



Farah Dahabi, LSCW (US)

GRIEF & TRAUMA SUPPORT SPECIALIST
Mental Health First Aid UAE, Director

Farah Dahabi is a Clinical Social Worker from the US who leads the Mental Health First Aid UAE program. She has expertise in workplace mental health, grief, trauma, depression, anxiety, and adjustment issues.



ONLINE WEBINAR

TRAUMA BRIEFING

For those affected by the floods in Pakistan

Date: Friday, 2nd September, 2022 **Time:** 11am - 12pm (Dubai)

This is a 45-min free-of-cost webinar followed by 15-mins for Q&A and discussion.

Trauma is not just the events taking place but also its imprint on the mind, body, and soul. When trauma is fresh, we need only to make the resolution to survive each day – to meet each day moment by moment, with the utmost compassion.

This session creates an inner map on understanding how to navigate the shapeshifting terrain of trauma and grief.

YOU WILL LEARN:

- How trauma and secondary trauma can impact you emotionally, psychologically, and physically
- The role of grief and how to navigate it
- How to care for yourself
- How to care for others (what to say, and what not to say)
- How to recognize the signs that you, or someone you care for, may need additional support

Please note, attendees are **not required to share what they have witnessed or experienced.*

MEETING LINK:

<https://www.lighthousearabia.com/events/trauma-briefing>

Instructions for how to join this webinar will be shared separately in advance.



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