

ONLINE SUPPORT GROUPS

DECEMBER , 2020

Please find below a listing of the Free-of-cost support groups currently offered online by The LightHouse Arabia.

For our full event calendar and to register, please visit lighthousearabia.com/events.

Grief:



MOTHERLESS DAUGHTERS SUPPORT GROUP

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

**Monday, December 7th & 21st, 6pm - 7.30pm;
(Women, 21 yrs+)**



FACILITATED BY

RONETTE ANNA ZAIMAN, MSc. (South Africa)
Clinical Psychologist

LITTLE LIFETIMES SUPPORT GROUP

For pregnancy and infant loss. We are honored to offer this grief support group for parents who are grieving the loss of a child. You do not need to go through your grief alone.

**Monday, December 29th, 10am - 11.30am;
(for Parents)**



FACILITATED BY

DR. OTTILIA BROWN, 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, December 14th & 28th, 5.30pm - 7pm;
(Adults, 21 yrs+)**



FACILITATED BY

FARAH DAHABI, LCSW (US)
Grief Support Specialist & MHFA Director

* Prior to joining the Grief Support Group you will need to do a grief consultation, which can be arranged by sending an email to E.events@lighthousearabia.com or by calling The LightHouse Arabia. **T. (0)4 380 2088.**

Register

www.lighthousearabia.com/events
T. +971 (0)4 380 2088



THE LIGHTHOUSE
CENTER FOR WELLBEING

Health:

JOB LOSS DURING COVID-19 SUPPORT GROUP

This weekly online support group brings together those who are trying to recover from the adversity of losing their job due to the COVID-19 crisis.

Tuesday, December 1st, 8th & 15th
3pm -4pm; (Adults, 21 yrs+)



FACILITATED BY

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

EMOTIONAL HEALTH DURING TIMES OF COVID-19

A weekly group that meets to discuss emotional and mental health concerns, and stress related to social isolation, self-quarantine, and other stressors as a result of the COVID-19 situation.

Tuesday, December 1st, 8th, 15th & 22nd
3.30pm – 4.30pm; (Adults, 21 yrs+)



FACILITATED BY

DR. ROBERT CHANDLER, D.Clin.Psy. (UK)
Clinical Psychologist

BEIRUT TRAUMA SUPPORT GROUP

A support group for those who witnessed or experienced the Beirut Explosion. The group provides a safe and confidential space to process your thoughts, emotions and reactions under the care of a grief and trauma specialist.

Sunday, December 13th
3pm – 4pm; (Adults, 21 yrs+)



FACILITATED BY

AISLING PRENDERGAST, MSc. (UK)
Psychologist & Support Group Services Lead

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.

Sunday, December 13th
10am -11.30am; (Women)



FACILITATED BY

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

RELATING THROUGH RACE SUPPORT GROUP

An online support group for Black people to share thoughts on race and racism. It is a space to debrief following witnessing racially unjust events in the media; a place to discuss experiences of being Black; and an opportunity to support each other in managing both personal and collective racial trauma, and race-related stress.

Wednesday, December 9th & 16th
5.30pm -7pm; (Adults, 18 yrs+)



FACILITATED BY

DR. NAKITA O'LEARY
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, December 16th
6pm -7.30pm; (Adults, 18 yrs+)



FACILITATED BY

JESSICA ROSSLEE, M.A. (South Africa)
Clinical Psychologist

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Health cont'd:

COPING WITH CANCER SUPPORT GROUP

Connecting those affected 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.

Wednesday, December 9th
5pm – 6pm; (Adults, 18 yrs+)



FACILITATED BY

ANANYA YADAV, MSc. (UK)

Psychology Assistant

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.

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



CO-FACILITATED BY

CHRISTINE KRITZAS, M.A. (South Africa)

Psychologist & Education Director



JESSICA ROSSLEE, M.A. (South Africa)

Clinical Psychologist

TEEN TRIBE SUPPORT GROUP

This bi-monthly support group offers a safe space for teens to get together and talk about the challenges and stressors they are currently facing in their lives.

Monday, December 7th
5pm -6pm; (Teens, 13-16 yrs)



FACILITATED BY

DR. REBECCA STEINGIESSER, DPsych (Australia)

Clinical Psychologist

Parenting:

SINGLE PARENTS SUPPORT GROUP

A bi-monthly support group that runs online, 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.

Monday, December 14th; 6pm - 7pm
(Parents)



CO-FACILITATED BY

CHRISTINE KRITZAS, M.A. (South Africa)

Psychologist & Education Director



JESSICA ROSSLEE, M.A. (South Africa)

Clinical Psychologist

Register

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