

ONLINE SUPPORT GROUPS

NOVEMBER, 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

SHARED GRIEF FOR LEBANON SUPPORT GROUP

As we bear witness to Lebanon's pain and suffering, this group provides adults 18+ years with a space to process the shared trauma, grief and sorrow with empathy, respect, and mutual support.

***An initial Grief Consultation is not needed prior to registering for this group.**

**Wednesday, November 6th
4.30pm - 5.30pm; (Adults, 18 yrs+)**

FACILITATED BY



TANYA DHARAMSHI, MScPsych (US)

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

**Wednesday, November 6th
6pm - 7pm; (Adults, 18 yrs+)**

**This group will take place predominantly in Arabic and will be co-facilitated with Diwania.*



FACILITATED BY

DR. SUMMER FAKHRO, DClinPsy (UK)

Clinical Psychologist

**Monday, November 11th
5pm - 6pm; (Adults, 18 yrs+)**

FACILITATED BY



FARAH DAHABI, LCSW (US)

Clinical Social Worker
Trauma and Crisis Services, Director

MOTHERLESS DAUGHTERS SUPPORT GROUP

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

**Wednesday, November 6th & 20th
5.30pm - 7pm; (Women, 21 yrs+)**

FACILITATED BY



MADALINA OANA FILIP, MSc (Romania)

Psychologist

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, November 12th
4pm - 5.30pm; (Adults, 21 yrs+)**

FACILITATED BY



DR. HOPOLANG MATEE, PhD. (South Africa)

Clinical Psychologist

ADULT GRIEF SUPPORT GROUP

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

**Monday, November 18th
5pm - 6.30pm; (Adults, 18 yrs+)**

FACILITATED BY



FARAH DAHABI, LCSW (US)

Clinical Social Worker
Trauma and Crisis Services, Director

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

Grief & Loss cont'd:

SHARED GRIEF FOR PALESTINE SUPPORT GROUP

As we continue to bear witness to Palestine's pain and suffering, we are confronted with a profound grief. This group provides a space to come together to share the grief and offer solace and mutual support. We strive to process the shared trauma and sorrow with empathy and respect. ***An initial Grief Consultation is not needed prior to registering for this group.**

Thursday, November 21st
5pm - 6pm; (Adults, 18 yrs+)

FACILITATED BY



TANYA DHARAMSHI, MScPsych (US)

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

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, November 26th
10am - 11.30am; (for Parents)

FACILITATED BY



DR. OTTILIA BROWNI, PhD (South Africa)

Clinical Psychologist

Register

www.lighthousearabia.com/events

T. +971 (0)4 380 2088

Health:

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, November 4th
6pm – 7pm; (Adults, 21 yrs+)

FACILITATED BY



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

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, November 11th
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, November 12th
6pm - 7pm; (Men, 18 yrs+)

FACILITATED BY



DR. SURESH WADHWANI, MD (UAE)
Consultant Psychiatrist

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, November 15th
10.30am - 11.30am; (Adults, 18 yrs+)

FACILITATED BY



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

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, November 19th
6pm - 7pm; (Adults, 21 yrs+)

FACILITATED BY



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

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Health cont'd:

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, November 22nd
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

EXPAT SOCIAL SUPPORT GROUP

This monthly support group is open to all adult expats living in the UAE and is a safe space to meet others, connect, and feel more at home in the UAE from the comfort of your own home. Connect with fellow expats, share stories and exchange tips about life and experiences in the UAE, and learn how to navigate life's challenges with support, reaffirming that you are not alone.

Monday, November 25th
7.30pm - 8.30pm; (Adults, 21 yrs+)

FACILITATED BY



MAROPENG RALENALA
MA Clin. Psy. (South Africa)

Clinical Psychologist

ADULTS WITH AUTISM SPECTRUM DISORDER (ASD/ASPERGER'S) SUPPORT GROUP

This group provides a safe, confidential and relaxed setting online for adults with ASD/Asperger's to share their thoughts and feelings, and/or ask for feedback, information, and support from each other.

Wednesday, November 27th
8.30pm - 9.30pm; (Adults, 18 yrs+)



FACILITATED BY

ANNA WHITE, BSc. (Ireland)

Sr. Occupational Therapist
SI Practitioner & MHFA UAE Director

Register

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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, November 11th
12pm - 1pm; (Parents)

FACILITATED BY

FARAH DAHABI, LCSW (US)

Clinical Social Worker
Trauma and Crisis Services, 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, November 13th
6pm - 7pm; (Parents)

FACILITATED BY

PREETHA MADHAVAN, M.Psych. (Australia)

Clinical Psychologist



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, November 19th
6pm - 7pm; (Parents)

FACILITATED BY

CHRISTINE KRITZAS, M.A. (South Africa)

Psychologist & Director



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, November 20th
7pm - 8pm; (Parents)

FACILITATED BY

WESLEY KEW, MA (South Africa)

Clinical Psychologist



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