing with their stressors, and feel a sense of containment and support with what they are experiencing at present, while meeting other single parents.*

**Tuesday, July 30th**  
**6pm - 7pm; (Parents)**



FACILITATED BY

**CHRISTINE KRITZAS, M.A. (South Africa)**  
Psychologist & Director

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