

FEBRUARY 2025

UPCOMING EVENTS OF THE MONTH



THE LIGHTHOUSE
CENTER FOR WELLBEING



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. FEBRUARY 5TH
FREE COMMUNITY WEBINAR:
Brave Conversations

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

THURS. FEBRUARY 6TH
YOGA & SOMATIC PRACTICES
Making Space for Connecting

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

**In-person at The LightHouse Arabia.
This session is for women only (Garden)*

SUN. FEBRUARY 16TH
HEALING THROUGH MEDITATION
Grounding and Awakening, Within & Without

● Adults (21+ years) **12 PM to 1 PM**

**In-person at The LightHouse Arabia.*

HOPE FOR PALESTINE
***Special Community Event**

● All Ages Welcome **5.30 PM to 7.30 PM**

**In-person at The LightHouse Arabia
(Garden)*

TUES. FEBRUARY 18TH
FREE COMMUNITY WEBINAR:
Cultivating Self-Compassion

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

TUES. FEBRUARY 25TH
FREE COMMUNITY WEBINAR:
Growing Minds: Exploring the Basics of Child & Adolescent Mental Health

● Parents **9.30 AM - 10.30 AM**

WED. FEBRUARY 26TH
YOGA & SOMATIC PRACTICES
Making Space for Connecting

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

**In-person at The LightHouse Arabia.
This session is for men and women (Garden)*

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.*

TRAININGS & COURSES

WED. FEBRUARY 12TH
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**

SUN. FEBRUARY 23RD
TEEN-TO-TEEN MHFA TRAINING

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

**In-person at The LightHouse Arabia*

THURS. 27TH & FRI. 28TH FEBRUARY
INTRODUCTION TO ACCEPTANCE & COMMITMENT THERAPY (ACT)

A 2-Part Training (10 hours, over 2 days)

**In-person at The LightHouse Arabia*

ADULT-TO-ADULT MHFA TRAINING

A 2-Part Training (10 hours, over 2 days)

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

GRIEF SUPPORT GROUPS

WED. FEBRUARY 5TH & 19TH
MOTHERLESS DAUGHTERS SUPPORT GROUP

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

MON. FEBRUARY 10TH & 24TH
ADULT GRIEF SUPPORT GROUP

● Adults (21+ years) **5 PM to 6.30 PM**

TUES. FEBRUARY 11TH
PARTNER LOSS SUPPORT GROUP

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

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

MON. FEBRUARY 17TH
SHARED GRIEF FOR PALESTINE

● Adults (18+ years) **5 PM to 6 PM**

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

WED. FEBRUARY 19TH
LITTLE LIFETIMES SUPPORT GROUP
Pregnancy & Infant Loss Support Group
In partnership with *Love Through Loss*

● Adults (18+ years) **7 PM to 8 PM**

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		

OTHER SUPPORT GROUPS

MON. FEBRUARY 3RD
HEARTBREAK SUPPORT GROUP

● Adults (21+ years) **5 PM to 6 PM**

MON. FEBRUARY 10TH
IVF/INFERTILITY SUPPORT GROUP
In partnership with IVF Support Group UAE

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

MEN'S MENTAL HEALTH SUPPORT GROUP

● Men (18+ years) **6 PM to 7 PM**

**In-person at The LightHouse Arabia*

WED. FEBRUARY 12TH
ASD/AUTISM SUPPORT GROUP FOR ADULTS

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

WED. FEBRUARY 19TH
AUTISM SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ASD

● Parents **6 PM to 7 PM**

CONSCIOUS PARENTING SUPPORT GROUP

● Parents (with children ages 6 - 11 yrs)

7 PM to 8 PM

FRI. FEBRUARY 21ST
TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

● Women (in perimenopause or menopause)

10.30 AM to 11.30 AM

MON. FEBRUARY 24TH
EXPAT SOCIAL SUPPORT GROUP

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

TUES. FEBRUARY 25TH
LIFE AFTER DIVORCE SUPPORT GROUP

● Adults (21+ years) **6 PM to 7 PM**

SINGLE PARENTS SUPPORT GROUP

● Parents **6 PM to 7 PM**