

The Grief Recovery Method



Mondays, 5:30 to 7:30 pm

- April 6, 13, 20
- May 4, 11, 18
- June 1, 8

In April 2026, OASIS presents *The Grief Recovery Method*, an 8-session evidence-based program for adults who have lost a loved one due to a substance-related cause. This program

- provides a process to work through an identified loss
- teaches tools for continued use to process any type of loss
- requires participant commitment to attend all 8 sessions

Offered as a small group (6-8 people) that will meet in person at OASIS Community Center. Expect both full group and break-out group work.

The accompanying text, *The Grief Recovery Handbook*, will be provided to participants. There is no fee for this program.

To register, or for additional questions, email

rhonda@oasisbethlehem.org

Facilitated by Nancy Miller, BSN, Grief Recovery Method Specialist with Navigate Life Coaching, LLC. Nancy has lived experience with loss and family members with substance use conditions.

