

# January 2023



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](http://www.oasisbethlehem.org)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year 1	Staff Holiday 2 No Drop-in Hours 6:00-7:30 pm Trauma Informed Mindfulness for Everybody <sup>R</sup> 6:30-7:30 pm ACA Loving Parent Guidebook Study	3 6:00-7:30 pm Invite to Change 7:00-8:00 pm Al-Anon <sup>H</sup>	4 9:30-10:30 am Chair Yoga 5:30-6:45 Grief Group <sup>H</sup> 7:00-8:30pm Wellness Group <sup>Z</sup>	5 5:00-6:00 pm ACA <sup>H</sup> 6:30-8:00 pm SMART Recovery F&F / AB Groups <sup>H</sup>	6	7 5:30-6:30 pm Recovery Dharma
8	9 6:00-7:30 pm Trauma Informed Mindfulness for Everybody <sup>R</sup> 6:30-7:30 pm ACA Loving Parent Guidebook Study	10 6:00-7:30 pm Invite to Change 7:00-8:00 pm Al-Anon <sup>H</sup>	11 9:30-10:30 am Chair Yoga 5:30-6:45 Grief Group <sup>H</sup> 7:00-8:30pm Wellness Group <sup>Z</sup>	12 5:00-6:00 pm ACA <sup>H</sup> 6:30-8:00 pm SMART Recovery F&F / AB Groups <sup>H</sup>	13	14 5:30-6:30 pm Recovery Dharma
15 7:00-8:30 pm Keyboard & Guitar w/ Gabe (SYNC)	16 6:00-7:30 pm Trauma Informed Mindfulness for Everybody <sup>R</sup> 6:30-7:30 pm ACA Loving Parent	17 6:00-7:30 pm Invite to Change 7:00-8:00 pm Al-Anon <sup>H</sup>	18 9:30-10:30 am Chair Yoga 5:30-6:45 Grief Group <sup>H</sup> 7:00-8:30pm Wellness Group <sup>Z</sup>	19 5:00-6:00 pm ACA <sup>H</sup> 6:30-8:00 pm SMART Recovery F&F / AB Groups <sup>H</sup>	20 5:30-8:30 pm Potluck & Fun Night	21 5:30-6:30 pm Recovery Dharma
22	23 6:00-7:30 pm Trauma Informed Mindfulness for Everybody <sup>R</sup> 6:30-8:00 pm Family Counseling 6:30-7:30 pm ACA Loving Parent	24 6:00-7:30 pm Invite to Change 7:00-8:00 pm Al-Anon <sup>H</sup>	25 9:30-10:30 am Chair Yoga 5:30-6:45 Grief Group <sup>H</sup> 7:00-8:30pm Wellness Group <sup>Z</sup>	26 5:00-6:00 pm ACA <sup>H</sup> 6:30-8:00 pm SMART Recovery F&F / AB Groups <sup>H</sup>	27	28 5:30-6:30 pm Recovery Dharma
29	30 6:30-8:00 pm Family Counseling 6:30-7:30 pm ACA Loving Parent 7:00-8:00 pm Battle Borne Spouses Support	31 6:00-7:30 pm Invite to Change 7:00-8:00 pm Al-Anon <sup>H</sup>				

<sup>H</sup> = Hybrid (In-Person/Zoom) Mtg    <sup>Z</sup> = Zoom Mtg    <sup>R</sup> = Registration Required    SMART Groups: Family & Friends (F&F); Addictive Behaviors (AB)

# OASIS Community Center – Groups Information – January 2023

## **12-Step Groups**

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

## **SMART Recovery Groups**

- SMART Veterans & First Responders (VFRs) \* – On hiatus until March
- 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

## **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 (1<sup>st</sup> floor)

## **Counseling Groups** (facilitated by experienced professional therapists)

- **Family Counseling Group – Mondays at 6:30 pm – In-person (1<sup>st</sup> floor)** (send email to [info@oasisbethlehem.org](mailto:info@oasisbethlehem.org) for info)
- Drop-In Grief Group – Wednesdays at 5:30 pm – In-person, recommended (1<sup>st</sup> floor) or Zoom

## **Wellness**

- Restorative Chair Yoga – Wednesdays at 9:30 am – In-person (1<sup>st</sup> floor)
- OASIS Family Wellness Group – Wednesdays at 7:00 pm – Zoom – NEW book study starts Jan. 4th

## **Other Groups Hosted by OASIS**

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

## **Limited Series** – registration required (send email to [info@oasisbethlehem.org](mailto:info@oasisbethlehem.org))

- **Trauma Informed Mindfulness for Everybody (TIME) \*** – 4 Mondays at 6:00 pm – In-person (2<sup>nd</sup> floor) – Starts Jan. 2<sup>nd</sup>
- **Coming Soon! Healing Through Storytelling \*** – 6 Weeks – In-person (2<sup>nd</sup> floor) – Start Dates/Times TBD

\* Descriptive flyer available for download at [www.oasisbethlehem.org/calendar](http://www.oasisbethlehem.org/calendar)