

Who We Are

About Us

The OASIS Community Center, operated by Speak Up for Ben, Inc., seeks to have a positive, exponential impact on the Lehigh Valley by serving families and individuals impacted by a loved one's substance use.

The public health crisis of the opioid epidemic and substance use disorder (SUD) results in the social breakdown of individuals and families. Research has shown that people in SUD recovery have a stronger rate of success when their families and friends—their support system—get healthier and receive support themselves.

Additionally, the grief and trauma caused by substance use conditions trigger feelings of guilt and shame for those who have been touched by it. By coming out of the darkness of isolation and into the light of community, we can heal and strengthen the recovery of those with SUD and their families. We incorporate trauma-informed care in all of our programs.

Contact Us

484.747.6825

info@oasisbethlehem.org

oasisbethlehem.org | speakupforben.org

 [@oasisbethlehem](https://www.facebook.com/oasisbethlehem)

Drop-in hours:

10:00 am to 5:00 pm, Monday through Friday
and by appointment

OASIS COMMUNITY CENTER

3410 Bath Pike
Bethlehem, PA 18017

Rhonda Miller, CFRS, Certified Grief Educator, Executive Director

"The energy here is so warm, positive, healing, and nurturing. Thank you for creating a sacred space for those affected by addiction."

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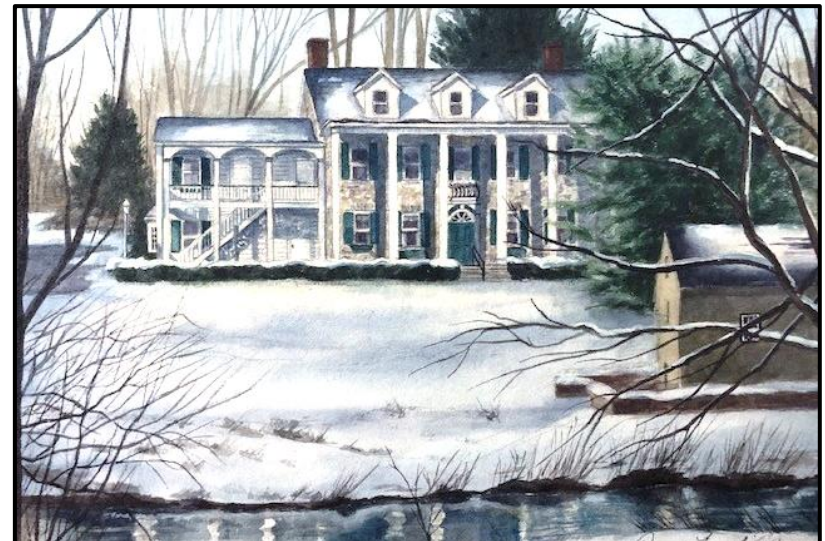
Through compassion and understanding of the family disease of addiction, the OASIS Community Center provides education, support, comfort, and healing to people who have experienced substance-related loss, as well as families and friends impacted by a loved one's active substance use.



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The OASIS Community Center is a program of
Speak Up for Ben, Inc., a 501(c)(3) nonprofit corporation.



Certified Family Recovery Specialists

As family members impacted by a loved one's substance use, our team has a personal understanding of the disease of addiction. We support and assist you in exploring multiple pathways to family recovery.

Certified Family Recovery Specialists receive comprehensive professional training for their credentialing by the Pennsylvania Certification Board.

Understanding and Support

We provide peer-based support, education, and recovery-oriented resources to families and friends in a safe and confidential setting. We will help you move into and through the process of recovery from the effects of the family disease of addiction.

Connections to Resources

As part of the larger recovery community, we can identify and connect you and your family to a wide variety of resources best suited to your needs.

Meet Our Certified Family Recovery Specialists (CFRS)



Rhonda Miller, CFRS, Certified Grief Educator
Executive Director
Speak Up for Ben, Inc.
at OASIS Community Center
rhonda@oasisbethlehem.org



Tina Thomas, CFRS
Family Education and Support
Speak Up for Ben, Inc.
at OASIS Community Center
tina@oasisbethlehem.org



Both Rhonda and Tina have walked alongside their sons, as they struggled with addiction beginning in adolescence and spanning into adulthood. Rhonda's son Ben experienced early recovery but ultimately lost his battle. Both have experienced the spectrum of family grief, are compassionate listeners, and are equipped to guide you into family recovery.

Wellness

We utilize a trauma-informed approach in all of our programming. This includes developing offerings to nourish the body, mind, and spirit.

Trauma Informed Mindfulness for Everybody (TIME)

This series combines mindfulness basics and movement. Learn to navigate life's challenges through simple practices of breath, body, thoughts, and emotions. Taught by mindfulness/yoga instructor Prabha Sinha.

Restorative Chair Yoga

Offered as a one-hour drop-in class on Wednesday mornings at 9:30 a.m. Each class starts with a mindfulness exercise. A yoga class for people of all ages and experience. Taught by Tina Thomas, certified yoga instructor.

Creekside Meditations

Take a walk outside our front door onto our trail that meanders along the banks of the Monocacy Creek. Engage your senses as you take in nature and participate in a walking meditation. Led by Tina Thomas, CFRS. Seasonal.

Gardening

Reconnect with the earth... tend flowers in our picnic area, cultivate herbs in our garden, or plant and harvest vegetables in our nearby community plot. Coordinated by Tina Thomas, our gardening enthusiast. Seasonal.

Serenity Room

Visit our special room dedicated to relaxation and reflection. A place to pray, meditate, read.

Listen to calming music and the soothing sounds of our trickling water fountain. Enjoy aroma therapy.

Experience the healing power from our library of guided imagery audio programs.



Education & Support Groups

Family members need support as part of their own recovery process. OASIS currently hosts the following groups on a regular schedule. Unless otherwise noted, meetings are offered in hybrid format (in-person with Zoom option).

Evidenced-Based Approach

- SMART Recovery Family & Friends – Thursdays, Noon to 1:30 pm
- SMART Recovery Addictive Behaviors – Thursdays, 6:30 to 8:00 pm
- Invitation to Change – a limited, 9-topic series offered by-annually

Twelve-Step Groups

- Al-Anon Family Group – Tuesdays, 7:00 to 8:00 pm
- Adult Children of Alcoholics (ACA) – Thursdays, 5:15 to 6:15 pm

Book Studies (Zoom only)

- ACA Loving Parent Guidebook Study – Mondays, 8:10 to 9:10 pm
- OASIS Family Wellness – Wednesdays, 7:00 to 8:30 pm

Hosted Groups

- BattleBorne Family Support – Monthly on 4th Monday, 7:00 to 8:00 pm

Visit [the www.OasisBethlehem.org/Calendar](http://www.OasisBethlehem.org/Calendar) page for meeting announcements and Zoom links for virtual options.

*When we heal ourselves, we heal the next generation that follows.
Pain is passed through the family line until someone is ready to*

*feel it, heal it,
and let it go.*

Our studio room, with private entrance, accommodates larger groups for meetings and workshops.



Counseling Services

OASIS offers two counseling groups facilitated by professional therapists:

Family Counseling Group Program

With the guidance of therapist Bill Arnold, LPC, CAADC, this group helps participants strengthen their resiliency, learn effective communication strategies, and develop tools to aid in the family's recovery journey.

- Meets in-person on Thursdays from 6:00 to 7:30 pm
- Small group size; completely confidential
- New participants may join at any time, after consultation

Registration required; contact info@oasisbethlehem.org.

Hopeful Hearts Grief Counseling Group

Parents and adults who have lost a loved one due to a substance-related cause find comfort here. Facilitated by grief therapist Bill Arnold, LPC, CAADC, and Rhonda Miller, bereaved mom and Certified Grief Educator.

- Meets in-person on Wednesdays from 5:30 to 6:45 pm.
- Small group size; completely confidential
- New participants may join at any time, after consultation

Registration required; contact rhonda@oasisbethlehem.org.

Additional Grief Supports

We are committed to providing the highest level of grief support through education, experience, and insights into the often-unacknowledged rocky terrain of grief.

Our director Rhonda Miller is a Certified Grief Educator, trained by grief experts David Kessler and Dr. Alan Wolfelt, with unique methodology and tools to help people navigate the challenges of grief. Also trained as a Grief Recovery Method Specialist, Rhonda meets with bereaved family members to comfort, support, and connect to resources.

Visit our webpage (<https://oasisbethlehem.org/grief-support>) for our bereavement resources brochure containing local, regional, and national resources for all demographics. Additionally, you will find a comprehensive listing of educational books, materials, and resources.

Special Programs

So often, families struggling with a loved one's substance use or substance-related death feel isolated and alone due to the stigma associated with addiction. We bring in programs for both enrichment and connection:

Arts for Wellness

Excursions to plays, concerts, museums, and cultural events. The visual and performing arts can have a powerful impact on healing.

Friday Fun Nights

Potlucks with music, movies, games, or craft activities build community.

Workshops & Retreats

- Easy & Healthy Eats – hands-on cooking demonstrations
- Arts & Crafts Workshops – express your creativity
- Experiential Retreats – various topics enhance recovery & wellness

Limited Series

- **NAMI-LV Family to Family** – An 8-session program for family, friends, and significant others of people with mental health conditions. Led by trained facilitators with lived experience.
- **Healing Wounds of Trauma** – A faith-based program in which participants engage with scripture and learn to apply best mental health practices to address spiritual and emotional wounds. Led by facilitators trained by the Trauma Healing Institute



Our gathering room is used for yoga classes, meetings, and social events.

Annual Events

We offer a variety of events to help build a supportive, healing community.

Partners, Providers, & Professionals Open House

A networking event for our colleagues, volunteers, and friends of OASIS. Features special programming. All are welcome.

Serenity Retreat for Bereaved Women – May

A compassionate and nurturing experience for bereaved women in our Lehigh Valley service area who have experienced a substance-related loss.

Remembrance Butterfly Release - August

We remember our lost loved ones in a moving ceremony followed by a butterfly release and social hour.

Angels of the Valley Memorial Banner Project – September

During National Recovery month, photo banners depicting loved ones lost to substance use are displayed on ArtsQuest's SteelStacks campus in Bethlehem, PA. New submissions accepted in July. Contact us to be notified.

Family Recovery Day

A day to recognize and celebrate family members' personal recovery.

Candlelight Remembrance – December

An inter-faith ceremony and fellowship evening event in recognition of The Compassionate Friends' Worldwide Candlelighting.

Our library offers a cozy and inviting space for small group meetings.

We maintain a lending library of books such as wellness, self-care, grief, and addiction education.

