

MARCH 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.**

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

TUES. MARCH 4TH
FREE COMMUNITY WEBINAR:
Mastering Stress, Avoiding Burnout
● Adults (18+ years) **11 AM - 12 PM**

WED. MARCH 12TH
FREE COMMUNITY WEBINAR:
What to Do When Your Child Worries Too Much
● Adults (18+ years) **11 AM - 12 PM**

SUN. MARCH 16TH
FREE HEALING THROUGH MEDITATION
Cleanse & Renew - Special Ramadan Event
● Adults (21+ years) **1 PM to 2 PM**

WED. MARCH 19TH
FREE COMMUNITY WEBINAR:
Values in Action: Why Values are the Key to Finding Fulfillment in Life
● Adults (18+ years) **10 AM - 11 AM**

TUES. MARCH 25TH
FREE COMMUNITY WEBINAR:
Failing Forward: Cultivating Grit in Kids
● Adults (18+ years) **10 AM - 11 AM**

TRAININGS & COURSES

WED. 12TH & THURS. 13TH MARCH
ADULT-TO-ADOLESCENT MHFA TRAINING
A 2-Part Training (10 hours, over 2 days)
● Adults (18+ years) **9:30 AM to 2:30 PM**
**In-person at The LightHouse Arabia*

WED. MARCH 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**

THURS. MARCH 20TH
MHFA REFRESHER COURSE
● Adults (18 yrs+) **9.30 AM to 1.30 PM**
For certified Mental Health First Aiders, wishing to extend their certification another 3 years before expiration/max 6 months post expiration.

WED. 26TH & THURS. 27TH MARCH
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. MARCH 5TH
SHARED GRIEF FOR PALESTINE SUPPORT GROUP
● Adults (18+ years) **3.30 PM to 4.30 PM**
**This Grief Support Group does not require a Grief Consultation in advance.*

WED. MARCH 5TH & 19TH
MOTHERLESS DAUGHTERS SUPPORT GROUP
● Women (21+ years) **5.30 PM to 7 PM**

MON. MARCH 10TH & 24TH
ADULT GRIEF SUPPORT GROUP
● Adults (21+ years) **3 PM to 4 PM**

TUES. MARCH 11TH
PARTNER LOSS SUPPORT GROUP
For those who have lost their partners (married or unmarried)
● Adults (21+ years) **4 PM to 5.30 PM**

WED. MARCH 19TH
LITTLE LIFETIMES SUPPORT GROUP
Pregnancy & Infant Loss Support Group
In partnership with *Love Through Loss*
● Adults (18+ years) **7 PM to 8 PM**

OTHER SUPPORT GROUPS

MON. MARCH 3RD
HEARTBREAK SUPPORT GROUP
● Adults (21+ years) **4 PM to 5 PM**

MON. MARCH 10TH
IVF/INFERTILITY SUPPORT GROUP
In partnership with IVF Support Group UAE
● Women (21+ years) **10 AM to 11.30 AM**

MON. MARCH 17TH
MEN'S MENTAL HEALTH SUPPORT GROUP
● Men (18+ years) **6 PM to 7 PM**
**In-person at The LightHouse Arabia*

TUES. MARCH 18TH
SINGLE PARENTS SUPPORT GROUP
● Parents **5 PM to 6 PM**

ASD/AUTISM SUPPORT GROUP FOR ADULTS
● Adults (18+ years) **8:30 PM to 9:30 PM**

THURS. MARCH 20TH
AUTISM SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ASD
● Parents **6 PM to 7 PM**

FRI. MARCH 21ST
TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP
● Women (in perimenopause or menopause) **10.30 AM to 11.30 AM**

MON. MARCH 24TH
EXPAT SOCIAL SUPPORT GROUP
● Adults (21+ years) **7.30 PM to 8.30 PM**

TUES. MARCH 25TH
LIFE AFTER DIVORCE SUPPORT GROUP
● Adults (21+ years) **1 PM to 2 PM**

WED. MARCH 26TH
CONSCIOUS PARENTING SUPPORT GROUP
● Parents (with children ages 6 - 11 yrs) **7 PM to 8 PM**