

OASIS Support Groups

Family members need support as part of their own recovery process.

- Adult Children of Alcoholics (ACA)
- Al-Anon Family Group
- Co-Dependents Anonymous (CoDA)
- Hopeful Hearts Grief Support *
- Invitation to Change Family & Friends
- Navigating SUD in the Family *
- SMART Recovery Family & Friends
- SMART Recovery Addictive Behaviors

Limited Series

- Addressing Addiction in the Home
- Grief Movement
- Healing Hearts: Understanding Your Grief *
- The Reconnections Community *
- Trauma Informed Mindfulness (TIME)
- NAMI-LV Family-to-Family

* Therapist facilitated groups

Visit OasisBethlehem.org/Calendar for complete meeting information.

The studio room provides meeting space for support groups and educational programs.



About OASIS

By serving the families and individuals impacted by a loved one's substance use, we strive to have a positive, exponential impact on our community.

Substance use, often in conjunction with mental health issues, results in the social breakdown of individuals and families. Research has shown that people in substance use recovery have a much stronger rate of success when their support system—families and friends—receive recovery support themselves.

The grief resulting from a family member's substance use often triggers feelings of guilt and shame, causing family members to isolate. By coming out of the darkness of stigma and into the light of community, we can heal and strengthen the recovery of families.

Contact Us

484.747.6825

info@OasisBethlehem.org

OasisBethlehem.org

Hours: 10:00 am to 5:00 pm, Mon-Fri
and by appointment.

3410 Bath Pike, Bethlehem, PA 18017

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nurturing families
impacted by substance use

Through compassion and understanding of the family disease of addiction, the **OASIS Community Center** provides education, support, and wellness programs for people impacted by a loved one's active substance use or who have experienced a substance-related loss.



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



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





The library at OASIS creates an intimate space for meetings and conversations.

A Focus on Self-Care and Wellness

Family members often neglect themselves when caring for and worrying about a loved one in active addiction. Our programs will help nourish your body, mind, and spirit:

- Arts for Wellness Programs
- Immersive Nature Walks
- Restorative Chair Yoga
- Wellness Retreats



Our serenity room is a tranquil space to relax, decompress, and unwind.

Volunteer Opportunities

If you are interested in supporting others on their recovery journey, consider volunteering at OASIS. Many within the recovery community find purpose in giving back to others through:

- Administrative Tasks
- Community Outreach
- Facility Upkeep
- Programming Planning
- Publicity
- Service Projects
- Special Events

Volunteer Application is available on our website's Services & Opportunities page.



Our reception room is used for yoga classes, meetings, dinners, and other gatherings.

Social Connections

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.

OASIS provides you with opportunities to connect with other individuals and families through fellowship:

- Book Studies
- Drum Circles & Sound Meditations
- Friday Potlucks & Fun Nights
- Educational Presentations
- Workshops (cooking, art, crafts)
- Open Houses
- Remembrance Events

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

What We Offer

Understanding and Support

Using a trauma-informed approach, 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.

Professional Staff

Our executive director, Rhonda Miller, is a *Certified Grief Educator*. Tina Thomas, our associate director of family education and wellness, along with Rhonda are *Certified Family Recovery Specialists*. They each have their personal recovery stories and understand the journey you are on in ways that others simply cannot.

Connections to Resources

We offer a wide spectrum of programs in support of diverse needs. We are also part of the larger recovery community and can refer you to other local agencies and services best suited to your individual needs.