

OASIS... a place of healing

The OASIS Community Center is a family support center in Bethlehem, PA founded and operated by Speak Up for Ben, Inc., a 501(c)(3) nonprofit. Using a trauma-informed approach, we offer free confidential services to families impacted by a loved one's substance use or substance-related death.

Families who lose a loved one due to a substance-related cause suffer a unique type of grief that often triggers guilt, shame, and feelings of seclusion. Through education, we learn that "we didn't cause it, we couldn't control it, and we couldn't cure it." By coming out of the darkness of isolation into the light of community, we can help your family cope with your loss and experience serenity and hope.

Family Recovery Services

In addition to specializing in substance-related grief support, OASIS staff are *Certified Family Recovery Specialists* (CFRS). With a personal understanding of the disease of addiction, we offer education, resources, and support to families impacted by substance use.

Community Advocacy

Speak Up for Ben, Inc. partners with ArtsQuest and LVHN for the *Angels of the Valley* Memorial Banners on display at Steel Stacks during September.

For more information, visit:

OasisBethlehem.org

484.747.6825



HELP IS AVAILABLE 24/7

If you or a loved one (adult, teen, or child) is experiencing a mental health crisis, please reach out:

County Crisis Services

Northampton 610.252.9060

Lehigh 610.782.3127

988 Suicide & Crisis Lifeline

Chat or Text 988

National Crisis Text Line

Text HOME to 741 741

Crisis Support in Pennsylvania

211 ♦ pa211.org

In case of emergency, call 911



The goal of the Task Force is to create a multi-faceted approach to reduce overdoses and deaths associated with heroin and opioid use in Northampton County, PA.

This list does not constitute an endorsement of the organizations or programs by the Task Force. However, we hope you will find these resources helpful.

SpeakUpForBen.org

June 2023

Bereavement Support & Resources

for Substance-Related Deaths



There are Three Needs of the Griever:

To find the words for the loss,

To say the words aloud,

And to know that the words have been heard.

~ Victoria Alexander

National Organizations

search websites to find local/virtual meetings

Parents, Grandparents, Siblings

- ◆ Bereaved Parents of the USA
- ◆ Compassionate Friends

Adults

- ◆ GRASP (Grief Recovery After Substance Passing) *
- ◆ GriefShare (faith based)
- ◆ Tender Hearts (Grief.com)

Young Adults

- ◆ Actively Moving Forward (18-30 yrs)
- ◆ Comfort Zone Camp (18-25 yrs)
- ◆ The Dinner Party (21-45 yrs)

Children & Youth

- ◆ National Alliance for Grieving Children
- ◆ Comfort Zone Camp (7-17 yrs)
- ◆ Eluna Network Camp Erin (6-17 yrs)

Lehigh Valley Hospitals

LVHN Bereavement Services

610.402.7481

- ◆ Individual & family counseling
- ◆ Coping with Grief – 1st & 2nd year
- ◆ Memorial Art group
- ◆ Stepping Stones family program
- ◆ Camp Cocoon (6-12 yrs)

St. Luke's Grief Support Services

484.526.2499

- ◆ Good Grief workshop

OASIS Community Center

nurturing families impacted by substance use

Hopeful Hearts Support Group *

We support adults who've lost a loved one due to a substance-related cause. Co-facilitated by a grief therapist (LPC) and Rhonda Miller, a bereaved mother and certified grief educator. We also remember and celebrate our loved ones' birthdays and/or special dates.

- ◆ Wednesdays from 5:30 to 6:45 pm
- ◆ Registration required; see below

Grief Educator Support *

Grief must be witnessed to heal. As a grief companion, Rhonda will guide you through the often unacknowledged rocky terrain of grief, and help you learn to dose your grief to regain a sense of balance, purpose, and hope.

Contact rhonda@oasisbethlehem.org for grief group or individual support.

OASIS Bereavement Events *

- ◆ Serenity Retreat for Women (May)
- ◆ Social Gathering for *Bereaved Parents Awareness Month* (July)
- ◆ Butterfly Release (Sept)
- ◆ Candlelight Remembrance (Dec)

"The OASIS community provides that 'sharing, caring, safe place' where anything and everything can be discussed among others who understand the struggles and the pain associated with such a debilitating loss."

- Lisa, bereaved mother

For a comprehensive listing of educational and support resources, including:

- ◆ Books
- ◆ Podcasts
- ◆ Websites
- ◆ Apps
- ◆ Social Media Sites
- ◆ Videos

Visit:

oasisbethlehem.org/grief-support

"It's not easy for me to think back on who I was before OASIS. I'd fallen down a well of grief and despair and didn't see any way out. At OASIS I found people and programs and resources that have given me hope that I can rise above the tragedies of my past and change my life for the better."

- Dave, bereaved father

* *Programs and services specific to substance-related loss*

More Grief Resources

Grief Recovery Method Workshop

- ◆ GriefRecoveryMethod.com

Grief Therapists

- ◆ PsychologyToday.com

Specialized Populations

- ◆ LGBTQ
- ◆ Spanish-speaking
- ◆ BradburySullivanCenter.org

Suicide Loss Support

- ◆ AFSP.org