



# May 2026

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	
			Full meeting details at: <a href="https://OasisBethlehem.org/Calendar">OasisBethlehem.org/Calendar</a>			1	2  <b>Women's Wellness Retreat</b> 9 am – 4 pm
3	4  3:30 – 5:00 pm <b>Done with the Crying</b> 8:00-9:00 pm LPG <sup>Z</sup>	5  12:00-1:00 pm - CoDA <sup>Z</sup> 5:15-6:30 pm – ITC <sup>H</sup>	6  9:30-10:30 am–Chair Yoga <sup>R</sup> 5:30-6:45 pm Hopeful Hearts Grief Group <sup>R</sup>	7  12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:00 pm - ACA <sup>H</sup>	8  11 am – noon Teatime Talks 3:00–5:00 pm Arts for Wellness	9	
10	11  5:30 – 7:30 pm <b>Grief Recovery Method</b> 8:00-9:00 pm LPG <sup>Z</sup>	12  12:00-1:00 pm - CoDA <sup>Z</sup> 5:15-6:30 pm – ITC <sup>H</sup>	13  9:30-10:30 am–Chair Yoga <sup>R</sup> 5:30-6:45 pm Hopeful Hearts Grief Group <sup>R</sup>	14  12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:00 pm - ACA <sup>H</sup>	15  11 am – noon Teatime Talks 3:00–5:00 pm <b>John Adams mini-series</b>	16  <b>Northampton County Festival</b> Louise Moore Park Easton 11 am – 5 pm	
17	18  3:00 – 5:00 pm <b>Mindful Self-compassion</b> 5:30 – 7:30 pm <b>Grief Recovery Method</b> 8:00-9:00 pm LPG <sup>Z</sup>	19  12:00-1:00 pm - CoDA <sup>Z</sup> 5:15-6:30 pm – ITC <sup>H</sup>	20  9:30-10:30 am–Chair Yoga <sup>R</sup> 5:30-6:45 pm Hopeful Hearts Grief Group <sup>R</sup>	21  12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:00 pm - ACA <sup>H</sup>	22  11 am – noon Teatime Talks 3:00–5:00 pm <b>John Adams mini-series</b> 5:15–8:15 pm <b>Summer Kick-off Potluck</b>	23	
24	25  <b>Memorial Day</b> <b>CLOSED</b>	26  12:00-1:00 pm - CoDA <sup>Z</sup> 5:15-6:30 pm – ITC <sup>H</sup>	27  9:30-10:30 am–Chair Yoga <sup>R</sup> 5:30-6:45 pm Hopeful Hearts Grief Group <sup>R</sup>	28  12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:00 pm - ACA <sup>H</sup>	29  11 am – noon Teatime Talks 3:00–5:00 pm <b>John Adams mini-series</b>	30  <b>Circles of Trust Workshop</b> 9 am – 12 pm	
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<sup>H</sup> = Hybrid (In-Person/Zoom) Mtg   <sup>Z</sup> = Zoom Mtg   <sup>R</sup> = Registration Required   SMART Recovery Groups: F&F = Family & Friends / Indiv = Individuals   LPG = Loving Parent Guidebook

# OASIS Community Center – Program Information – May 2026

~ 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 monthly themes or topics of concern

## **Community Building Activities**

- Arts for Wellness – Fridays 3:00-5:00 pm, *except where noted*
- **Summer Kick-off Potluck & Doodle Fun** – May 22, 5:15-8:15 pm

## **Professionally Facilitated Wellness Programs – Registration Required** (send email to [info@oasisbethlehem.org](mailto:info@oasisbethlehem.org))

- Restorative Chair Yoga – Wednesdays 9:30-10:30 am
- *Hopeful Hearts* Grief Support Group – Wednesdays 5:30-6:45 pm
- **Women's Wellness Retreat** – Saturday, MAY 2 (**Registration closed**)
- *Done with the Crying*, a Reconnections Community program – Mondays 3:30-5:00 pm (11-weeks, ending)
- **Grief Recovery Method** (April 6 – June 8) – Mondays 5:30-7:30 pm
- **Mindful Self-compassion**, a Reconnections Community program – (May 18– June 29) Mondays 3:00–5:00 pm
- **Circles of Trust: Coming Home to Yourself**, an OASIS workshop, Saturday, May 30, 9:00 am – 12:00 noon

## **Evidence-Based Education/Support Groups** (no need to register)

- Invitation to Change Approach (ITC) – Tuesdays 5:15 to 6:30 pm – Zoom option available
- SMART Friends & Family – Thursdays 12:00–1:00 pm – Zoom option available

## **12-Step Groups** (no need to register)

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

## **Community Outreach: Look for OASIS at...**

- **Northampton County Festival**, 151 Country Club Rd, Easton - Saturday, May 16, 11:00 am – 5:00 pm

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