

# March 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
			1 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>	2 5:00-6:00 pm ACA <sup>H</sup> 6:30-8:00 pm SMART Recovery F&F / AB Groups <sup>H</sup>	3	4 5:30-6:30 pm Recovery Dharma
<div style="border: 1px solid black; padding: 5px; display: inline-block;">                     Visit <a href="http://www.OasisBethlehem.org/Calendar">www.OasisBethlehem.org/Calendar</a> for full details, program flyers, and Zoom links.                 </div>						
5	6 6:00-7:00 pm Trauma Informed Mindfulness for Everybody 6:30-8:00 pm Family Counseling	7 6:00-7:30 pm Invite to Change 7:00-800 pm Al-Anon <sup>H</sup>	8 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>	9 5:00-6:00 pm ACA <sup>H</sup> 6:30-8:00 pm SMART Recovery F&F / AB Groups <sup>H</sup>	10	11 5:30-6:30 pm Recovery Dharma
12	13 6:00-7:00 pm Trauma Informed Mindfulness for Everybody 6:30-8:00 pm Family Counseling	14 6:00-7:30 pm Invite to Change 7:00-800 pm Al-Anon <sup>H</sup>	15 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>	16 5:00-6:00 pm ACA <sup>H</sup> 6:30-8:00 pm SMART Recovery F&F / AB Groups <sup>H</sup>	17 <b>St. Patrick's Day</b>	18 5:30-6:30 pm Recovery Dharma
19 7:00-8:30 pm Keyboard & Guitar w/ Gabe (SYNC)	20 6:00-7:00 pm Trauma Informed Mindfulness for Everybody 6:30-8:00 pm Family Counseling	21 No Invitation to Change Mtg 7:00-800 pm Al-Anon <sup>H</sup>	22 No Chair Yoga Today! 5:30-6:45 Grief Group <sup>H</sup> 7:00-8:30pm Wellness Group <sup>Z</sup>	23 5:00-6:00 pm ACA <sup>H</sup> 6:30-8:00 pm SMART Recovery F&F / AB Groups <sup>H</sup>	24	25 5:30-6:30 pm Recovery Dharma
26	27 6:00-7:00 pm Trauma Informed Mindfulness for Everybody 6:30-8:00 pm Family Counseling	28 6:00-7:30 pm Invite to Change 7:00-800 pm Al-Anon <sup>H</sup>	29 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>	30 5:00-6:00 pm ACA <sup>H</sup> 6:30-8:00 pm SMART Recovery F&F / AB Groups <sup>H</sup>	31	

<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 – March 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 – Mondays at 8:00 pm – Zoom

## **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) \* – On hiatus until Mid-Spring

## **OASIS 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; send email to [info@oasisbethlehem.org](mailto:info@oasisbethlehem.org) to register)

- Family Counseling Group – Mondays at 6:30 pm – In-person (1<sup>st</sup> floor)
- Drop-In Grief Support 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

## **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)

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

- Trauma Informed Mindfulness for Everybody (TIME) \* – 6 Mondays at 6:00 pm – In-person (2<sup>nd</sup> floor) – Starts Mar. 6<sup>th</sup>
- NAMI-LV Family to Family Series – 8 Sundays, 1:00 to 3:00 pm – In-person (2<sup>nd</sup> floor) – Starts April 16<sup>th</sup>
- Serenity Retreat for Grieving Women \* – May 19<sup>th</sup>–21<sup>st</sup>, 2023 – Visit <https://oasisbethlehem.org/serenity-retreat>

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