

May 2024



Drop-In Hours: 10 am to 5 pm, Monday–Friday; and by appointment
3410 Bath Pike, Bethlehem, PA 18017; Tel. 484-747-6825

www.oasisbethlehem.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30-10:30 am - Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts Grief Group ^R	2 12:00-1:00 pm - SMART F&F ^H 5:15-6:15 pm - ACA ^H 6:00-7:30 pm Navigating SUD ^R 6:30-8:00 pm - SMART Indiv ^H	3	4
For full meeting details, visit: www.OasisBethlehem.org/Calendar						
5 Bereaved Mother's Day	6 7:00-9:30 pm NAMI-LV Family-to-Family ^R	7 5:15-6:15pm - Grief Movement ^R 5:15-6:30 pm Invitation to Change ^R 7:00-800 pm - Al-Anon ^H	8 9:30-10:30 am - Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts Grief Group ^R	9 12:00-1:00 pm - SMART F&F ^H 5:15-6:15 pm - ACA ^H 6:00-7:30 pm Navigating SUD ^R 6:30-8:00 pm - SMART Indiv ^H	10	11
Mother's Day 12	13	14 5:15-6:15pm - Grief Movement ^R 5:15-6:30 pm Invitation to Change ^R 7:00-800 pm - Al-Anon ^H	15 9:30-10:30 am - Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts Grief Group ^R	16 12:00-1:00 pm - SMART F&F ^H 5:15-6:15 pm - ACA ^H 6:30-8:00 pm Navigating SUD 6:30-8:00 pm - SMART Indiv ^H	17 Thursday, May 16 5:00 to 7:00 pm Angels Across America Remembrance Meet & Greet	18 9:00 am–7:00 pm Serenity Retreat
19	20	21 5:15-6:15pm - Grief Movement ^R 5:15-6:30 pm Invitation to Change ^R 7:00-800 pm - Al-Anon ^H	22 9:30-10:30 am - Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts Grief Group ^R	23 12:00-1:00 pm - SMART F&F ^H 5:15-6:15 pm - ACA ^H 6:00-7:30 pm Navigating SUD ^R 6:30-8:00 pm - SMART Indiv ^H	24	25
26 7:00pm-8:30pm Music Lessons With Gabe ^R	27 Memorial Day OASIS Staff Holiday	28 5:15-6:15pm - Grief Movement ^R 5:15-6:30 pm Invitation to Change ^R 7:00-800 pm - Al-Anon ^H	29 9:30-10:30 am - Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts Grief Group ^R	30 12:00-1:00 pm - SMART F&F ^H 5:15-6:15 pm - ACA ^H 6:00-7:30 pm Navigating SUD ^R 6:30-8:00 pm - SMART Indiv ^H	31	

NEW Program ^H = Hybrid (In-Person/Zoom) Mtg ^Z = Zoom Mtg ^R = Registration Required SMART Recovery Groups: Family & Friends (F&F); Individuals (Indiv)

OASIS Community Center – Groups Information – May 2024

~ our programs are offered in support of families and friends impacted by a loved one's substance-use ~

12-Step Groups

- Al-Anon Family Group – Tuesdays 7:00–8:00 pm (2nd floor) – Zoom option available
- Adult Children of Alcoholics (ACA) – Thursdays 5:15–6:15 pm (2nd floor) – Zoom option available
- ACA *The Loving Parent Guidebook* Study – Mondays 8:10–9:10 pm – Zoom only

Other Recovery Groups

- Invitation to Change Approach – Tuesdays 5:15 to 6:30 pm – Zoom option available
- SMART Friends & Family – Thursdays 12:00–1:00 pm (2nd floor) – Zoom option available
- SMART Recovery for Individuals – Thursdays at 6:30–8:00 pm (2nd floor) – Zoom option available

Counseling Groups – Registration Required (facilitated by a licensed professional counselor with D&A credential)

- “Navigating SUD in the Family” Group – Thursdays 6:00–7:30 pm (1st floor)
- “Hopeful Hearts” Grief Support Group – Wednesdays at 5:30–6:45 pm (1st floor)

Wellness – Registration Required

- Grief Movement Class – Tuesdays 5:15–6:15 pm (1st floor)
- Restorative Chair Yoga – Wednesdays 9:30–10:30 am (1st floor)

Special Programs – See [OasisBethlehem.org/Special-Events](https://www.oasisbethlehem.org/special-events) for registration links

- **Angels Across America** – Thursday, May 15, 2024 – 5:00 to 7:00 pm
The Angels Across America / Drug Epidemic Awareness Ride (DEAR) is making a stop at the OASIS Community Center!
- **Serenity Retreat** – Saturday, May 18, 2024 – 9:00 am to 7:00 pm
A day of self-care for women grieving the loss of a loved one in the opioid crisis or to other substance-related causes.
- **Sound Meditation** – Saturday, June 1, 2024 – 6:30 to 7:30 pm
Experience serenity and total relaxation as the gentle sounds of crystal singing bowls and gongs fill the room,
- **Drumming Circle** – Saturday, June 15, 2024 – Noon to 1:00 pm
Join us at OASIS for our first drum circle! Through rhythm, we will relax, reduce stress, and build connection.
- **OASIS 5-Year Anniversary Open House** – Friday, June 21, 2024 – Noon to 5:00 pm
Celebrate with us! Features a special ribbon-cutting ceremony at 12:30 pm with the county executive and local dignitaries.
- **Arts Along the Monocacy** – Saturday, June 22, 2024 (rain date Sunday, June 23) – 11:00 am to 5:00 pm
A fundraising event in support of Speak Up for Ben, Inc. There will be artisans, crafters, plein air artists, music, food trucks, and more!

Other Groups Hosted by OASIS

- Music Lessons (keyboard & guitar) with Gabe – 4th Sunday at 7:00 pm – In-person (register through SYNC Recovery)
- NAMI-LV Family-to-Family – 8-week series – Mondays at 7:00 pm – March 18th through May 6th, 2024 (register through NAMI-LV)

Descriptive flyers available for download at www.oasisbethlehem.org/calendar | Email info@oasisbethlehem.org for registration links