

# ONLINE SUPPORT GROUPS

SEPTEMBER, 2021

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](https://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, September 13th & 27th, 6pm - 7.30pm;  
(Women, 21 yrs+)**



FACILITATED BY

**RONETTE ANNA ZAIMAN, MSc. (South Africa)**

Clinical Psychologist &  
Community Services Lead

### ADULT GRIEF SUPPORT GROUP

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

**Monday, September 6th & 20th, 5.30pm - 7pm;  
(Adults, 18 yrs+)**



FACILITATED BY

**FARAH DAHABI, LCSW (US)**

Grief Support Specialist & MHFA Director

### SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP

*For individuals who are grieving the death of someone to suicide. You do not need to go through your grief alone.*

**Wednesday, September 22nd, 6pm - 7.30pm;  
(Adults, 21 yrs+)**



FACILITATED BY

**RONETTE ANNA ZAIMAN, MSc. (South Africa)**

Clinical Psychologist &  
Community Services Lead

### 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.*

**Sunday, September 26th, 5.30pm - 7pm;  
(Adults, 21 yrs+)**



FACILITATED BY

**LARA OMRAN**

Psychology Assistant

### 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, September 27, 10am - 11.30am;  
(for Parents)**



FACILITATED BY

**DR. OTTILIA BROWN, PhD. (South Africa)**

Clinical Psychologist

\* 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](mailto:E.events@lighthousearabia.com) or by calling The LightHouse Arabia. T. (0)4 380 2088.



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# Health:

## POSTNATAL MENTAL HEALTH SUPPORT GROUP

*For mothers who have recently given birth and are experiencing emotional difficulties such as sadness, anxiety, loneliness, grief, isolation, guilt, and adjustment. This group aims to provide a space for mothers to share their experiences, learn from each other, and ultimately feel less alone in their journey.*

**Sunday, September 5th**  
**12.30pm - 1.30pm; (Women, 21 yrs+)**

FACILITATED BY



**DR. SUMMER FAKHRO, D.Clin.Psych (UK)**

## 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.*

**Monday, September 6th**  
**5pm – 6pm; (Adults, 18 yrs+)**

FACILITATED BY



**GILLIAN FOWLER, M.Clin.Psy (South Africa)**  
Clinical Psychologist

## EMOTIONAL HEALTH DURING TIMES OF COVID-19

*A 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, September 7th & 21st**  
**3.30pm – 4.30pm; (Adults, 21 yrs+)**

FACILITATED BY



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

## 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, September 12th**  
**10am - 11.30am; (Women)**

FACILITATED BY



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

## 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.*

**Sunday, September 12th & 26th**  
**6.30pm – 7.30pm; (Adults, 21 yrs+)**

FACILITATED BY



**DR. SHEETAL KINI, PhD. (US)**  
Clinical Psychologist

**Register**

[www.lighthousearabia.com/events](http://www.lighthousearabia.com/events)

T. +971 (0)4 380 2088



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## Health cont'd:

### TEEN TRIBE SUPPORT GROUP

*This 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. of managing academics and personal life.*

**Monday, September 13th**  
**6pm -7pm; (Teens, 13-16 yrs)**



FACILITATED BY

**DR. DANIELA SEMEDO, PhD. (UK)**  
Clinical Psychologist

### 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, September 15th**  
**5.30pm -7pm; (Adults, 18 yrs+)**



FACILITATED BY

**DR. NAKITA O'LEARY, D.Clin.Psy (UK)**  
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.*

**Tuesday, September 14th**  
**7.30pm -8.30pm; (Adults, 18 yrs+)**



FACILITATED BY

**ANNA WHITE, BSc. (Ireland)**  
Sr. Occupational Therapist  
SI Practitioner

### TEACHERS SUPPORT GROUP

*A support group for teachers who are currently educating and supporting students, while navigating the new norm. Teachers can bring any topics or issues related to their practice as a teacher. The group provides a space for teachers to discuss their emotional wellbeing concerns and other stressors related to their role and the impact of COVID-19 pandemic on them personally and*

**Monday, September 20th**  
**5pm – 6pm; (Adults, 21 yrs+)**



FACILITATED BY

**GILLIAN FOWLER, M.Clin.Psy (South Africa)**  
Clinical Psychologist

### 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, September 20th**  
**6pm -7pm; (Adults, 21 yrs+)**



FACILITATED BY

**CHRISTINE KRITZAS, M.A. (South Africa)**  
Psychologist & Education Director

**Register**

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# Parenting:

## 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.*

**Monday, September 13th & 27th**  
**6pm - 7pm (Parents)**



FACILITATED BY

**CHRISTINE KRITZAS, M.A. (South Africa)**  
Psychologist & Education Director

**Register**

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