

SEPTEMBER 2024

UPCOMING EVENTS OF THE MONTH



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						

- 👶 CHILDREN
- 👧 TWEENS (AGES 9 – 12 YRS)
- 👦 TEENS (AGES 13 – 17 YRS)
- 👤 ADULTS (18 YRS+, 21 YRS+)
- 👪 ALL AGES WELCOME



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

WORKSHOPS & SEMINARS

WED. SEPTEMBER 4TH
FREE COMMUNITY WEBINAR:
Your Mind Matters: Understanding the Foundations of Mental Health

👤 Adults (18+ years) **11 AM - 12 AM**

WED. SEPTEMBER 11TH
FREE COMMUNITY WEBINAR:
Managing Anxiety in Children & Adolescents

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

WED. SEPTEMBER 18TH
FREE COMMUNITY WEBINAR:
What to Do When You Worry Too Much: Tips on Managing Anxiety

👤 Adults (18+ years) **10 AM - 11 AM**

TUES. SEPTEMBER 24TH
FREE COMMUNITY WEBINAR:
Parenting High Energy Kids

👤 Adults (18+ years) **10 AM - 11 AM**

SUN. SEPTEMBER 29TH
THE GOOD DIVORCE:
How to Separate Amicably for the Wellbeing of your Children (Online Masterclass)

👤 Parents **10.30 AM to 12.30 PM**

TRAININGS & COURSES

WED. 11TH & THURS. 12TH SEPT.
ADULT-TO-ADOLESCENT MENTAL HEALTH FIRST AID ONLINE TRAINING

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

THURS. 19TH & FRI. 20TH SEPT.
ADULT-TO-ADULT MENTAL HEALTH FIRST AID ONLINE TRAINING

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

TUES. SEPTEMBER 24TH
ACCEPTANCE & COMMITMENT THERAPY (ACT) MONTHLY SKILLS GROUP
Closed group, monthly Sept. - Nov.

👤 Adults (21+ years) **10 AM to 12 PM**

WED. SEPTEMBER 25TH
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**

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.*

MON. SEPTEMBER 9TH & 30TH
ADULT GRIEF SUPPORT GROUP

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

WED. SEPTEMBER 11TH & 25TH
MOTHERLESS DAUGHTERS SUPPORT GROUP

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

FRI. SEPTEMBER 13TH

SHARED GRIEF FOR PALESTINE

👤 Adults (18+ years) **12 PM to 1 PM**

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

MON. SEPTEMBER 16TH

SHARED GRIEF FOR PALESTINE

👤 Adults (18+ years) **5 PM to 6 PM**

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

TUES. SEPTEMBER 24TH

LITTLE LIFETIMES SUPPORT GROUP

Pregnancy & Infant Loss Support Group
In partnership with *Love Through Loss*

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

PARTNER LOSS SUPPORT GROUP

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

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

FRI. SEPTEMBER 27TH

SHARED GRIEF FOR PALESTINE

👤 Adults (18+ years) **4 PM to 5 PM**

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

OTHER SUPPORT GROUPS

WED. SEPTEMBER 5TH

MEN'S MENTAL HEALTH SUPPORT GROUP

👤 Men (18+ years) **7 PM to 8 PM**

In-person at The LightHouse Arabia (Al Wasl Rd).

MON. SEPTEMBER 9TH

IVF/INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

👤 Women (21+ years) **10 AM to 11.30 AM**

MON. SEPTEMBER 16TH

**New Support Group*

CARING FOR CHILDREN WITH CANCER

In partnership with Abtaluna

👤 Parents **11 AM to 12 PM**

HEARTBREAK SUPPORT GROUP

👤 Adults (21+ years) **6 PM to 7 PM**

TUES. SEPTEMBER 17TH

SINGLE PARENTS SUPPORT GROUP

👤 Adults (21+ years) **6 PM to 7 PM**

WED. SEPTEMBER 18TH

ASD/AUTISM SUPPORT GROUP FOR ADULTS

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

TUES. SEPTEMBER 24TH

LIFE AFTER DIVORCE SUPPORT GROUP

👤 Adults (21+ years) **6 PM to 7 PM**

WED. SEPTEMBER 25TH

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

FRI. SEPTEMBER 27TH

TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

👤 Women (in perimenopause or menopause)

10.30 AM TO 11.30 AM

MON. SEPTEMBER 30TH

EXPAT SOCIAL SUPPORT GROUP

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