



**THE LIGHTHOUSE**<sup>®</sup>  
CENTER FOR WELLBEING



# Raymee Grief Center



# *No one has to grieve alone.*

IF YOU, OR SOMEONE YOU KNOW, IS GRIEVING THE DEATH OF A LOVED ONE, OUR DOORS AND OUR HEARTS ARE OPEN TO YOU – REGARDLESS OF WHEN THAT LOSS OCCURRED. ALLOWING LIFE TO RETURN TO YOU AFTER A SIGNIFICANT LOSS BEGINS WITH UNDERSTANDING WHAT TO EXPECT FROM GRIEF, AND HOW IT CAN IMPACT YOU.

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## We are here to help

The Raymee Grief Center provides free one-on-one consultations and support groups for individuals and families who are affected by grief. Founded in 2011 by Dr. Saliha Afridi & Dr. Tara Wyne, it remains the only grief support center in the Gulf region. Run by grief specialists at The LightHouse Arabia, the center can help you to understand what to expect from grief, how grief can impact you, as well as companion you as you learn how to live and move forward with it.



*“Grief is not  
a disorder, a disease,  
or a sign of weakness.  
It is an emotional,  
physical, and  
spiritual necessity.  
The only cure for  
grief is to grieve.”*

EARL GROLLMAN

# INDIVIDUAL & GROUP SERVICES

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ALL INDIVIDUAL AND GROUP SERVICES ARE FREE-OF-CHARGE.

## *Grief Consultation*

A confidential, 50-minute session with a grief specialist, one-on-one. During this session, you will gain a deeper understanding of what grief is, what to expect from it, and how to heal through it.

## *Grief Support Groups*

### MOTHERLESS DAUGHTERS

For women 21+ years who have lost their mother and come together and share experiences, feelings and offer support. This group is modeled after the book, *Motherless Daughters*, by Hope Edelman.

### ADULT GRIEF

A small group open to men and women 18+ years who are grieving the death of someone significant to them. This includes the death of a child, spouse, sibling, friend, parent, or colleague.

### PARTNER LOSS

For men and women 21+ years 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.

### LITTLE LIFETIMES: PREGNANCY & INFANT LOSS

For parents who are grieving the loss of a child. You do not need to go through your grief alone.

### SHARED GRIEF FOR PALESTINE

A space to come together, as we strive to process the shared trauma and sorrow with empathy and respect.

*\*A Grief Consultation is not needed to join this group.*

# CORPORATE & COMMUNITY SERVICES

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## CRITICAL INCIDENT STRESS DEBRIEFINGS (CISD)

A CISD is a structured technique to assist a small group in processing the physical or psychological symptoms that are generally associated with trauma exposure arising from death, a natural disaster or violent crime. It is facilitated by a licensed clinical psychologist that specializes in grief and trauma.

## GRIEF TRAINING FOR SCHOOLS, HOSPITALS, AND PUBLIC & PRIVATE ORGANIZATIONS

Grief training equips participants with the ability to identify common grief reactions, learn principles for guiding grief, and how to support someone who is grieving. Trainings are customized to your organization's unique needs.

## BEREAVEMENT POLICY GUIDANCE

For schools & organizations.

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### ***Modelled on The Dougy Center –***

*the National Center for Grieving Children and Families in the US, the Raymee Grief Center was founded in 2011 to give everyone in the UAE the opportunity to grieve in a supportive and understanding environment.*

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***“The only way out,  
is through.”***

ROBERT FROST  
Poet and bereaved father  
of two children





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To schedule a free grief consultation or sign up for a support group, please send an e-mail to **info@lighthousearabia.com** or call **+971 (0)4 380 2088**.

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