



Online Mental Health First Aid INFO SESSIONS, TRAININGS & SUPPORT SESSIONS

UPCOMING ONLINE EVENTS IN 2021

ONLINE ADULT-TO-ADULT MHFA TRAINING:

(9.30am - 2.30pm)



A 10-hour evidence-based course ideal for adults wanting to learn how to identify and respond to other adults who may be struggling with their mental health.

*6.5 CME/CPD credits available from DHA.

- **July 15 & 16** (Thur./Fri.)
- **August 4 & 5** (Wed./Thur.)
- **September 10 & 11** (Fri./Sat.)
- **October 7 & 8** (Thurs./Fri.)
- **November 12 & 13** (Fri./Sat.)
- **December 8 & 9** (Wed./Thurs.)

ONLINE ADULT-TO-ADOLESCENT MHFA TRAINING:

(9.30am - 2.30pm)



A 10-hour evidence-based course ideal for adults wanting to learn how to identify and respond to teens who may be struggling with their mental health.

- **August 11 & 12** (Wed/Thur.)
- **September 24 & 25** (Fri./Sat.)
- **November 25 & 26** (Fri./Sat.)

ONLINE TEEN-TO-TEEN MHFA TRAINING:

(11am - 3pm)

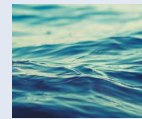


A 4-hour evidence-based training for teens who want to learn how to understand, identify, and respond to other teens who may be struggling with their mental health.

- **Fri. July 23** (16-18 years)
- **Fri. August 13** (13-15 years)
- **Fri. September 17** (16-18 yrs)
- **Fri. October 15** (13-15 yrs)
- **Fri. November 19** (16-18 yrs)

ONLINE MHFA INFORMATIONAL SESSIONS:

(5pm - 5.30pm)



Join us for an informational session to learn more about what Mental Health First Aid is all about, followed by an interactive Q&A session.

- **Wed. July 7**
- **Wed. August 4**
- **Wed. September 1**

ONLINE ADULT MHFA SUPPORT SESSIONS:

(5pm - 6pm)



A monthly support session for accredited Adult Mental Health First Aiders.

- **Wed. July 14**
- **Wed. August 11**
- **Wed. September 8**

ONLINE TEEN MHFA SUPPORT SESSIONS:

(7.30pm to 8.30pm)



A monthly support session for certified Teen Mental Health First Aiders.

- **Mon. July 5**
- **Mon. August 9**
- **Mon. September 27***
- **Mon. October 25***
- **Mon. November 29***
- **Mon. December 6***

*Timings: 6.30pm - 7.30pm



IDENTIFY. UNDERSTAND. RESPOND.

The LightHouse Arabia is the only authorized and licensed provider for MHFA training in the U.A.E.

Pre-Registration required:

www.lighthousearabia.com/events

*All events are delivered online using the Zoom platform

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