



Anna White, B.S. OT (Ireland)  
SR. OCCUPATIONAL THERAPIST  
Mental Health First Aid UAE, Director

Anna White is a licensed Occupational Therapist with extensive 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 is a Director of Mental Health First Aid for The LightHouse Arabia, and frequently leads trainings across all programs under the banner for Adults and young people. She holds a senior leadership position on our Education and Corporate teams.



## WOMEN'S MENTAL HEALTH: Secrets of a Healthy Mind

**Date:** Friday, May 19th, 2023

**Time:** 10am - 11.30am

**Suitable for:** Women, ages 21 yrs+

This is a Free-of-cost 45-min in-person talk for women, taking place at The LightHouse Arabia. It will be followed by 15-mins for Q&A, discussion & networking. Light refreshments will be provided.

### ABOUT THIS TALK:

In order to fully show up and bring our best selves to our work and relationships, we have to become more intentional about creating greater resilience, balance, and wellbeing in our lives. By cultivating simple habits that have been scientifically proven to aid mental and emotional health, we can make the most out of our relationships and life.

### WOMEN ATTENDING THIS TALK WILL:

- Gain insight into what gets in the way of optimal brain functioning.
- Learn what small changes and skills that can be developed for a more balanced and relaxed mind, increased creativity, and greater efficiency in all areas of life.
- Be encouraged to role model and share what they learn with loved ones.

#### CONTACT US

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

LOCATION: This Free-of-cost talk will take place in-person at The LightHouse Arabia (Al Wasl Rd branch).



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