

SEPTEMBER 2021

UPCOMING EVENTS OF THE MONTH



- CHILDREN**
- TWEENS** (AGES 9 – 12 YRS)
- TEENS** (AGES 13 – 17 YRS)
- ADULTS** (18 YRS+)
- ALL AGES WELCOME**



All of our events are currently being offered online, via the Zoom platform.

SUN	MON	TUE	WED	THU	FRI	SAT
			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		

WORKSHOPS & SEMINARS

SAT. SEPTEMBER 18TH
HEALING THROUGH MEDITATION
 Adults (21+ years) **1 PM to 2 PM**

SAT. SEPTEMBER 25TH
***NEW WORKSHOP: Mastering the Art of Manifestation~Bridging Science with the Law of Attraction to Create a Meaningful & Joyful Life**
 Adults (21+ years) **2 PM to 4 PM**

TRAININGS & COURSES

WED. SEPTEMBER 1ST
MENTAL HEALTH FIRST AID INFORMATIONAL SESSION
 Adults (21+ years) **5 PM to 5.30 PM**

WED. SEPTEMBER 8TH
MENTAL HEALTH FIRST AID SUPPORT SESSION For Certified MHFAiders only
 Adults (18+ years) **5 PM to 6 PM**

FRI. 10TH & SAT. 11TH SEPTEMBER
ADULT-TO-ADULT MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE
 Adults (18+ years) **9:30 AM to 2:30 PM**

FRI. SEPTEMBER 17TH
TEEN-TO-TEEN MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE
 Teens (16-18 yrs) **11 AM to 3 PM**

MON. SEPTEMBER 20TH
TEEN MENTAL HEALTH FIRST AID SUPPORT SESSION
 Teens (13-18 yrs) **6.30 PM to 7.30 PM**

FRI. 24TH & SAT. 25TH SEPTEMBER
ADULT-TO-ADOLESCENT MENTAL HEALTH FIRST AID TRAINING ONLINE COURSE
 Adults (18+ years) **9:30 AM to 2:30 PM**

SUPPORT GROUPS

SUN. SEPTEMBER 5TH
POSTNATAL MENTAL HEALTH SUPPORT GROUP
 Women (21+ years) **12.30 PM to 1.30 PM**

MON. SEPTEMBER 6TH
COPING WITH CANCER SUPPORT GROUP
 Adults (18+ years) **5 PM to 6 PM**

TUES. SEPTEMBER 7TH & 21ST
EMOTIONAL HEALTH DURING TIMES OF COVID-19 SUPPORT GROUP
 Adults (21+ years) **3:30 PM to 4:30 PM**

WED. SEPTEMBER 8TH
ADULT GRIEF SUPPORT GROUP
 Adults (18+ years) **6 PM to 7.30 PM**

SUN. SEPTEMBER 12TH
IVF/INFERTILITY SUPPORT GROUP
In partnership with IVF Support Group UAE
 Women (18+ years) **10 AM to 11:30AM**

SUN. SEPTEMBER 12TH & 26TH
HEARTBREAK SUPPORT GROUP
 Adults (21+ years) **6.30 PM to 7.30 PM**

MON. SEPTEMBER 13TH
TEEN TRIBE SUPPORT GROUP
 Teens (13-16 yrs) **6 PM to 7 PM**

MON. SEPTEMBER 13TH & 27TH
SINGLE PARENTS SUPPORT GROUP
 Parents **6 PM to 7 PM**

MOTHERLESS DAUGHTERS SUPPORT GROUP
 Women (21+ years) **6 PM to 7:30 PM**

TUES. SEPTEMBER 14TH
ASD/AUTISM SUPPORT GROUP FOR ADULTS
 Adults (18+ years) **7:30 PM to 8:30 PM**

WED. SEPTEMBER 15TH
RELATING THROUGH RACE SUPPORT GROUP
 Adults (18+ years) **5:30 PM to 7 PM**

SUPPORT GROUPS

MON. SEPTEMBER 20TH
TEACHERS SUPPORT GROUP
 Adults (21+ years) **5 PM to 6 PM**

ADULT GRIEF SUPPORT GROUP
 Adults (18+ years) **5:30 PM to 7 PM**

LIFE AFTER DIVORCE SUPPORT GROUP
 Adults (21+ years) **6 PM to 7 PM**

WED. SEPTEMBER 22ND
SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP
 Adults (18+ years) **6 PM to 7:30 PM**

SUN. SEPTEMBER 26TH
PARTNER LOSS SUPPORT GROUP
For those who have lost their partners (married or unmarried)
 Adults (21+ years) **5:30 PM to 7 PM**

MON. SEPTEMBER 27TH
LITTLE LIFETIMES SUPPORT GROUP
Pregnancy & Infant Loss Support Group
 Adults (18+ years) **10 AM to 11:30 AM**

Grief Support Groups: *Kindly note, a 60-minute one-on-one Grief Consultation is required with one of our grief specialists prior to joining any Grief Support Group. Please call to book your complimentary consultation. T. (0)4 380 2088*