



July 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 12:00-1:00 pm - CoDA ^H 5:15-6:30 pm – ITC ^H 7:00-8:00 pm - AI-Anon ^H	2 9:30-10:30 am - Chair Yoga ^R NEW! 10:45-11:45 am Nature Walk 5:30-6:45pm - Hopeful Hearts ^R	3 12-1:00 pm - SMART F&F ^H 5:00-6:15 pm - ACA ^H 6:30-8:00 pm - SMART Indiv	4 Independence Day OASIS closed	5
6	7 8:00-9:00 pm Loving Parent Guidebook ^Z (LPG)	8 12:00-1:00 pm - CoDA ^H 5:15-6:30 pm – ITC ^H 7:00-8:00 pm - AI-Anon ^H	9 9:30-10:30 am - Chair Yoga ^R NEW! 10:45-11:45 am Nature Walk 5:30-6:45pm - Hopeful Hearts ^R	10 12-1:00 pm - SMART F&F ^H 5:00-6:15 pm - ACA ^H 6:30-8:00 pm - SMART Indiv	11 11:00 am – Noon NEW! Tea Time Talks 3:00 – 5:00 pm Arts for Wellness Movie TBD	12
13	14 NEW! 11 am - noon Movement on the Green NEW! 3:30-4:45 Truth or Scam? 8:00-9:00 pm LPG ^Z	15 12:00-1:00 pm - CoDA ^H 5:15-6:30 pm – ITC ^H 7:00-8:00 pm - AI-Anon ^H	16 9:30-10:30 am - Chair Yoga ^R NEW! 10:45-11:45 am Nature Walk 5:30-6:45pm - Hopeful Hearts ^R	17 12-1:00 pm - SMART F&F ^H 5:00-6:15 pm - ACA ^H 6:30-8:00 pm - SMART Indiv	18 11:00 am – Noon NEW! Tea Time Talks 3:00 – 5:00 pm Arts for Wellness Movie TBD	19
20	21 NEW! 11 am - noon Movement on the Green NEW! 3:30-4:45 Truth or Scam? 8:00-9:00 pm LPG ^Z	22 12:00-1:00 pm - CoDA ^H 5:15-6:30 pm – ITC ^H 7:00-8:00 pm - AI-Anon ^H	23 9:30-10:30 am - Chair Yoga ^R NEW! 10:45-11:45 am Nature Walk 5:30-6:45pm - Hopeful Hearts ^R	24 12-1:00 pm - SMART F&F ^H 5:00-6:15 pm - ACA ^H 6:30-8:00 pm - SMART Indiv	25 11:00 am – Noon NEW! Tea Time Talks Picnic Potluck! 5:00 – 8:00 pm (registration appreciated)	26
27	28 NEW! 11 am - noon Movement on the Green NEW! 3:30-4:45 Truth or Scam? 8:00-9:00 pm LPG ^Z	29 12:00-1:00 pm - CoDA ^H 5:15-6:30 pm – ITC ^H 7:00-8:00 pm - AI-Anon ^H	30 9:30-10:30 am - Chair Yoga ^R NEW! 10:45-11:45 am Nature Walk 5:30-6:45pm - Hopeful Hearts ^R	31 12-1:00 pm - SMART F&F ^H 5:00-6:15 pm - ACA ^H 6:30-8:00 pm - SMART Indiv	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 – July 2025

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

Drop-in Programs

- **NEW!** Truth or Scam? – Mondays, 3:30 pm - 4:45 pm (summer series, beginning July 14) Learn about current scams targeting the vulnerable and how we can protect ourselves. Based on real life stories.
- **NEW!** Tea Time Talks – Fridays 11:00 am - 12:00 pm – Open discussion with Rhonda & Tina on topics of concern

Special Events

- **Picnic Potluck** – Friday, July 25, 5:00 pm–8:00 pm, registration appreciated (via Signup Genius)

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)

- **NEW!** Movement on the Green: Nurtured in Nature – Begins Monday, July 14, 11 am - noon
- 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)
- **NEW!** Arts for Wellness – Fridays 3:00-5:00 pm (movie selection TBD by group consensus)
- 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

- 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
- 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