

Online, interactive seminars. Participants can join from anywhere in the world and have the ability to engage with the counsellor/presenter, and send and receive information in real-time.

### **AREAS TARGETTED**

- MENTAL HEALTH
- EMOTIONAL RESILIENCE DURING UNCERTAIN TIMES
- COPING WITH COVID-19 ANXIETY
- KNOW THE SIGNS: RECOGNIZING AND RESPONDING TO SOMEONE WHO IS EMOTIONALLY STRUGGLING DURING COVID-19
- BEING PRODUCTIVE WHILE WORKING FROM HOME
- KEEP COOL AND DO SCHOOL! HOME LEARNING WITH YOUR PRIMARY SCHOOL CHILD
- CULTIVATING SELF-COMPASSION DURING COVID-19
- HOW TO CARE FOR YOUR CHILD'S MENTAL HEALTH DURING THE COVID-19
- PARENTING IN THE TIME OF CORONAVIRUS AND SOCIAL DISTANCING

### **BOOK A WEBINAR FOR YOUR ORGANIZATION**

Please email [lighthousecentre0203@gmail.com](mailto:lighthousecentre0203@gmail.com) to book a webinar with one of our experts. Please let us know about your company/group, its constituents, and what your group is currently struggling with so we can speak directly to that when we do the talk.

We tailor make them, so do let us know what topic and area you would want us to focus on.

**We also provide the following mental health services**

### **ONLINE SKILL-BUILDING WORKSHOPS FOR ORGANIZATIONS**

These workshops combine instruction, practice, and preparation for workplace application (e.g., Stress Management, Depression Management, Anxiety Management, Managing Difficult Emotions, Having Brave Conversations). These online workshops range from 90 minutes to 3 hours in length, and can be created and customized for your company's needs.

For more information and to schedule an online Skill-Building Workshop for your organization, please send an email to: [lighthousecentre0203@gmail.com](mailto:lighthousecentre0203@gmail.com)

**ONLINE THERAPY**

Appointments are 45 - 60 minutes in duration and are delivered by trained professionals. We have many platforms, like Zoom, What's app, Duo. The link will be sent and will consult with the psychologist/educator/therapist in the comfort of your home.

**ONLINE EMOTIONAL WELLBEING CHECK-UP**

A short online emotional check-up consultation with a psychologist. You will be sent our Mental Health Assessments prior to the appointment. After completing the assessments, you will be provided with feedback on risk factors that you should be aware of and recommendations to improve and safeguard your mental wellbeing.