

We Support Multiple Pathways to Recovery

Focus on Self-Care and Wellness

Family members impacted by a loved one's substance use often overlook their own self-care. Some activities to nourish the body, mind, and spirit include:

- guided imagery
- guided meditations & mindfulness
- nature walks
- restorative chair yoga
- therapeutic art

Building A Healing Community

Together, we will experience renewal with meaning, joy, and friendships:

- serenity retreat (May)
- butterfly release (Summer)
- candlelight remembrance (December)
- social gatherings

Advocacy Involvement

- *Angels of the Valley Banner Project*
- community outreach events
- awareness & memorial walks
- community education forums
- recovery high school scholarship

For more information, visit:

SpeakUpforBen.org

For ongoing updates,
join the Facebook group:

Friends of OASIS Community Center

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About OASIS

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.

Families who lose a loved one due to a substance-related cause suffer a unique type of grief... a grief that often triggers guilt, shame, and feelings of seclusion for those touched by it. By coming out of the darkness of isolation and into the light of community, we can help you and your family cope with the loss and move forward with recovery.

Contact Us

484.747.6825

info@oasisbethlehem.org

oasisbethlehem.org

 **oasisbethlehem**

Hours: 10 am to 5 pm, Mon-Fri
and by appointment



3410 Bath Pike, Bethlehem, PA 18017



OASIS Community Center

Support Services
for substance-related
Grief & Loss

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

Funding provided in partnership with
the County of Northampton Department of
Human Services Drug & Alcohol Division

Grief & Loss Support

As a Certified Grief Educator,

Our Executive Director, Rhonda Miller, is committed to providing the highest level of grief support through education, experience, and insights into the often-unacknowledged rocky terrain of grief. She has completed a comprehensive program designed by world-renowned grief expert, David Kessler. Rhonda brings Kessler's unique methodology, tools, and decades of experience to help people navigate the challenges of grief.

Drop-In Grief Group

An entry point for parents and other adults who have lost a loved one due to a substance-related cause. Co-facilitated by our grief therapist and Rhonda Miller in a compassionate, safe setting to heal.

Meets weekly in-person on Wednesdays from 5:30 to 6:30 pm. Contact us for Zoom option.



Grief Recovery Method® Program

This 10-week series offers grievers the specific actions needed to move beyond their unresolved grief. Based on a proven program that utilizes *The Grief Recovery Handbook*. Participants can work through grief regardless of length of time since their loss. Facilitated by Rhonda, a Certified Grief Recovery Method Specialist.

Kinship Caregivers Group

Support for grandparents or other kinship caregivers who have not only lost a loved one due to a substance-related cause but are now raising the children of that loved one. Programs will aid in personal grief recovery, guide the child's grief recovery, and provide education and strategies for parenting today's youth (Generation Z).

Meets in-person concurrently with the Children's Youth Group. Contact us for current schedule.

We offer programs to support children and teens who have lost a parent or loved one due to substance-related causes.

Children's Youth Group

Bereaved children engage with peers at for fun and lively activities aimed at building resiliency and coping skills. Facilitated by professional staff from the Center for Humanistic Change (CHC).

Teen Youth Group

Special gatherings to promote connection and healthy peer relationships among bereaved teens.

Young Adults Group

Young adults who have lost a loved one due to substance-related causes are often overlooked. This group provides a healing environment to share stories, validate experiences, and find support.



Contact Rhonda to learn more about OASIS grief & loss groups. Advance registration is required.
rhonda@oasisbethlehem.org

Serenity Retreat

For 2022, we are planning the *HEART to HEART Serenity Retreat for Women Grieving the Loss of a Loved One in the Opioid Crisis*. For more information visit: oasisbethlehem.org/serenity-retreat

Family Recovery Services

Rhonda Miller and staff member Tina Thomas are *Certified Family Recovery Specialists* (CFRS).

As family members impacted by a loved one's substance use, both Rhonda and Tina have a personal understanding of the disease of addiction and the grief caused by the losses families experience.

Rhonda and Tina will support and assist you in exploring the many possible pathways to family recovery.

OASIS is building a healing community for grieving families that includes supportive programs, social gatherings, and joyful activities.

"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."