



June 2026



Drop-In Hours: 10 am to 5 pm, Monday–Friday and by appointment
 3410 Bath Pike, Bethlehem, PA 18017 | Tel. 484-747-6825 | OasisBethlehem.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 3:00 – 5:00 pm Mindful Self-compassion 5:30 – 7:30 pm Grief Recovery Method 8:00-9:00 pm LPG ^Z	2 12:00-1:00 pm - CoDA ^Z 5:15-6:30 pm – ITC ^H	3 9:30-10:30 am–Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts Grief Group ^R	4 12-1:00 pm - SMART F&F ^H 5:00-6:00 pm - ACA ^H	5 12:00 - 4:30 pm 7th Anniversary Open House	6	
7	8 3:00 – 5:00 pm Mindful Self-compassion 5:30 – 7:30 pm Grief Recovery Method 8:00-9:00 pm LPG ^Z	9 12:00-1:00 pm - CoDA ^Z 5:15-6:30 pm – ITC ^H	10 9:30-10:30 am–Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts Grief Group ^R	11 12-1:00 pm - SMART F&F ^H 5:00-6:00 pm - ACA ^H	12 11 am – noon Teatime Talks 3:00–5:00 pm John Adams mini-series	13	
14	15 3:00 – 5:00 pm Mindful Self-compassion 5:30 – 7:30 pm Grief Recovery Method 8:00-9:00 pm LPG ^Z	16 12:00-1:00 pm - CoDA ^Z 5:15-6:30 pm – ITC ^H	17 9:30-10:30 am–Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts Grief Group ^R	18 12-1:00 pm - SMART F&F ^H 5:00-6:00 pm - ACA ^H	19 Juneteenth CLOSED Staff Holiday	20	
21	22 3:00 – 5:00 pm Mindful Self-compassion 8:00-9:00 pm LPG ^Z	23 12:00-1:00 pm - CoDA ^Z 5:15-6:30 pm – ITC ^H	24 9:30-10:30 am–Chair Yoga ^R 5:30-6:45 pm Hopeful Hearts Grief Group ^R	25 12-1:00 pm - SMART F&F ^H 5:00-6:00 pm - ACA ^H	26 11 am – noon Teatime Talks 3:00–5:00 pm John Adams mini-series	27	
28	29 3:00 – 5:00 pm Mindful Self-compassion 8:00-9:00 pm LPG ^Z	30 12:00-1:00 pm - CoDA ^Z 5:15-6:30 pm – ITC ^H		Full meeting details at: OasisBethlehem.org/Calendar			

^H = Hybrid (In-Person/Zoom) Mtg ^Z = Zoom Mtg ^R = Registration Required SMART Recovery Groups: F&F = Family & Friends / Indiv = Individuals LPG = Loving Parent Guidebook

OASIS Community Center – Program Information – June 2026

~ our programs are offered in support of families and friends impacted by a loved one's substance-use ~

Drop-in Programs (no need to register)

- Tea-Time Talks – Fridays 11:00 am - 12:00 pm – Open discussion with Rhonda & Tina on monthly themes or topics of concern

Community Building Activities

- Arts for Wellness – Fridays 3:00-5:00 pm (Currently honoring America's 250th birthday with a **John Adams mini-series**)

Professionally Facilitated Wellness Programs – Registration Required (send email to info@oasisbethlehem.org)

- Restorative Chair Yoga – Wednesdays 9:30-10:30 am
- *Hopeful Hearts* Grief Support Group – Wednesdays 5:30-6:45 pm
- **Grief Recovery Method** (April 6 – June 15) Mondays 5:30-7:30 pm
- **Mindful Self-compassion**, a Reconnections Community program (May 18– June 29) Mondays 3:00–5:00 pm

Evidence-Based Education/Support Groups (no need to register)

- Invitation to Change Approach (ITC) – Tuesdays 5:15 to 6:30 pm – Zoom option available
- SMART Friends & Family – Thursdays 12:00–1:00 pm – Zoom option available

12-Step Groups (no need to register)

- ACA *The Loving Parent Guidebook (LPG)* Study – Mondays 8:00–9:00 pm – Zoom only
- CoDependents Anonymous (CoDA) – Tuesdays 12:00–1:00 pm – Zoom only
- Adult Children of Alcoholics (ACA) – Thursdays 5:00–6:00 pm – Zoom option available