



November 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
Full meeting details at: OasisBethlehem.org/Calendar						1 
2	3 3:30 – 5:00 pm Helping Parents Heal 8:00-9:00 pm LPG ^z	4 12:00-1:00 pm - CoDA ^H 5:15 – 6:15 Grief Movement Class 5:15-6:30 pm – ITC ^H	5 9:30-10:30 am–Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts ^R	6 12-1:00 pm - SMART F&F ^H 5:00-6:00 pm - ACA ^H 6:30-8:00 pm - SMART Indiv	7 11 am – noon Tea Time Talks 5:30 - 8:30 pm Friendsgiving Gratitude Potluck	8 
9	10 3:30 – 5:00 pm Helping Parents Heal 8:00-9:00 pm LPG ^z	11 12:00-1:00 pm - CoDA ^H 5:15-6:30 pm – ITC ^H	12 9:30-10:30 am–Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts ^R	13 12-1:00 pm - SMART F&F ^H 5:00-6:00 pm - ACA ^H 6:30-8:00 pm - SMART Indiv	14 11 am – noon Tea Time Talks 3–5 pm Arts for Wellness Movie TBD	15 
16	17 10:45 am Holiday Decorating 3:30 – 5:00 pm Helping Parents Heal 8:00-9:00 pm LPG ^z	18 12:00-1:00 pm - CoDA ^H 5:15-6:30 pm – ITC ^H	19 9:30-10:30 am–Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts ^R	20 12-1:00 pm - SMART F&F ^H 5:00-6:00 pm - ACA ^H 6:30-8:00 pm - SMART Indiv	21 11 am – noon Tea Time Talks 3–5 pm Arts for Wellness Movie TBD	22
23	24 3:30 – 5:00 pm Helping Parents Heal 8:00-9:00 pm LPG ^z	25 12:00-1:00 pm - CoDA ^H 5:15-6:30 pm – ITC ^H	26 9:30-10:30 am–Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts ^R	27 CLOSED Thanksgiving	28 CLOSED Staff Holiday	29 
30						

OASIS Community Center – Program Information – November 2025

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

Drop-in Programs (no need to register)

- Tea-Time Talks – Fridays 11:00 am - 12:00 pm – Open discussion with Rhonda & Tina on *your* topics of concern

Special Events

- **Friendsgiving Gratitude Potluck** – Friday, November 7
- **Holiday Decorating Party & Lunch** – Monday, November 17
- **Children's Gift Drive** (for youth of Northampton County) – November 17 to December 17



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

- “Hopeful Hearts” Grief Support Group – Wednesdays 5:30–6:45 pm (1st floor)
- “Helping Parents Heal,” a Reconnections Community Series – Mondays 3:30–5:00; Now accepting spring participants

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

- Restorative Chair Yoga – Wednesdays 9:30–10:30 am (1st floor)
- Arts for Wellness – Fridays 3:00-5:00 pm (movie selection TBD by group consensus)



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

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



Zoom & registration links for weekly group meetings are available at www.oasisbethlehem.org/calendar. For special events, descriptive flyers and registrations are available at www.oasisbethlehem.org/special-events. Questions? Email info@oasisbethlehem.org