

December 2022



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
				1 5:00-6:00 pm ACA ^H 6:30-8:00 pm SMART Recovery F&F / AB Groups ^H	2 11:00 am-12:30 pm Loving Parent Guidebook ^C	3 5:30-6:30 pm Recovery Dharma
4 1:00-3:30 pm NAMI-LV Family-to-Family Educ Course	5 2:00-4:00 pm Healing Wounds of Trauma Group Study ^R 6:30-7:30 pm Trauma Informed Mindfulness for Everybody ^R	6 6:00-7:30 pm Invite to Change 7:00-8:00 pm Al-Anon ^H	7 9:30-10:30 am Chair Yoga 5:30-6:45 Grief Group ^H 7:00-8:30pm Wellness Group ^Z 7:15-8:45 pm SMART VFRs ^H	8 5:00-6:00 pm ACA ^H 6:30-8:00 pm SMART Recovery F&F / AB Groups ^H	9 11:00 am-12:30 pm Loving Parent Guidebook ^C	10 5:30-6:30 pm Recovery Dharma
11 1:00-3:30 pm NAMI-LV Family-to-Family 6:30-8:30 pm Remembrance Candlelighting	12	13 6:00-7:30 pm Invite to Change 7:00-8:00 pm Al-Anon ^H	14 9:30-10:30 am Chair Yoga 5:30-6:45 Grief Group ^H 7:00-8:30pm Wellness Group ^Z 7:15-8:45 pm SMART VFRs ^H	15 5:00-6:00 pm ACA ^H 6:30-8:00 pm SMART Recovery F&F / AB Groups ^H	16 11:00 am-12:30 pm Loving Parent Guidebook ^C 5:30 – 8:30 pm Potluck & Caroling	17 5:30-6:30 pm Recovery Dharma
18 7:00-8:30 pm Keyboard & Guitar w/ Gabe (SYNC)	19	20 6:00-7:30 pm Invite to Change 7:00-8:00 pm Al-Anon ^H	21 9:30-10:30 am Chair Yoga 5:30-6:45 Grief Group ^H 7:00-8:30pm Wellness Group ^Z	22 5:00-6:00 pm ACA ^H 6:30-8:00 pm SMART Recovery F&F / AB Groups ^H	23 11:00 am-12:30 pm Loving Parent Guidebook ^C	Xmas Eve 24
Christmas 25	OASIS Holiday 26 No Drop-in Hours 7:00-8:00 pm Battle Borne Spouses Support	27 6:00-7:30 pm Invite to Change 7:00-8:00 pm Al-Anon ^H	28 9:30-10:30 am Chair Yoga 5:30-6:45 Grief Group ^H 7:00-8:30pm Wellness Group ^Z	29 5:00-6:00 pm ACA ^H 6:30-8:00 pm SMART Recovery F&F / AB Groups ^H	30 11:00 am-12:30 pm Loving Parent Guidebook ^C	31 5:30-6:30 pm Recovery Dharma

^H = Hybrid (In-Person/Zoom) Mtg ^Z = Zoom Mtg ^C = Closed Group ^R = Registration Required SMART Groups: Veterans & 1st Responders, Family & Friends, Addictive Behaviors

OASIS Community Center – Groups Information – December 2022

Special Events – registration required – send email to info@oasisbethlehem.org

- Sunday, Dec. 11th at 6:30 pm – Candlelight Remembrance for loved ones lost in opioid epidemic or other substance-related causes *
- Friday, Dec. 16th at 5:30 pm – Holiday Potluck & Neighborhood Caroling *

12-Step Groups

- Al-Anon Family Group – Tuesdays at 7:00 pm – In-person (2nd floor) or Zoom
- Adult Children of Alcoholics (ACA) – Thursdays at 5:00 pm – In-person (2nd floor) or Zoom
- ACA *The Loving Parent Guidebook* Study – Fridays at 11:00 am – In-person (1st floor)

SMART Recovery Groups

- SMART Friends & Family * – Thursdays at 6:30 pm – In-person (1st floor) or Zoom
- SMART Addictive Behaviors * – Thursdays at 6:30 pm – In-person (2nd floor) or Zoom
- SMART Veterans & First Responders (VFRs) * – Wednesdays at 7:15 pm – In-person (1st floor) or Zoom

OASIS Pilot ITC Support Group (facilitators received Level I certification through the Center for Motivation and Change)

- Invitation to Change Approach * – Tuesdays at 6:00 pm – In-person (1st floor)

Counseling Groups (facilitated by experienced professional therapists) – **Pre-registration required**

- Family Counseling Group – **New Cohort Forming** (send email to info@oasisbethlehem.org for more information)
- Drop-In Grief Group – Wednesdays at 5:30 pm – In-person, recommended (1st floor) or Zoom

Wellness

- Restorative Chair Yoga – Wednesdays at 9:30 am – In-person (1st floor)
- OASIS Family Wellness Group – Wednesdays at 7:00 pm – Zoom book study

Other Groups Hosted by OASIS

- Battle Borne Military & Veteran Spouses Support Group – Last Monday at 7:00 pm – In-person (2nd floor) or Zoom
- Recovery Dharma – Saturdays at 5:30 pm – In-person (2nd floor)
- Music Lessons (keyboard & guitar) with Gabe – Third Sunday at 7:00 pm – In-person (register through SYNC Recovery)

Limited Series – registration required – send email to info@oasisbethlehem.org

- Trauma Informed Mindfulness for Everybody (TIME) * – **Next series begins January 2nd** – Mondays at 6:00 pm
- NAMI-LV Family-to-Family Education Course * – 8 Sundays at 1:00 pm – In-person (2nd floor) – **Ends Dec. 11th**

* Descriptive flyer available for download at www.oasisbethlehem.org/calendar