Dr. Alisha Walker, D.Clin.Psych (Ireland)
CLINICAL PSYCHOLOGIST

WELCOME TO

Teen Tribe

A support group for Teens ages 13 – 18 yrs

Date: Thursday, October 27th **Time:** 5pm - 6pm

Location: In-person at The LightHouse Arabia

"Some of the most comforting words in the universe are 'me too.' That moment when you find out that your struggle is also someone else's struggle, that you're not alone, and that others have been down the same road." – Anonymous

ABOUT THIS GROUP:

Teen Tribe is a monthly support group for teens aged 13 to 18 years of age who would like to get together with others and talk about the stressors they are currently facing in their lives. It is also suitable for teens who have taken the Teen-to-Teen Mental Health First Aid Training.

BENEFITS OF ATTENDING THIS GROUP:

• A safe, supportive and open space where they can get advice and insight from one another, which can help them in developing new ways to deal with the challenges they face.

• The group setting helps to create a sense of belonging, while letting your teen know that they are not alone in the challenges they face.

• Facilitated by a licensed clinical psychologist who can offer support and perspective in helping teens to navigate today's world.

CONTACT US

821 Al Wasl Rd
Al Safa 2
P.O. Box 334273
Dubai, UAE

T. +971 (0)4 380 2088
E. info@lighthousearabia.com

@lighthousearabia

lighthousearabia.com

RESERVATIONS: lighthousearabia.com/events
FEES: **Free-of-cost**
LOCATION: **The October Teen Tribe group will take place in-person at The LightHouse Arabia. COVID-19 protocols are in-place, and masks must be worn at all times. If you are experiencing any symptoms, we kindly request that you do not attend.**

THE LiGHTHOUSE
CENTER FOR WELLBEING