



WOMEN'S MENTAL HEALTH
*New Support Group

THE FOURTH TRIMESTER: Supporting Women Through Postpartum

Date: Monthly, on a Tuesday

Time: 10am - 11am (GST; Dubai)

Suitable for: Women (in their first year postpartum)

Location: Zoom (online)

This new support group is for mothers navigating the early postpartum journey, and is designed for those within the first 1 year after childbirth.

The group offers a validating and compassionate space for mothers to share experiences, build community, address common challenges and access resources in a safe nourishing environment. The 12 weeks after birth is considered as the 'Fourth Trimester' and sets the foundation for long term mental health and healing, therefore postpartum recovery deserves thoughtful care and support. The group welcomes a full range of postpartum realities - whether you are adjusting to life with a newborn, coping with emotional challenges, or adapting to changes within your body and identity, you're not alone. *Join us to connect, reflect, and be supported.*

SUPPORT WILL INCLUDE:

- Tools to create a 'Postpartum Sanctuary'
- Connection and community from other mothers
- Space to process birthing experiences
- Improved self-awareness and compassionate thinking
- Normalizing the challenges of motherhood
- Empowerment and nourishment

WHO SHOULD ATTEND:

- New mothers within the first 12 mths of childbirth
- Mothers experiencing emotional challenges such as anxiety, depression or overwhelm
- Those feeling isolated, uncertain or in need of connection
- Mothers from all backgrounds and ages

UPCOMING DATES:

Tuesday, 14th October (10-11am)

Tuesday, 18th November (10-11am)

Tuesday, 9th December (10-11am)

REGISTRATION: lighthousearabia.com/events

A Zoom link will be shared separately upon registration.



THE LIGHTHOUSE
CENTER FOR WELLBEING

lighthousearabia.com/events



FACILITATED BY:

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COUNSELOR (DHCC branch)
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