



**CHILD ABUSE
PREVENTION**
MONTH

April 2024

Drop-In Hours: 10 am to 5 pm, Monday–Friday; and by appointment
3410 Bath Pike, Bethlehem, PA 18017; Tel. 484-747-6825

www.oasisbethlehem.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Easter 	1 7:00-9:30 pm NAMI-LV Family-to-Family ^R	2 5:15-6:15pm - Grief Movement ^R 5:15-6:30 pm Addiction in the Home ^R 7:00-800 pm - AI-Anon ^H	3 9:30-10:30 am - Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts Grief Group ^R	4 12:00-1:00 pm - SMART F&F ^H 5:15-6:15 pm - ACA ^H 6:00-7:30 pm Navigating SUD ^R 6:30-8:00 pm - SMART Indiv ^H	5	6
7	8 7:00-9:30 pm NAMI-LV Family-to-Family ^R	9 5:15-6:15pm - Grief Movement ^R NEW! 5:15-6:30 pm Invitation to Change ^R 7:00-800 pm - AI-Anon ^H	10 9:30-10:30 am - Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts Grief Group ^R	11 12:00-1:00 pm - SMART F&F ^H 5:15-6:15 pm - ACA ^H 6:00-7:30 pm Navigating SUD ^R 6:30-8:00 pm - SMART Indiv ^H	12 3:30-5:00 pm Arts for Wellness "The Gilded Age"	13 9:00 am–7:00 pm Tranquility Retreat
14	Tax Day 15 7:00-9:30 pm NAMI-LV Family-to-Family ^R	16 5:15-6:15pm - Grief Movement ^R 5:15-6:30 pm Invitation to Change ^R 7:00-800 pm - AI-Anon ^H	17 9:30-10:30 am - Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts Grief Group ^R	18 12:00-1:00 pm - SMART F&F ^H 5:15-6:15 pm - ACA ^H 6:00-7:30 pm Navigating SUD ^R 6:30-8:00 pm - SMART Indiv ^H	19	20
21 National Volunteer Appreciation Week Thank You! OASIS volunteers... Stop in to pick out a special gift!	Earth Day 22 5:30-6:45 pm Mindfulness & Movement ^R 7:00-9:30 pm NAMI-LV Family-to-Family ^R	First Day of Passover 23 5:15-6:15pm - Grief Movement ^R 5:15-6:30 pm Invitation to Change ^R 7:00-800 pm - AI-Anon ^H	24 9:30-10:30 am - Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts Grief Group ^R	25 12:00-1:00 pm - SMART F&F ^H 5:15-6:15 pm - ACA ^H 6:00-7:30 pm Navigating SUD ^R 6:30-8:00 pm - SMART Indiv ^H	26 3:00-4:30 pm Arts for Wellness "The Gilded Age" Tea	27
28 7:00pm-8:30pm Music Lessons With Gabe ^R	29 5:30-6:45 pm Mindfulness & Movement ^R 7:00-9:30 pm NAMI-LV Family-to-Family ^R	30 5:15-6:15pm - Grief Movement ^R 5:15-6:30 pm Invitation to Change ^R 7:00-800 pm - AI-Anon ^H	For full meeting details, visit: www.OasisBethlehem.org/Calendar			

OASIS Community Center – Groups Information – April 2024

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

12-Step Groups

- Al-Anon Family Group – Tuesdays 7:00–8:00 pm (2nd floor) – Zoom option available
- Adult Children of Alcoholics (ACA) – Thursdays 5:15–6:15 pm (2nd floor) – Zoom option available
- ACA *The Loving Parent Guidebook* Study – Mondays 8:10–9:10 pm – Zoom only

Other Recovery Groups

- 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) – Zoom option available

Counseling Groups – Registration Required (facilitated by a licensed professional counselor with D&A credential)

- “Navigating SUD in the Family” Group – Thursdays 6:00–7:30 pm (1st floor)
- “Hopeful Hearts” Grief Support Group – Wednesdays at 5:30–6:45 pm (1st floor)

Wellness – Registration Required

- Grief Movement Class – Tuesdays 5:15–6:15 pm (1st floor)
- Restorative Chair Yoga – Wednesdays 9:30–10:30 am (1st floor)

Special Programs – Registration Required

- **Addressing Addiction in the Home Series** – Tuesdays – February 13th through April 2nd from 5:15 to 6:30 pm
Learn about the disease of addiction, how family members are affected, better communication strategies, and setting healthy interactions.
- **NEW! Invitation to Change** – Tuesdays 5:15 to 6:30 pm – *Begins April 9th!*
Grounded in compassion, connection, and the understanding that we can have a powerful impact on loved ones struggling to change.
- **NEW! Mindfulness & Movement for Stress Reduction** – Mondays 5:30-6:45 pm (1st floor) – April 22nd through June 17th
An eight-week evidence-based program. Includes some daily home practices as well as simple chair, standing, and/or mat exercises.

Upcoming Day Retreats – See [OasisBethlehem.org/Retreats](https://www.oasisbethlehem.org/Retreats) for information and registration

- **NEW! Tranquility Retreat – Saturday, April 13, 2024** – *Limited spaces available. Register NOW!*
For women impacted by a loved one's active substance use.
- **Serenity Retreat – Saturday, May 18, 2024**
For women grieving the loss of a loved one in the opioid crisis or to other substance-related causes.

Other Groups Hosted by OASIS

- Music Lessons (keyboard & guitar) with Gabe – 4th Sunday at 7:00 pm – In-person (register through SYNC Recovery)
- NAMI-LV Family-to-Family – 8-week series – Mondays at 7:00 pm – March 18th through May 6th, 2024 (register through NAMI-LV)