

# September 2022



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/calendar](http://www.oasisbethlehem.org/calendar)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5:15-6:15 pm ACA <sup>H</sup> 6:30-8:00 pm SMART Recovery Groups <sup>H</sup>	2 11:00am-12:30pm Loving Parent Guidebook	3 5:30-6:30 pm Recovery Dharma
4	Labor Day 5  No Drop-In Hours  7:15-8:30 pm ACA <sup>Z</sup>	6 12:00-1:00 pm CoDA <sup>Z</sup> 6:00-7:30 pm Invite to Change 7:00-8:00 pm AI-Anon <sup>H</sup>	7 9:30-10:30 am Chair Yoga  5:30-6:30 pm Grief Group <sup>H</sup>	8 5:15-6:15 pm ACA <sup>H</sup> 6:30-8:00 pm SMART Recovery F&F/ AB Groups <sup>H</sup>	9 11:00am-12:30pm Loving Parent Guidebook	10 5:30-6:30 pm Recovery Dharma
11	12 7:15-8:30 pm ACA <sup>Z</sup>	13 12:00-1:00 pm CoDA <sup>Z</sup> 6:00-7:30 pm Invite to Change 7:00-8:00 pm AI-Anon <sup>H</sup>	14 9:30-10:30 am Chair Yoga 5:30-6:30 pm Grief Group <sup>H</sup> 7:00-8:30 pm Wellness Group 7:00-8:30pm SMART Recovery Veterans & 1 <sup>st</sup> Responders	15 5:15-6:15 pm ACA <sup>H</sup> 6:30-8:00 pm SMART Recovery Groups <sup>H</sup>	16 11:00am-12:30pm Loving Parent Guidebook	17 9:30 am – 5:30 pm Family Recovery Day 4.0 5:30-6:30 pm Recovery Dharma
18 7:00-8:30 pm <sup>R</sup> SYNC Recovery Guitar w/ Gabe	19 7:15-8:30 pm ACA <sup>Z</sup>	20 12:00-1:00 pm CoDA <sup>Z</sup> 6:00-7:30 pm Invite to Change 7:00-8:00 pm AI-Anon <sup>H</sup>	21 9:30-10:30 am Chair Yoga 5:30-6:30 pm Grief Group <sup>H</sup> 7:00-8:30 pm Wellness Group 7:00-8:30pm SMART Recovery Veterans & 1 <sup>st</sup> Responders	22 5:15-6:15 pm ACA <sup>H</sup> 6:30-8:00 pm SMART Recovery Groups <sup>H</sup>	23 11:00am-12:30pm Loving Parent Guidebook	24 5:30-6:30 pm Recovery Dharma
25 7:00-8:30 pm <sup>R</sup> SYNC Recovery Keyboard w/ Gabe	26 7:00 pm Battle Borne Spouses 7:15-8:30 pm ACA <sup>Z</sup>	27 9:00 am - 3:00 pm Mental Health First Aid <sup>R</sup> 12:00-1:00 pm CoDA <sup>Z</sup> 6:00-7:30 pm Invite to Change 7:00-8:00 pm AI-Anon <sup>H</sup>	28 9:30-10:30 am Chair Yoga 5:30-6:30 pm Grief Group <sup>H</sup> 7:00-8:30 pm Wellness Group 7:00-8:30pm SMART Recovery Veterans & 1 <sup>st</sup> Responders	29 5:15-6:15 pm ACA <sup>H</sup> 6:30-8:00 pm SMART Recovery Groups <sup>H</sup>	30 11:00am-12:30pm Loving Parent Guidebook	5:30-6:30 pm Recovery Dharma

<sup>H</sup> = Hybrid (In-Person/Virtual) Mtg    <sup>Z</sup> = Virtual Zoom Mtg    <sup>C</sup> = Closed Group    <sup>R</sup> = Pre-registration Required    SMART Recovery Groups: "Family & Friends" & "Addictive Behaviors"

# OASIS Community Center – Groups Information

## 12-Step Groups

- Adult Children of Alcoholics (ACA) – Mondays at 7:15 pm – Virtual meeting
- CoDependents Anonymous (CoDA) – Tuesdays at Noon – Virtual meeting
- Al-Anon Family Group – Tuesdays at 7:00 pm – Attend in-person (2<sup>nd</sup> floor) or virtual
- Adult Children of Alcoholics (ACA) – Thursdays at 5:15 pm – In-person meeting (2<sup>nd</sup> floor)
- *ACA The Loving Parent Guidebook* Study – Fridays at 11:00 am – In-person meeting (1<sup>st</sup> floor)

## SMART Recovery Groups

- **NEW!** SMART Recovery for Veterans & First Responders – Wednesdays at 7:00 pm – Starts 9/14
- SMART Friends & Family \* – Thursdays at 6:30 pm – Attend in-person (1st floor) or virtual
- SMART Addictive Behaviors \* – Thursdays at 6:30 pm – Attend in-person (2<sup>nd</sup> floor) or virtual

## **OASIS Pilot 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 meeting (1st floor)

## **Counseling Groups (facilitated by licensed professional counselor with CAADC)**

- Drop-In Grief Group – Wednesdays at 5:30 pm – Attend in-person (recommended) or virtual

## Wellness

- Restorative Chair Yoga – Wednesdays at 9:30 am – In-person class (1st floor)
- OASIS Family Wellness Group – Wednesdays at 7:00 pm – Virtual book study

## Other Groups Hosted by OASIS

- Battle Borne Military & Veteran Spouse Support Group – Last Monday at 7:00 pm – In-person meeting (2nd floor)
- Recovery Dharma – Saturdays at 5:30 pm – In-person meeting (2st floor)
- Group Music Lessons with Gabe – 3<sup>rd</sup> (guitar) and 4<sup>th</sup> (keyboard) Sundays at 7:00 pm (SYNC Recovery)

## Limited Series

- Grief Recovery Method – Tuesdays at 6:00 pm – start date for next cohort TBD – email [info@oasisbethlehem.org](mailto:info@oasisbethlehem.org) to register
- Strengthening Families \* – if interested, contact us at [info@oasisbethlehem.org](mailto:info@oasisbethlehem.org)

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