



June 2025

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	8:00-9:00 pm Loving Parent Guidebook ^Z	12:00-1:00 pm - CoDA ^H 5:15-6:30 pm – ITC ^H 7:00-8:00 pm - Al-Anon ^H	9:30-10:30 am - Chair Yoga ^R 5:30-6:45pm - Hopeful Hearts ^R	12-1:00 pm - SMART F&F ^H 5:00-6:15 pm - ACA ^H 6:30-8:00 pm - SMART Indiv	Noon-5:00 pm 6 th Anniversary Open House	
8	9	10	11	12	13	14
	8:00-9:00 pm Loving Parent Guidebook ^Z	12:00-1:00 pm - CoDA ^H 5:15-6:30 pm – ITC ^H 7:00-8:00 pm - Al-Anon ^H	9:30-10:30 am - Chair Yoga ^R 10:45-11:45 am – Nature Walk 5:30-6:45pm - Hopeful Hearts ^R	12-1:00 pm - SMART F&F ^H 5:00-6:15 pm - ACA ^H 6:30-8:00 pm - SMART Indiv	3:30 – 5:00 pm Arts for Wellness	Flag Day
Father's Day 15	16	17	18	Juneteenth 19	Summer Begins! 20	21
	8:00-9:00 pm Loving Parent Guidebook ^Z	12:00-1:00 pm - CoDA ^H 5:15-6:30 pm – ITC ^H 7:00-8:00 pm - Al-Anon ^H	9:30-10:30 am - Chair Yoga ^R 10:45-11:45 am – Nature Walk 5:30-6:45pm - Hopeful Hearts ^R	12-1:00 pm - SMART F&F ^H 5:00-6:15 pm - ACA ^H 6:30-8:00 pm - SMART Indiv	3:30 – 5:00 pm Arts for Wellness	
22	23	24	25	26	27	28
	8:00-9:00 pm Loving Parent Guidebook ^Z	12:00-1:00 pm - CoDA ^H 5:15-6:30 pm – ITC ^H 7:00-8:00 pm - Al-Anon ^H	9:30-10:30 am - Chair Yoga ^R 10:45-11:45 am – Nature Walk 5:30-6:45pm - Hopeful Hearts ^R	12-1:00 pm - SMART F&F ^H 5:00-6:15 pm - ACA ^H 6:30-8:00 pm - SMART Indiv	3:30 – 5:00 pm Arts for Wellness	
29	30					
	8:00-9:00 pm Loving Parent Guidebook ^Z					

Full meeting details at: OasisBethlehem.org/Calendar

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

OASIS Community Center – Program Information – June 2025

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

Special Events

- **6th Anniversary Open House** – Friday, June 6th. 12:00 pm to 5:00 pm – RSVP to info@oasisbethlehem.org
Partners, Providers, Professionals, and Pals... all are welcome! Featuring live music, special CHC presentation, and refreshments!

Professionally Facilitated Programs (led by a licensed professional counselor with D&A credential) – **Registration Required**

- “Hopeful Hearts” Grief Support Group – Wednesdays at 5:30–6:45 pm (1st floor)
- “Navigating SUD in the Family” Group – New series begins in the Fall

Wellness – Registration Required (send email to info@oasisbethlehem.org)

- Restorative Chair Yoga – Wednesdays 9:30–10:30 am (1st floor)
- Meditation & Nature Walks – Wednesdays 10:45–11:45 am (meet on porch, weather permitting)
- Arts for Wellness – Fridays 3:30–5:00 pm – “Downton Abbey” series
- *NEW!* “Nature & Nurture” Movement on the Green – Begins Mondays in July
- Grief Movement Class – next 15-week series begins in the fall

Evidence-Based Education/Support Groups

- Invitation to Change Approach (ITC) – 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) – in-person only

12-Step Groups

- CoDependents Anonymous (CoDA) – Tuesdays 12:00–1:00 pm (2nd floor) – Zoom option available
- Al-Anon Family Group – Tuesdays 7:00–8:00 pm (2nd floor) – Zoom option available
- Adult Children of Alcoholics (ACA) – Thursdays 5:00–6:00 pm (2nd floor) – Zoom option available
- ACA *The Loving Parent Guidebook* Study – Mondays 8:00–9:00 pm – Zoom only