

# April 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](http://OasisBethlehem.org)

April is the National Month of HOPE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	Good Friday 3	4
<div style="border: 1px dashed blue; padding: 5px; text-align: center;">                     Full meeting details at:  <a href="http://OasisBethlehem.org/Calendar">OasisBethlehem.org/Calendar</a> </div>			9:30-10:30 am—Chair Yoga <sup>R</sup> 5:30-6:45 pm Hopeful Hearts Grief Group <sup>R</sup>	12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:00 pm - ACA <sup>H</sup> 6:30-8:00 pm - SMART Indiv (Last Mtg at OASIS)	Staff Holiday <b>OASIS CLOSED</b>	
5	6	7	8	9	10	11
Easter	3:30 – 5:00 pm <b>Done with the Crying</b> 5:30 – 7:30 pm <b>Grief Recovery Method</b> 8:00-9:00 pm LPG <sup>Z</sup>	12:00-1:00 pm - CoDA <sup>Z</sup> 5:15 – 6:15 pm <b>Grief Movement</b> 5:15-6:30 pm – ITC <sup>H</sup>	9:30-10:30 am—Chair Yoga <sup>R</sup> 5:30-6:45 pm Hopeful Hearts Grief Group <sup>R</sup>	12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:00 pm - ACA <sup>H</sup>	11 am – noon Teatime Talks 3:00–5:00 pm Arts for Wellness	
12	13	14	15	16	17	18
	3:30 – 5:00 pm <b>Done with the Crying</b> 5:30 – 7:30 pm <b>Grief Recovery Method</b> 8:00-9:00 pm LPG <sup>Z</sup>	12:00-1:00 pm - CoDA <sup>Z</sup> 5:15-6:30 pm – ITC <sup>H</sup>	9:30-10:30 am—Chair Yoga <sup>R</sup> 5:30-6:45 pm Hopeful Hearts Grief Group <sup>R</sup>	12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:00 pm - ACA <sup>H</sup>	11 am – noon Teatime Talks 3:00–5:00 pm Arts for Wellness	
19	20	21	Earth Day 22	23	24	25
	3:30 – 5:00 pm <b>Done with the Crying</b> 5:30 – 7:30 pm <b>Grief Recovery Method</b> 8:00-9:00 pm LPG <sup>Z</sup>	12:00-1:00 pm - CoDA <sup>Z</sup> 5:15-6:30 pm – ITC <sup>H</sup>	9:30-10:30 am—Chair Yoga <sup>R</sup> 5:30-6:45 pm Hopeful Hearts Grief Group <sup>R</sup>	12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:00 pm - ACA <sup>H</sup>	11 am – noon Teatime Talks 3:00–5:00 pm Arts for Wellness	
26	27	28	29	30	1	2
	3:30 – 5:00 pm <b>Done with the Crying</b> 8:00-9:00 pm LPG <sup>Z</sup>	12:00-1:00 pm - CoDA <sup>Z</sup> 5:15-6:30 pm – ITC <sup>H</sup>	9:30-10:30 am—Chair Yoga <sup>R</sup> 5:30-6:45 pm Hopeful Hearts Grief Group <sup>R</sup>	12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:00 pm - ACA <sup>H</sup> 6:30-7:30 pm <b>A SMART Gathering</b>		<b>Women's                      Wellness Retreat</b>

<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 – April 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*

## **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
- **The Grief Recovery Method** (April 6 – June 8) – Mondays 5:30-7:30 pm
- *Done with the Crying*, a Reconnections Community program – Mondays 3:30-5:00 pm (11-weeks, in progress)
- **Women's Wellness Retreat** – Saturday, MAY 2 at The Hearth at Heyer's Mill, Nazareth, PA (**Register by April 17**)

## **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

## **Looking Ahead...**

- Saturday, May 16 – **Northampton County Festival**, 151 Country Club Rd, Easton, 11:00 am – 5:00 pm
- Saturday, May 30 – **Circle of Essence: Coming Home to Yourself**, an OASIS workshop, 9:00 am – 12:00 noon

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).