



# August 2025



**oasis**  
COMMUNITY CENTER

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](https://OasisBethlehem.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Full meeting details at: <a href="https://OasisBethlehem.org/Calendar">OasisBethlehem.org/Calendar</a></div>					1 11:00 am – Noon <b>NEW!</b> Tea Time Talks 3:00 – 5:00 pm Arts for Wellness Movie TBD	2
3	4 8:00-9:00 pm Loving Parent Guidebook <sup>z</sup> (LPG)	5 12:00-1:00 pm - CoDA <sup>H</sup> 5:15-6:30 pm – ITC <sup>H</sup> 7:00-8:00 pm - AI-Anon <sup>H</sup>	6 9:30-10:30 am - Chair Yoga <sup>R</sup> <b>NEW!</b> 10:45-11:45 am Nature Walk 5:30-6:45pm - Hopeful Hearts <sup>R</sup>	7 12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:00 pm - ACA <sup>H</sup> 6:30-8:00 pm - SMART Indiv	8 11:00 am – Noon <b>NEW!</b> Tea Time Talks 3:00 – 5:00 pm Arts for Wellness Movie TBD	9
10	11 <b>NEW!</b> 11 am - noon Movement on the Green <b>NEW!</b> 3:30-4:45 Truth or Scam? 8:00-9:00 pm LPG <sup>z</sup>	12 12:00-1:00 pm - CoDA <sup>H</sup> 5:15-6:30 pm – ITC <sup>H</sup> 7:00-8:00 pm - AI-Anon <sup>H</sup>	13 9:30-10:30 am - Chair Yoga <sup>R</sup> <b>NEW!</b> 10:45-11:45 am Nature Walk 5:30-6:45pm - Hopeful Hearts <sup>R</sup>	14 12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:00 pm - ACA <sup>H</sup> 6:30-8:00 pm - SMART Indiv	15 11:00 am – Noon <b>NEW!</b> Tea Time Talks 3:00 – 5:00 pm Arts for Wellness Movie TBD	16
17	18 <b>NEW!</b> 11 am - noon Movement on the Green <b>NEW!</b> 3:30-4:45 Truth or Scam? 8:00-9:00 pm LPG <sup>z</sup>	19 12:00-1:00 pm - CoDA <sup>H</sup> 5:15-6:30 pm – ITC <sup>H</sup> 7:00-8:00 pm - AI-Anon <sup>H</sup>	20 9:30-10:30 am - Chair Yoga <sup>R</sup> <b>NEW!</b> 10:45-11:45 am Nature Walk 5:30-6:45pm - Hopeful Hearts <sup>R</sup>	<b>Nat'l Fentanyl Prevention 21 &amp; Awareness Day NYC event</b> 12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:00 pm - ACA <sup>H</sup> 6:30-8:00 pm - SMART Indiv	22 11:00 am – Noon <b>NEW!</b> Tea Time Talks 3:00 – 5:00 pm Arts for Wellness Movie TBD	23 <b>Remembrance &amp; Healing Event</b> Reading, PA
24	25 <b>NEW!</b> 11 am - noon Movement on the Green <b>NEW!</b> 3:30-4:45 Truth or Scam? 8:00-9:00 pm LPG <sup>z</sup>	26 12:00-1:00 pm - CoDA <sup>H</sup> 5:15-6:30 pm – ITC <sup>H</sup> 7:00-8:00 pm - AI-Anon <sup>H</sup>	27 9:30-10:30 am - Chair Yoga <sup>R</sup> <b>NEW!</b> 10:45-11:45 am Nature Walk 5:30-6:45pm - Hopeful Hearts <sup>R</sup>	28 12-1:00 pm - SMART F&F <sup>H</sup> 5:00-6:00 pm - ACA <sup>H</sup> 6:30-8:00 pm - SMART Indiv	29 <b>International Overdose Awareness Day Event</b> Harrisburg, PA	30
31 <b>Lehigh Valley Fed Up Rally</b> SteelStacks, 5-7 pm						

<sup>H</sup> = Hybrid (In-Person/Zoom) Mtg    <sup>z</sup> = Zoom Mtg    <sup>R</sup> = Registration Required    SMART Recovery Groups: F&F = Family & Friends / Indiv = Individuals

# OASIS Community Center – Program Information – August 2025

*~ 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)

- **NEW!** Truth or Scam? – Mondays, 3:30 pm - 4:45 pm (summer series) Learn about current scams targeting the vulnerable and how we can protect ourselves. Based on real life stories.
- **NEW!** Tea-Time Talks – Fridays 11:00 am - 12:00 pm – Open discussion with Rhonda & Tina on your topics of concern

## **Special Events**

- **Angels of the Valley memorial banners - displayed August 31 through September at SteelStacks, Bethlehem**

## **Professionally Facilitated Programs** (led by a licensed professional counselor with D&A credential) – **Registration Required**

- “Hopeful Hearts” Grief Support Group – Wednesdays at 5:30–6:45 pm (1<sup>st</sup> floor)
- “Navigating SUD in the Family” Group – New series begins in the Fall

## **Wellness – Registration Required** (send email to [info@oasisbethlehem.org](mailto:info@oasisbethlehem.org))

- **NEW!** Movement on the Green: Nurtured in Nature – Mondays, 11 am - noon
- Restorative Chair Yoga – Wednesdays 9:30–10:30 am (1<sup>st</sup> floor)
- Meditation & Nature Walks – Wednesdays 10:45-11:45 am (meet on porch, weather permitting)
- **NEW!** Arts for Wellness – Fridays 3:00-5:00 pm (movie selection TBD by group consensus)
- Grief Movement Class – new series begins Tues., Oct. 7, and runs through Nov. 4 (5 weeks), 5:15 - 6:15 pm

## **Evidence-Based Education/Support Groups**

- Invitation to Change Approach (ITC) – Tuesdays 5:15 to 6:30 pm – Zoom option available
- SMART Friends & Family – Thursdays 12:00–1:00 pm (2<sup>nd</sup> floor) – Zoom option available
- SMART Recovery for Individuals – Thursdays at 6:30–8:00 pm (2<sup>nd</sup> floor) – in-person only

## **12-Step Groups**

- ACA *The Loving Parent Guidebook* Study – Mondays 8:00–9:00 pm – Zoom only
- CoDependents Anonymous (CoDA) – Tuesdays 12:00-1:00 pm (2<sup>nd</sup> floor) – Zoom option available
- Al-Anon Family Group – Tuesdays 7:00–8:00 pm (2<sup>nd</sup> floor) – Zoom option available
- Adult Children of Alcoholics (ACA) – Thursdays 5:00–6:00 pm (2<sup>nd</sup> floor) – Zoom option available