



Anna White, BSc. OT (Ireland)  
SR. OCCUPATIONAL THERAPIST  
Sensory Integration Practitioner & Education Team Lead

Anna White is a licensed Occupational Therapist who has first-hand experience working across the age range with children, teens and adults in the school, clinic and community environments. Her expertise includes providing specialized and individualized Occupational Therapy assessment and intervention skills, as well as one-to-one and group trainings related to mental health topics. Anna runs parent support groups and school-based meet-ups, and also works closely with school SEN departments.



**ONLINE WORKSHOP**

# SMART Start to Child Mental Health: RAISING AWARENESS AND SKILLS IN ADDRESSING CHILD MENTAL HEALTH DIFFICULTIES

**Date:** Sunday, 29<sup>th</sup> May, 2022 **Time:** 10am-12pm

**Suitable for:** Parents of children and teenagers aged 6-16 years

**Investment:** AED 295/person + 5% VAT

The SMART Parenting Journey series of workshops are for parents who wish to be more conscious and authentic in their parenting, and to equip them with the necessary skills to increase their self-awareness, understand their own emotional triggers, as well as cultivate Emotional Intelligence (EQ) in their children.

## By attending this online workshop, participants will:

- Understand why mental health matters and how to cultivate a shared language in the home environment
- Understand how your childhood experiences influence your parenting style.
- Learn how to recognize and respond to a child who is beginning to struggle with their mental health or currently experiencing mental health difficulties.
- Learn how to break unhelpful patterns and embrace your child's emotions with empathy and understanding.
- Knowing when to refer out to a professional for support.

## CONTACT US

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

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

LOCATION: This is an online group. A link to the Zoom meeting will be sent following event registration/payment.

FEE: AED 295 + 5% VAT per person



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CENTER FOR WELLBEING