

ONLINE SUPPORT GROUPS

DECEMBER, 2024

Please find below a listing of the Free-of-cost support groups for the month, offered by The LightHouse Arabia. The timings indicated are Gulf Standard Time (GST).

Grief & Loss

PARTNER LOSS SUPPORT GROUP

This is a safe and supportive space for individuals who have lost their partners (married or unmarried). The group aims to provide participants with a space to speak openly about their grief alongside others who have shared experiences.

Tuesday, December 3rd
4pm - 5.30pm; (Adults, 21 yrs+)



FACILITATED BY
DR. HOPOLANG MATEE, PhD. (South Africa)
Clinical Psychologist

MOTHERLESS DAUGHTERS SUPPORT GROUP

For women 21+ years who have lost their mother and come together and share experiences, feelings and offer support.

Wednesday, December 4th & 18th
5.30pm - 7pm; (Women, 21 yrs+)



FACILITATED BY
MADALINA OANA FILIP, MSc (Romania)
Psychologist

ADULT GRIEF SUPPORT GROUP

A small group open to men and women who are grieving the death of someone significant to them.

Monday, December 16th
5pm - 6.30pm; (Adults, 18 yrs+)



FACILITATED BY
FARAH DAHABI, LCSW (US)
Clinical Social Worker
Trauma and Crisis Services, Director

LITTLE LIFETIMES SUPPORT GROUP

*In partnership with **Love Through Loss**, we are honored to offer this group for parents, who are grieving the loss of a child or a pregnancy. You do not need to go through your grief alone.*

Tuesday, December 24th
10am - 11.30am; (for Parents)



FACILITATED BY
DR. OTTILIA BROWNI, PhD (South Africa)
Clinical Psychologist

Kindly note, a one-time 50-minute Grief Consultation is required before attending a Grief Support Group unless stated otherwise. Please call to schedule on **T. +971 (0)4 380 2088**.



THE LIGHTHOUSE
CENTER FOR WELLBEING

Health:

IVF & FERTILITY SUPPORT GROUP

In partnership with IVF Support UAE, this is an online group for women coming together, to support other women to understand the impact of IVF and infertility on personal wellbeing. The LightHouse Arabia is committed to reducing the stigma and shame around infertility. We seek to provide support, understanding and a non-judgmental environment for everyone.

Monday, December 9th
10am - 11.30am; (Women)



FACILITATED BY

DR. TARA WYNE, D.Clin.Psy (UK)
Clinical Psychologist & Clinical Director

MEN'S MENTAL HEALTH SUPPORT GROUP

Adversity in life may be inevitable but suffering in silence does not have to be. This new support group aims to provide a safe space and a judgement-free environment for men to meet, open up, talk, and listen. We recognize that taking the first step is often the most difficult. Our group is designed to be free of pressure and there is no obligation to speak because, we believe, sometimes simply listening can help.

Tuesday, December 10th
6.30pm - 7.30pm; (Men, 18 yrs+)
In-person at The LightHouse Arabia



FACILITATED BY

DR. SURESH WADHWANI, MD (UAE)
Consultant Psychiatrist

LIFE AFTER DIVORCE SUPPORT GROUP

Reclaim, rebuild and thrive. This is a safe space to share challenges faced when dealing with divorce, to learn evidence-based strategies in coping with stressors, and have experiences normalized through the power of sharing.

Tuesday, December 17th
6pm - 7pm; (Adults, 21 yrs+)



FACILITATED BY

DR. TARA WYNE, D.Clin.Psy (UK)
Clinical Psychologist & Clinical Director

HEARTBREAK SUPPORT GROUP

For men and women (21+ yrs), who have recently experienced the breakdown or end of a committed romantic relationship. This group aims to provide a safe space to share, connect, seek support and explore the challenges being faced.

Monday, December 9th
6pm - 7pm; (Adults, 21 yrs+)



FACILITATED BY

DR. LOUISE MCDONNELL, DCounsPsych (UK)
Counselling Psychologist (DHCC)

COPING WITH CANCER SUPPORT GROUP

Connecting those who are currently or have been caregivers for those directly impacted by cancer, this support group is a place to receive and provide emotional support and share information. It is also a place to share in the lighter moments, laugh and reconnect with ourselves.

Friday, December 13th
10.30am - 11.30am; (Adults, 21 yrs+)



FACILITATED BY

TANYA DHARAMSHI, MScPsych (US)
Counselor (DHCC) & Counseling Psychologist
Community Support Services and
Raymee Grief Center, Lead

TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

Approximately 50% of the world's population are women, and we spend one-third of our life in a space of menopause. The transition to menopause (called perimenopause), and the changes that occur are real and impact us all - in the body and the mind, with strong connections to hormones and how we think, feel and respond. This group provides a safe space to normalize and explore the physical and emotional changes you may be experiencing, and to help navigate the transition together, for what can also be an incredible time in a woman's life.

Friday, December 20th
10.30am - 11.30am;
(Women in perimenopause or menopause)



FACILITATED BY

TANYA DHARAMSHI, MScPsych (US)
Counselor (DHCC) & Counselling Psychologist
Community Support Services and
Raymee Grief Center, Lead

Register

www.lighthousearabia.com/events

T. +971 (0)4 380 2088

Parenting:

CARING FOR CHILDREN WITH CANCER SUPPORT GROUP FOR PARENTS

In partnership with **Abtaluna**, our monthly support group is for parents and caregivers supporting your child's care. From diagnosis to remission or anywhere in between, this safe and supportive space is here for you.

Monday, December 9th
3pm - 4pm; (Parents)

FACILITATED BY



FARAH DAHABI, LCSW (US)

Clinical Social Worker
Trauma and Crisis Services, Director

SINGLE PARENTS SUPPORT GROUP

A support group designed to provide a safe space single parents to share the daily challenges they face in single-parenting, have personal experiences normalized through the power of sharing, be equipped with evidence-based strategies in dealing with their stressors, and feel a sense of containment and support with what they are experiencing at present, while meeting other single parents.

Tuesday, December 10th
6pm - 7pm; (Parents)

FACILITATED BY



CHRISTINE KRITZAS, M.A. (South Africa)

Psychologist & Director

AUTISM SUPPORT GROUP FOR PARENTS

This group provides a safe, confidential and relaxed setting online for parents and caregivers of children with Autism (ages 5 - 18 years old). It is a space for parents to come together and share experiences, while offering support to one another.

Wednesday, December 11th
6pm - 7pm; (Parents)

FACILITATED BY



PREETHA MADHAVAN, M.Psych. (Australia)

Clinical Psychologist

CONSCIOUS PARENTING SUPPORT GROUP

This support group is a space for parents of children ages 6 - 11 years to discuss the challenges and stressors they face in raising their children. In a time where advice on how to manage challenges like screen time, sleep, friendships, and big emotions can be varied, parents will be able to share their dilemmas, as well as hear from other parents about things that have or haven't worked for them.

Wednesday, December 18th
7pm - 8pm; (Parents)

FACILITATED BY



WESLEY KEW, MA (South Africa)

Clinical Psychologist

Register

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