



# OASIS Community Center Grief & Loss Support Groups

## Early Grief Support Group

Ideal for individuals who have recently lost a loved one due to a substance-related cause. Group sessions are led by professional staff. The group meets weekly on Wednesdays from 5:30 to 6:45 pm. Offered free to participants; pre-registration is required. Contact [info@oasisbethlehem.org](mailto:info@oasisbethlehem.org) to register and for meeting information.

## 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. Contact [rhonda@oasisbethlehem.org](mailto:rhonda@oasisbethlehem.org) for more information.

For information about additional GRASP groups in the Lehigh Valley, contact facilitator [nancyhowe@ymail.com](mailto:nancyhowe@ymail.com).

## Grief Recovery Method Series

Based on the Grief Recovery Method, this will be an interactive series utilizing a handbook designed for individuals to work through any type of grief or loss that might hold someone back. Led by Rhonda Miller, a Grief Recovery Method Specialist, certified by the Grief Recovery institute.

Contact Rhonda at [rhonda@oasisbethlehem.org](mailto:rhonda@oasisbethlehem.org) to learn more.



# New for 2021...

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

## Bereaved Youth Resiliency Group

A program to support minor children (ages 6 through 17) who have lost a parent(s) due to substance-related causes. Through bi-monthly gatherings offering a variety of fun and therapeutic activities, grieving kids will have an opportunity to engage with peers in a safe, comforting environment.

## Bereaved Caregivers Group

Designed 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 lost loved one. This group offers a unique opportunity to connect, share parenting strategies, and develop resiliency with an emphasis on self-care.

The Bereaved Youth and Caregivers groups meets concurrently on the 2<sup>nd</sup> & 4<sup>th</sup> Thursday of the month, from 4:00 to 5:30 pm at OASIS.

## Bereaved 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.

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