



# 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](https://OasisBethlehem.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 12:00-1:00 pm - CoDA <sup>H</sup> 5:15-6:30 pm – ITC <sup>H</sup> 7:00-8:00 pm - AI-Anon <sup>H</sup>	2 9:30-10:30 am - Chair Yoga <sup>R</sup> <b>NEW!</b> 10:45-11:45 am Nature Walk 5:30-6:45pm - Hopeful Hearts <sup>R</sup>	3 12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:15 pm - ACA <sup>H</sup> 6:30-8:00 pm - SMART Indiv	4 Independence Day OASIS closed	5
6	7 8:00-9:00 pm Loving Parent Guidebook <sup>Z</sup> (LPG)	8 12:00-1:00 pm - CoDA <sup>H</sup> 5:15-6:30 pm – ITC <sup>H</sup> 7:00-8:00 pm - AI-Anon <sup>H</sup>	9 9:30-10:30 am - Chair Yoga <sup>R</sup> <b>NEW!</b> 10:45-11:45 am Nature Walk 5:30-6:45pm - Hopeful Hearts <sup>R</sup>	10 12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:15 pm - ACA <sup>H</sup> 6:30-8:00 pm - SMART Indiv	11 11:00 am – Noon <b>NEW!</b> Tea Time Talks 3:00 – 5:00 pm Arts for Wellness Movie TBD	12
13	14 <b>NEW!</b> 11 am - noon Movement on the Green <b>NEW!</b> 3:30-4:45 Truth or Scam? 8:00-9:00 pm LPG <sup>Z</sup>	15 12:00-1:00 pm - CoDA <sup>H</sup> 5:15-6:30 pm – ITC <sup>H</sup> 7:00-8:00 pm - AI-Anon <sup>H</sup>	16 9:30-10:30 am - Chair Yoga <sup>R</sup> <b>NEW!</b> 10:45-11:45 am Nature Walk 5:30-6:45pm - Hopeful Hearts <sup>R</sup>	17 12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:15 pm - ACA <sup>H</sup> 6:30-8:00 pm - SMART Indiv	18 11:00 am – Noon <b>NEW!</b> Tea Time Talks 3:00 – 5:00 pm Arts for Wellness Movie TBD	19
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27	28 <b>NEW!</b> 11 am - noon Movement on the Green <b>NEW!</b> 3:30-4:45 Truth or Scam? 8:00-9:00 pm LPG <sup>Z</sup>	29 12:00-1:00 pm - CoDA <sup>H</sup> 5:15-6:30 pm – ITC <sup>H</sup> 7:00-8:00 pm - AI-Anon <sup>H</sup>	30 9:30-10:30 am - Chair Yoga <sup>R</sup> <b>NEW!</b> 10:45-11:45 am Nature Walk 5:30-6:45pm - Hopeful Hearts <sup>R</sup>	31 12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:15 pm - ACA <sup>H</sup> 6:30-8:00 pm - SMART Indiv	Full meeting details at: <a href="https://OasisBethlehem.org/Calendar">OasisBethlehem.org/Calendar</a>	

# 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 (1<sup>st</sup> floor)
- “Navigating SUD in the Family” Group – New series begins in the Fall

## **Wellness – Registration Required** (send email to [info@oasisbethlehem.org](mailto: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 (1<sup>st</sup> 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 (2<sup>nd</sup> floor) – Zoom option available
- SMART Recovery for Individuals – Thursdays at 6:30–8:00 pm (2<sup>nd</sup> 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 (2<sup>nd</sup> floor) – Zoom option available
- Al-Anon Family Group – Tuesdays 7:00–8:00 pm (2<sup>nd</sup> floor) – Zoom option available
- Adult Children of Alcoholics (ACA) – Thursdays 5:00–6:00 pm (2<sup>nd</sup> floor) – Zoom option available