

YOUTH WELL-BEING PROGRAM FALL 2026 – SCHEDULE AND DETAILS

- Participants must be able to dedicate sufficient time and effort to the program, including participation in virtual meetings, modules, discussions, and group work.
- Participants must complete **at least 80%** of the program to be eligible for a certificate.
- All synchronous sessions will be held on **Wednesdays** according to the schedule below.

Module	Type	UAE Time	EDT/EST
Opening Session	Synchronous	Zoom: Sept 2, 6:05 – 7:25 pm	Zoom: Sept 2, 10:05 – 11:25 am
Module 1	Async + Sync	Content: Opens after 1st session Closes Sept 9, 6:00 pm Zoom: Sept 9, 6:05 – 7:25 pm	Content: Opens after 1st session Closes Sept 9, 10:00 am Zoom: Sept 9, 10:05 – 11:25 am
Module 2	Asynchronous	Opens Sept 9, 7:30 pm Closes Sept 16, 6:00 pm	Opens Sept 9, 11:30 am Closes Sept 16, 10:00 am
Module 3	Sync + Async	Zoom: Sept 16, 6:05 – 7:25 pm Content: Opens after session Closes Sept 23, 6:00 pm	Zoom: Sept 16, 10:05 – 11:25 am Content: Opens after session Closes Sept 23, 10:00 am
Module 4	Asynchronous	Opens Sept 23, 6:00 pm Closes Sept 30, 6:00 pm	Opens Sept 23, 10:00 am Closes Sept 30, 10:00 am
Module 5	Sync + Async	Zoom: Sept 30, 6:05 – 7:25 pm Content: Opens after session Closes Oct 7, 6:00 pm	Zoom: Sept 30, 10:05 – 11:25 am Content: Opens after session Closes Oct 7, 10:00 am
Module 6	Asynchronous	Opens Oct 7, 6:00 pm Closes Oct 14, 6:00 pm	Opens Oct 7, 10:00 am Closes Oct 14, 10:00 am
Module 7	Sync + Async	Zoom: Oct 14, 6:05 – 7:25 pm Content: Opens after session Closes Oct 21, 6:00 pm	Zoom: Oct 14, 10:05 – 11:25 am Content: Opens after session Closes Oct 21, 10:00 am
Module 8	Asynchronous	Opens Oct 21, 6:00 pm Closes Oct 28, 6:00 pm	Opens Oct 21, 10:00 am Closes Oct 28, 10:00 am
Final Session	Sync + Async	Zoom: Oct 28, 6:05 – 7:25 pm Content: Opens after session Closes Nov 4, 7:00 pm	Zoom: Oct 28, 10:05 – 11:25 am Content: Opens after session Closes Nov 4, 11:00 am