


July 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
	1 8:00-9:00 pm Loving Parent Guidebook ^Z	2 5:15-6:30 pm Invitation to Change ^R 7:00-8:00 pm - Al-Anon ^H	3 9:30-10:30 am - Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts Grief Group ^R	Independence Day 4 No Drop-In Hours 12-1:00 pm - SMART F&F ^{Zoom}	5 No Drop-In Hours	6
7	8 8:00-9:00 pm Loving Parent Guidebook ^Z	9 7:00-8:00 pm - Al-Anon ^H	10 5:30-6:45 pm Hopeful Hearts Grief Group ^R	11 12-1:00 pm - SMART F&F ^{Zoom} 5:00-6:00 pm - ACA ^H 6:00-7:30 pm Navigating SUD 6:30-8:00 pm - SMART Indiv ^H	12 Arts for Wellness: Gilded Age Tea	13
14	15 8:00-9:00 pm Loving Parent Guidebook ^Z	16 5:15-6:30 pm Invitation to Change ^R 7:00-8:00 pm - Al-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 5:00-6:00 pm - ACA ^H 6:00-7:30 pm Navigating SUD 6:30-8:00 pm - SMART Indiv ^H	19	20
21	22 8:00-9:00 pm Loving Parent Guidebook ^Z	23 5:15-6:30 pm Invitation to Change ^R 7:00-8:00 pm - Al-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 5:00-6:00 pm - ACA ^H 6:00-7:30 pm Navigating SUD ^R 6:30-8:00 pm - SMART Indiv ^H	26  Noon to 5:00 pm 5-Year Anniversary Celebration/Open House 12:30 pm Ribbon Cutting 2:15 pm Guest Speaker	27
28 7:00pm-8:30pm Music Lessons With Gabe ^R	29 8:00-9:00 pm Loving Parent Guidebook ^Z	30 5:15-6:30 pm Invitation to Change ^R 7:00-8:00 pm - Al-Anon ^H	31 9:30-10:30 am - Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts Grief Group ^R	Full meeting details at: www.OasisBethlehem.org/Calendar		

^H = Hybrid (In-Person/Zoom) Mtg ^Z = Zoom Mtg ^R = Registration Required SMART Recovery Groups: F&F = Family & Friends / Indiv = Individuals

OASIS Community Center – Groups Information – July 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 5:00–6:00 pm (2nd floor) – Zoom option available
- ACA *The Loving Parent Guidebook* Study – Mondays 8:00–9:00 pm – Zoom only

Evidence-Based Education/Support Groups

- Invitation to Change Approach – Tuesdays 5:15 to 6:30 pm – Zoom option available – *No meeting on July 9th*
- SMART Friends & Family – Thursdays 12:00–1:00 pm (2nd floor) – Zoom option available – *July 4th & 11th meetings are Zoom only*
- SMART Recovery for Individuals – Thursdays at 6:30–8:00 pm (2nd floor) – Zoom option available – *No meeting on July 4th*

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 (send email to info@oasisbethlehem.org)

- Grief Movement Class – Tuesdays 5:15–6:15 pm (1st floor) – Restarts in September
- Restorative Chair Yoga – Wednesdays 9:30–10:30 am (1st floor) – *No session on July 10th*

Special Event

- **5-Year Anniversary Celebration & Open House** – Friday, July 26, 2024 – Noon to 5:00 pm
At 12:30 pm, there will be a special ribbon-cutting ceremony with remarks from Northampton County Executive, Lamont McClure. Afterwards, enjoy our refreshment buffet. At 2:15 pm, well-known guest speaker Westley Morris shares his remarkable recovery story. **All are welcome but please RSVP.** Go to [OasisBethlehem.org/Special-Events](https://www.oasisbethlehem.org/Special-Events) for the registration link.

Other Groups Hosted by OASIS

- Music Lessons (keyboard & guitar) with Gabe – Last Sunday at 7:00 pm – In-person (register through SYNC Recovery)