

September is Recovery Month 2020



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	5
	6-8:30 pm LV Fed Up Rally at Steel Stacks	12:00-1:00 pm – CoDA ^Z 7:00-8:00 pm – Al-Anon ^H	5:30-6:45 pm – Early Grief Support Group ^{H,R}	Noon – Recovery Connection ^Z 3:00 pm – Boundaries Study ^{Z,R} 6:30 pm - Family Counseling ^{Z,R}	12:00-1:00 pm Feel Good Friday <i>8 Aspects of Wellness</i> ^Z	6:30 pm Celebration Bonfire at Kainoa’s Ohana
6	Labor Day ⁷	8	9	10	11	12
	No Drop-In Hours 10-11 am – Chair Yoga ^Z 7:15-8:30 pm – ACA ^Z	12:00-1:00 pm – CoDA ^Z 2:30-4:00 pm – GRASP Mtg ^H 7:00-8:00 pm – Al- Anon ^H	5:30-6:45 pm – Early Grief Support Group ^{H,R} 7-8:30 pm – Parent & Family ^Z	Noon – Recovery Connection ^Z 3:00 pm – Boundaries Study ^{Z,R} 6:30 pm - Family Counseling ^{H,R}	12:00-1:00 pm Feel Good Friday <i>Creating a Wellness Toolbox</i> ^Z	
13	14	15	16	17	18	19
	10-11 am – Chair Yoga ^Z 7:15-8:30 pm – ACA ^Z	12:00-1:00 pm – CoDA ^Z 7:00-8:00 pm – Al-Anon ^H	5:30-6:45 pm – Early Grief Support Group ^{H,R} 7-8:30 pm – Parent & Family ^Z	Noon – Recovery Connection ^Z 3:00 pm – Boundaries Study ^{Z,R} 6:30pm – Family Counseling ^{H,R}	12:00-1:00 pm Feel Good Friday <i>Feelings Pyramid</i> ^Z	9:00 am – Noon OASIS Family Recovery Day ^{H,R}
20	21	22	23	24	25	26
	10-11 am – Chair Yoga ^Z 7:15-8:30 pm – ACA ^Z	12:00-1:00 pm – CoDA ^Z 7:00-8:00 pm – Al-Anon ^H	5:30-6:45 pm – Early Grief Support Group ^{H,R} 7-8:30 pm – Parent & Family ^Z	Noon – Recovery Connection ^Z 3:00 pm – Boundaries Study ^{Z,R} 6:30 pm - Family Counseling ^{H,R}	12:00-1:00 pm Feel Good Friday <i>Step Up Recovery with Mindfulness</i> ^Z	
27	28	29	30			
	10-11 am – Chair Yoga ^Z 7:15-8:30 pm – ACA ^Z	12:00-1:00 pm – CoDA ^Z 7:00-8:00 pm – Al-Anon ^H	5:30-6:45 pm – Early Grief Support Group ^{H,R} 7-8:30 pm – Parent & Family ^Z			

ACA = Adult Children of Alcoholics

CoDA = Co-dependents Anonymous

^H = Hybrid (In-Person/Virtual) Mtg

^Z = Virtual Zoom Mtg

^R = Pre-registration Required