



The Roles We Play: Understanding the Parts of Ourselves Experiential Workshop

Thursday, September 17, 2026
2:00 - 4:00 p.m.

JOIN US... for an engaging, interactive workshop designed to help you explore the roles you've played throughout your life and how they continue to shape your relationships, choices, and well-being today.

During this experiential workshop, you will:

- discover the many roles you naturally assume in everyday life.
- participate in fun, interactive activities that encourage self-reflection and connection.
- explore how childhood experiences may have influenced the roles you've adopted as adults.
- share insights in a safe, supportive environment through partner and small-group discussions.
- gain greater awareness of personal strengths, patterns, and opportunities for growth.

Space is limited to 12 participants — register via email: admin@oasisbethlehem.org

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Relationships do not have to be such a struggle. Only when we do not understand one another is there tension, resentment, or conflict.

--John G.

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About the Facilitator

Alan Katz holds an M.S. in Experiential Education and has facilitated experiential-based curriculum for substance abuse treatment, community-based organizations, and job skills training.

OASIS programs are offered to support families and friends impacted by a loved one's substance use.