

DECEMBER 2024

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.



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	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					

WORKSHOPS & SEMINARS

THURS. DECEMBER 5TH

YOGA & SOMATIC PRACTICES: Making Space for Reflection

● Adults (18+ years) 7 PM to 8.15 PM

*In-person at The LightHouse Arabia

TRAININGS & COURSES

WED. DECEMBER 4TH

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

WED. 11TH & THURS. 12TH DECEMBER

ADULT-TO-ADULT MHFA TRAINING

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

GRIEF SUPPORT GROUPS

TUES. DECEMBER 3RD

PARTNER LOSS SUPPORT GROUP

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

● Adults (21+ years) 4 PM to 5.30 PM

WED. DECEMBER 4TH & 18TH

MOTHERLESS DAUGHTERS SUPPORT GROUP

● Women (21+ years) 5.30 PM to 7 PM

MON. DECEMBER 16TH

ADULT GRIEF SUPPORT GROUP

● Adults (18+ years) 5 PM to 6.30 PM

TUES. DECEMBER 24TH

LITTLE LIFETIMES SUPPORT GROUP

Pregnancy & Infant Loss Support Group partnership with Love Through Loss

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

OTHER SUPPORT GROUPS

MON. DECEMBER 9TH

IVF/INFERTILITY SUPPORT GROUP

In partnership with IVF Support Group UAE

● Women (21+ years) 10 AM to 11.30 AM

CARING FOR CHILDREN WITH CANCER

In partnership with Abtaluna

● Parents 3 PM to 4 PM

HEALING FROM HEARTBREAK SUPPORT GROUP

● Adults (21+ years) 6 PM to 7 PM

TUES. DECEMBER 10TH

SINGLE PARENTS SUPPORT GROUP

● Adults (21+ years) 6 PM to 7 PM

MEN'S MENTAL HEALTH SUPPORT GROUP

● Men (18+ years) 6.30 PM to 7.30 PM

WED. DECEMBER 11TH

AUTISM SUPPORT GROUP FOR PARENTS

● Parents 6 PM to 7 PM

FRI. DECEMBER 13TH

COPING WITH CANCER SUPPORT GROUP

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

TUES. DECEMBER 17TH

LIFE AFTER DIVORCE SUPPORT GROUP

● Adults (21+ years) 6 PM to 7 PM

WED. DECEMBER 18TH

CONSCIOUS PARENTING SUPPORT GROUP

● Parents (with children ages 6 - 11 yrs)

7 PM to 8 PM

FRI. DECEMBER 20TH

TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

● Women (in perimenopause or menopause)

10.30 AM to 11.30 AM