

November 2019



Activities Calendar

Drop-In Hours: 12 noon to 5 pm, Monday–Friday; or by appointment

3410 Bath Pike, Bethlehem, PA 18017; Tel. 484-747-6825

www.oasisbethlehem.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 4:30-6:30 pm Emotionally Healthy Spirituality	4 7:15-8:30 pm – ACA	5 10:30-11:30 am – Yoga ** 12:00-1:00 pm – CoDA 7:00-8:00 pm – Al-Anon	6 5:30-6:45pm – Grief Therapy ** 7-8:30 pm – Parent & Family*	7 12-2 pm D&A Assessments 5:30-6:30 pm – Yoga ** 7:00-8:30 pm – Nar-Anon	8 5:30-7:30 pm – Friends of OASIS Potluck Dinner **	9
10 4:30-6:30 pm Emotionally Healthy Spirituality	11 7:15-8:30 pm – ACA	12 10:30-11:30 am – Yoga ** 12:00-1:00 pm – CoDA 7:00-8:00 pm – Al-Anon	13 5:30-6:45pm –Grief Therapy ** 7-8:30 pm – Parent & Family*	14 12-2pm D&A Assessments 12-2 pm–VisionBoard Wkshp ** No Yoga Class 7:00-8:30 pm – Nar-Anon	15 12-1 pm – Northampton County D&A Advisory Mtg 5:30-7:30 pm – Herb Pesto Cooking Class **	16 1-5 pm – Holiday Grief Triggers Workshop **
17	18 7:15-8:30 pm – ACA	19 10:30-11:30 am – Yoga ** 12:00-1:00 pm – CoDA 7:00-8:00 pm – Al-Anon	20 5:30-6:45pm –Grief Therapy ** 7-8:30 pm – Parent & Family*	21 12-2 pm D&A Assessments No Yoga Class 7:00-8:30 pm – Nar-Anon	22 1-3 pm Remembrance Scrapbooking **	23
24	25 7:15-8:30 pm – ACA	26 10:30-11:30 am – Yoga ** 12:00-1:00 pm – CoDA 7:00-8:00 pm – Al-Anon	27 5:30-6:45pm –Grief Therapy ** No Parent & Family Group	28 THANKSGIVING HOLIDAY No Drop-In Hours 7:00-8:30 pm – Nar-Anon	29 BLACK FRIDAY No Drop-In Hours	30 7-9 pm – “Giving It Up” Bonfire at Kainoa’s Ohana **

ACA = Adult Children of Alcoholics

CoDA = Co-dependents Anonymous

D&A = Drug & Alcohol

* Parent & Family Support Group

** Pre-registration Required