



# OASIS Community Center Grief & Loss Support Groups

## Early Grief Support Group

Primarily for parents but anyone who has recently lost a loved one due to a substance-related cause is welcome. Group sessions are led by professional staff. The group meets weekly on Wednesdays from 5:30 to 6:30 pm. In-person or virtual Zoom attendance.

*OASIS partners with the Center for Humanistic Change (CHC) and other professionals to bring a variety of supportive programming to bereaved caregivers, youth, and young adults.*

## Kinship Caregivers Group

Support for grandparents or other kinship caregivers who have lost a loved one due to a substance-related cause and are now raising the children of that loved one. Programming is designed to aid in personal grief recovery, help guide the child's grief recovery, and provide education and strategies for parenting today's youth (Generation Z).

The Caregivers group and the Children's Youth group meet concurrently, in-person on the 2<sup>nd</sup> & 4<sup>th</sup> Thursday of the month, from 4:00 to 5:30 pm at OASIS.

## Children's Youth Group

Children engage with peers in a safe environment for fun and lively activities aimed at building resiliency and developing good coping skills.

## Teen Youth Group

Teen gatherings to promote connection and healthy peer relationships.

**Contact [rhonda@oasisbethlehem.org](mailto:rhonda@oasisbethlehem.org) to learn more and to register.**

## Young Adults Group

Young adults who have lost a sibling, partner, or other loved one due to substance-related causes are often overlooked. This group provides a healing environment to share stories, validate experiences, model coping skills, and find support. Contact us for current schedule.

*The following two programs are based on the Grief Recovery Method®. Facilitated by Rhonda Miller, a Grief Recovery Method Specialist certified by the Grief Recovery Institute.*

## Grief & Loss Recovery Program

A 10-week series that offers grievers the specific actions needed to move beyond their unresolved grief. Based on a proven program that utilizes *The Grief Recovery Handbook*.

## Helping Children with Loss

A 4-week series that teaches adults how to guide their children in completing their relationship to the pain, isolation, and loneliness caused by a significant emotional loss. Utilizes the book *When Children Grieve: For Adults to Help Children Deal with Death...*

Contact [rhonda@oasisbethlehem.org](mailto:rhonda@oasisbethlehem.org) to learn more and/or to register.

## GRASP (Grief Recovery After a Substance Passing)

GRASP is a peer-led support group for anyone who has lost a loved one due to a substance-related cause. Facilitated by Tim and Nancy Howe, founders of the Lehigh Valley Chapter of GRASP. The OASIS group meets monthly on the second Tuesday, from 2:30 to 4:00 pm. For information about additional GRASP groups in the Lehigh Valley, contact [nancyhowe@ymail.com](mailto:nancyhowe@ymail.com).



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OASIS Community Center, 3410 Bath Pike, Bethlehem, PA 18017  
Operated by Speak Up for Ben, Inc, a 501c3 nonprofit corporation.