

# OCTOBER 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.

### WORKSHOPS & SEMINARS

#### THURS. OCTOBER 10<sup>TH</sup> FREE COMMUNITY WEBINAR:

\*World Mental Health Day

From Stigma to Understanding:  
Challenging Mental Health Myths

● Adults (18+ years) 10 AM - 11 AM

#### WED. OCTOBER 16<sup>TH</sup> FREE COMMUNITY WEBINAR:

Understanding and Treating Depression

● Adults (18+ years) 10 AM - 11 AM

#### THURS. OCTOBER 17<sup>TH</sup>

YOGA & SOMATIC PRACTICES  
Making Space for Pain and Grief

● Adults (18+ years) 7 PM to 8.15 PM

\*In-person at The LightHouse Arabia

#### THURS. 24<sup>TH</sup> & FRI. 25<sup>TH</sup> OCT INTRO TO ACCEPTANCE & COMMITMENT THERAPY (ACT) WORKSHOP

● Adults (18+ years) 9 AM to 2 PM

#### TUES. 29<sup>TH</sup> OCT SUPER SKILLS GROUP:

For Children with ASD (6-week group)

● Children (7 - 9 years) 5 PM to 6.30 PM

#### WED. OCTOBER 30<sup>TH</sup> FREE COMMUNITY WEBINAR:

Manage Your Time, Manage Your Life

● Adults (18+ years) 10 AM - 11 AM

### TRAININGS & COURSES

#### FRI. OCTOBER 4<sup>TH</sup>

MHFA REFRESHER COURSE

● Adults (21+ years) 9.30 AM to 1.30 PM

#### SAT. OCTOBER 5<sup>TH</sup>

TEEN-TO-TEEN MHFA TRAINING

● Teens (16-18 years) 11 AM to 3.30 PM

#### WED. OCTOBER 16<sup>TH</sup>

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

#### TUES. OCTOBER 22<sup>ND</sup>

ACCEPTANCE & COMMITMENT THERAPY  
(ACT) SKILLS GROUP (Oct. - Dec.)

● Adults (21+ years) 10 AM to 12 PM

#### WED. 23<sup>RD</sup> & THURS. 24<sup>TH</sup> OCT. ADULT-TO-ADULT MHFA TRAINING

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

**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.

### GRIEF SUPPORT GROUPS

#### WED. OCTOBER 9<sup>TH</sup> & 23<sup>RD</sup>

MOTHERLESS DAUGHTERS  
SUPPORT GROUP

● Women (21+ years) 5.30 PM to 7 PM

#### THURS. OCTOBER 10<sup>TH</sup>

SHARED GRIEF FOR PALESTINE

● Adults (18+ years) 5.30 PM to 7 PM

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

#### MON. OCTOBER 14<sup>TH</sup>

\*New Support Group

SHARED GRIEF FOR LEBANON

● Adults (18+ years) 5 PM to 6.30 PM

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

#### TUES. OCTOBER 15<sup>TH</sup>

PARTNER LOSS SUPPORT GROUP

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

● Adults (21+ years) 4 PM to 5.30 PM

#### WED. OCTOBER 16<sup>TH</sup>

SHARED GRIEF FOR PALESTINE

\*This session will be facilitated in Arabic.

● Adults (18+ years) 5 PM to 6 PM

\*This Grief Support Group does not

require a Grief Consultation in advance.

#### MON. OCTOBER 21<sup>ST</sup>

ADULT GRIEF SUPPORT GROUP

● Adults (18+ years) 5 PM to 6.30 PM

#### FRI. OCTOBER 25<sup>TH</sup>

SHARED GRIEF FOR PALESTINE

● Adults (18+ years) 4 PM to 5 PM

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

#### TUES. OCTOBER 29<sup>TH</sup>

LITTLE LIFETIMES SUPPORT GROUP

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

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



## THE LIGHTHOUSE CENTER FOR WELLBEING

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			

### OTHER SUPPORT GROUPS

#### MON. OCTOBER 7<sup>TH</sup>

IVF/INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

● Women (21+ years) 10 AM to 11.30 AM

HEARTBREAK SUPPORT GROUP

● Adults (21+ years) 6 PM to 7 PM

#### TUES. OCTOBER 8<sup>TH</sup>

MEN'S MENTAL HEALTH SUPPORT GROUP

● Men (18+ years) 7 PM to 8 PM

*In-person at The LightHouse Arabia*

#### FRI. OCTOBER 11<sup>TH</sup>

COPING WITH CANCER SUPPORT GROUP

● Adults (21+ years) 10.30 AM to 11.30 AM

#### MON. OCTOBER 14<sup>TH</sup>

\*New Support Group

CARING FOR CHILDREN WITH CANCER

In partnership with Abtaluna

● Parents 4 PM to 5 PM

#### WED. OCTOBER 16<sup>TH</sup>

AUTISM SUPPORT GROUP FOR PARENTS

● Parents 6 PM to 7 PM

ASD/AUTISM SUPPORT GROUP FOR ADULTS

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

#### FRI. OCTOBER 18<sup>TH</sup>

TRANSITIONING THROUGH MENOPAUSE  
SUPPORT GROUP

● Women (in perimenopause or menopause)

10.30 AM TO 11.30 AM

#### TUES. OCTOBER 22<sup>ND</sup>

SINGLE PARENTS SUPPORT GROUP

● Adults (21+ years) 6 PM to 7 PM

LIFE AFTER DIVORCE SUPPORT GROUP

● Adults (21+ years) 6 PM to 7 PM

#### WED. OCTOBER 23<sup>RD</sup>

CONSCIOUS PARENTING SUPPORT GROUP

● Parents (with children ages 6 - 11 yrs)

7 PM to 8 PM

#### MON. OCTOBER 28<sup>TH</sup>

EXPAT SOCIAL SUPPORT GROUP

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