LEHIGH VALLEY PARENT AND FAMILY SUPPORT GROUPS

The mission of these groups is to help ourselves and, in turn, help members of other families whose lives have been impacted by a loved one's substance use disorder. We offer a confidential, safe place for finding resources, support and networking opportunities, encouragement and hope. Support is offered to parents, grandparents, otherl family members and caretakers, including spouses, significant others and siblings.

SUNDAY ALLENTOWN Parent Support Group meets via Zoom at 6:30pm, contact <u>Carol@carollivingston.com</u> for details or call Carol at 484-553-6556.

MONDAY EASTON Parent Support Group meets via Zoom at 7:00pm, contact <u>rlivingiii@gmail.com</u> or Carol for details or call Bob at 484-553-6555.

WEDNESDAY BETHLEHEM Parent & Family Support Group sponsored by the OASIS Community Center, is co-facilitated by Janette Zuk, Certified Family Recovery Specialist, and Beth Papaz and specializes in bringing educational programs, studies, and curriculums to families. Currently meeting via Zoom at 7:15pm – 8:15pm. Contact Janette and Beth at <u>bethlehempfsg@gmail.com</u> for information, or call OASIS Community Center at 484-747-6825.

Zoom Link: https://us02web.zoom.us/j/84635499519 Meeting ID: 846 3549 9519 One tap mobile +13017158592,,84635499519# US (Washington DC)

THURSDAY ALLENTOWN Parent Support Group meets, from 7:00pm – 8:30pm, in addition to teleconference call-in option, at Fogelsville Fire House / Social Hall located at 7850 Lime Street, Fogelsville PA 18051 (lower level). Email <u>LVPFSG@gmail.com</u> or call Donna Jacobsen at 917-763-8978 for details.

