

# NOVEMBER 2024

## UPCOMING EVENTS OF THE MONTH



**THE LIGHTHOUSE**  
CENTER FOR WELLBEING

### WORKSHOPS & SEMINARS

**THURS. NOVEMBER 7<sup>TH</sup>**  
**FREE COMMUNITY WEBINAR:**  
**Men's Mind Matters**

● Adults (18+ years) **2 PM - 3 PM**

**TUES. NOVEMBER 12<sup>TH</sup>**  
**FREE COMMUNITY WEBINAR:**  
**Resiliency is the New Happiness:**  
**Raising Resilient Children**

● Adults (18+ years) **2 PM - 3 PM**

**SEN EVENT:**  
**Executive Functions: A 360-Degree View**

● Adults (21+ years) **5.30 PM - 7.30 PM**

**THURS. NOVEMBER 14<sup>TH</sup>**  
**YOGA & SOMATIC PRACTICES: Making**  
**Space for Gratitude**

● Adults (18+ years) **7 PM to 8.15 PM**

*\*In-person at The LightHouse Arabia*

**WED. NOVEMBER 20<sup>TH</sup>**  
**FREE COMMUNITY WEBINAR:**  
**Transform Your Life Through Mindfulness**  
**& Meditation**

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

**THURS. 21<sup>ST</sup> & FRI. 22<sup>ND</sup> NOVEMBER**  
**ACCEPTANCE & COMMITMENT THERAPY**  
**(ACT) - LEVEL 2 WORKSHOP**

● Adults (18+ years) **9 AM to 2 PM**

**SUN. NOVEMBER 24<sup>TH</sup>**  
**DIVORCE MASTERCLASS FOR PARENTS:**  
**How to Separate Amicably for the**  
**Wellbeing of Your Children**

● Adults (21+ years) **10.30 AM to 12.30 PM**

**MON. NOVEMBER 25<sup>TH</sup>**  
**ANNUAL EVENING OF REMEMBRANCE:**  
**Understanding and Supporting Grief**

● Adults (18+ years) **6 PM - 8 PM**

*\*In-person at The LightHouse Arabia*

**WED. NOVEMBER 27<sup>TH</sup>**  
**FREE COMMUNITY WEBINAR:**  
**Failing Forward: The Value of Failure &**  
**Adversity for Children**

● Adults (18+ years) **1 PM - 2 PM**

### TRAININGS & COURSES

**TUES. 5<sup>TH</sup> & WED. 6<sup>TH</sup> NOVEMBER**  
**ADULT-TO-ADOLESCENT MHFA TRAINING**

● Adults (18+ years) **9.30 AM to 2.30 PM**

**SAT. NOVEMBER 9<sup>TH</sup>**  
**TEEN-TO-TEEN MHFA TRAINING**

● Teens (13-15 years) **11 AM to 3.30 PM**

**WED. NOVEMBER 13<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**

**THURS. 21<sup>ST</sup> & FRI. 22<sup>ND</sup> NOVEMBER**  
**ADULT-TO-ADULT MHFA TRAINING**

● Adults (18+ years) **9.30 AM to 2.30 PM**

### GRIEF SUPPORT GROUPS

**WED. NOVEMBER 6<sup>TH</sup>**  
**SHARED GRIEF FOR LEBANON**

● Adults (18+ years) **4.30 PM to 5.30 PM**

**SHARED GRIEF FOR LEBANON**  
● Adults (18+ years) **6 PM to 7 PM**  
*Facilitated in Arabic in partnership with*  
*Diwania*

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

**WED. NOVEMBER 6<sup>TH</sup> & 20<sup>TH</sup>**  
**MOTHERLESS DAUGHTERS**  
**SUPPORT GROUP**

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

**MON. NOVEMBER 11<sup>TH</sup>**  
**SHARED GRIEF FOR LEBANON**

● Adults (18+ years) **5 PM to 6 PM**

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

**TUES. NOVEMBER 12<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**

**MON. NOVEMBER 18<sup>TH</sup>**  
**ADULT GRIEF SUPPORT GROUP**

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

**THURS. NOVEMBER 21<sup>ST</sup>**  
**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. NOVEMBER 26<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**

**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.*

### OTHER SUPPORT GROUPS

**MON. NOVEMBER 4<sup>TH</sup>**  
**HEARTBREAK SUPPORT GROUP**

● Adults (21+ years) **6 PM to 7 PM**

**MON. NOVEMBER 11<sup>TH</sup>**  
**CARING FOR CHILDREN WITH CANCER**  
*In partnership with Abtaluna*

● Parents **12 PM to 1 PM**

**IVF/INFERTILITY SUPPORT GROUP**  
*In partnership with IVF Support Group UAE*

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

**TUES. NOVEMBER 12<sup>TH</sup>**  
**MEN'S MENTAL HEALTH SUPPORT GROUP**

● Men (18+ years) **6 PM to 7 PM**

**WED. NOVEMBER 13<sup>TH</sup>**  
**AUTISM SUPPORT GROUP FOR PARENTS**

● Parents **6 PM to 7 PM**

**FRI. NOVEMBER 15<sup>TH</sup>**  
**COPING WITH CANCER SUPPORT GROUP**

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

**TUES. NOVEMBER 19<sup>TH</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. NOVEMBER 20<sup>TH</sup>**  
**CONSCIOUS PARENTING SUPPORT GROUP**

● Parents (with children ages 6 - 11 yrs)

**7 PM to 8 PM**

**FRI. NOVEMBER 22<sup>ND</sup>**  
**TRANSITIONING THROUGH MENOPAUSE**  
**SUPPORT GROUP**

● Women (in perimenopause or menopause)

**10.30 AM to 11.30 AM**

**MON. NOVEMBER 25<sup>TH</sup>**  
**EXPAT SOCIAL SUPPORT GROUP**

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

**WED. NOVEMBER 27<sup>TH</sup>**  
**ASD/AUTISM SUPPORT GROUP FOR ADULTS**

● Adults (18+ years) **8.30 PM to 9.30 PM**

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

