March 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

6 years!

oasis COMMUNITY CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 3:30 – 5:00 pm **Done with the Crying** 8:00-9:00 pm LPG Z	3 12:00-1:00 pm - CoDA Z 5:15-6:30 pm – ITC H	4 9:30-10:30 am–Chair Yoga R 5:30-6:45 pm Hopeful Hearts R	5 12-1:00 pm - SMART F&F H 5:00-6:00 pm - ACA H 6:30-8:00 pm - SMART Indiv	6 11 am – noon Teatime Talks 3:30–5 pm Arts for Wellness *Belgravia*, Season 1	7
8	9 3:30 – 5:00 pm **Done with the Crying** 8:00-9:00 pm LPG Z	10 12:00-1:00 pm - CoDA Z 5:15 – 6:15 pm **Grief Movement** 5:15-6:30 pm – ITC H	11 9:30-10:30 am–Chair Yoga R 5:30-6:45 pm Hopeful Hearts R	12 12-1:00 pm - SMART F&F H 5:00-6:00 pm - ACA H 6:30-8:00 pm - SMART Indiv	13 11 am – noon Teatime Talks 5:30-8:30 **Potluck of the Irish**	14
15	16 3:30 – 5:00 pm **Done with the Crying** 8:00-9:00 pm LPG Z	**St. Patrick's Day** 17 12:00-1:00 pm - CoDA Z 5:15 – 6:15 pm **Grief Movement** 5:15-6:30 pm – ITC H	18 9:30-10:30 am–Chair Yoga R 5:30-6:45 pm Hopeful Hearts R	19 12-1:00 pm - SMART F&F H 2:00-4:00 pm **Experiential Workshop** 5:00-6:00 pm - ACA H 6:30-8:00 pm - SMART Indiv	20 11 am – noon Teatime Talks 3:30–5 pm Arts for Wellness *Belgravia*, Season 1	21
22	23 3:30 – 5:00 pm **Done with the Crying** 8:00-9:00 pm LPG Z	24 12:00-1:00 pm - CoDA Z 5:15 – 6:15 pm **Grief Movement** 5:15-6:30 pm – ITC H	25 9:30-10:30 am–Chair Yoga R 5:30-6:45 pm Hopeful Hearts R	26 12-1:00 pm - SMART F&F H 5:00-6:00 pm - ACA H 6:30-8:00 pm - SMART Indiv	27 11 am – noon Teatime Talks 3:30–5 pm Arts for Wellness *Belgravia*, Season 1	28
29	30 3:30 – 5:00 pm **Done with the Crying** 8:00-9:00 pm LPG Z	31 12:00-1:00 pm - CoDA Z 5:15 – 6:15 pm **Grief Movement** 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 – March 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: *Belgravia*, Season 1 – Fridays 3:30-5:00 pm, (6-weeks, beginning February 13)
- **Potluck of the Irish –** Friday, March 13, 5:30-8:30 pm
- **Relationship-Building Experiential Workshop** – Thursday, March 19, 2:00-4:00 pm

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 Movement** (spring series begins March 10) – Tuesdays 5:15–6:15 pm
- ***Done with the Crying,*** a Reconnections Community program – Mondays 3:30–5:00 pm (11-weeks, in progress)

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
- SMART Recovery for Individuals – Thursdays 6:30–8:00 pm – in-person only

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

Community Outreach

- **Heroes & Hope Recovery Walk 2026** – Saturday, **May 16**. Register 10 a.m., Walk 11 a.m.
  Safe Harbor lot at 536 Bushkill Drive, Easton, PA

Zoom & registration links for weekly group meetings are available at www.oasisbethlehem.org/calendar. For special events, descriptive flyers and registrations are available at www.oasisbethlehem.org/special-events. Questions? Email info@oasisbethlehem.org.