

Family Recovery Services

Executive director Rhonda Miller and staff member Brenda Walker are both *Certified Family Recovery Specialists* (CFRS). Together, we are able to help families develop a path forward for healing after a loss.

Having lost our own sons to overdose, we understand how substance use affects the entire family system and the spectrum of family grief. We are compassionate listeners and equipped to guide you and your family into recovery.

Connections to Resources

As part of the larger Lehigh Valley recovery community, OASIS staff can identify and connect you and your family to a wide variety of resources best suited to your particular needs.

Focus on Self-Care and Wellness

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

Other Support Groups

In addition to grief and loss support, we also host these family recovery groups:

- Adult Children of Alcoholics (ACA)
- CoDependents Anonymous (CoDA)
- Al-Anon Family Group
- Parent & Family Education Group
- SMART Recovery Family & Friends
- Family Group Counseling

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

FB @ [oasisbethlehem](https://www.facebook.com/oasisbethlehem)

Hours: 12:00 to 5:00 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) non-profit corporation

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

OASIS Grief & Loss Support Groups

Early Grief Group

An entry point for parents and other adults who have recently lost a loved one due to a substance-related cause. Group led by a grief therapist in a compassionate, safe place to heal.

Meets weekly on Wednesdays from 5:30 to 6:45 pm. In-person or virtual Zoom attendance.



OASIS is striving to build a community for grieving families that includes supportive programs, social gatherings, and joyful activities.

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

In partnership with the Center for Humanistic Change (CHC), children engage with peers at for fun and lively activities aimed to build resiliency.

Teen Youth Group

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

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.



GRASP Support Group (Grief Recovery After a Substance Passing)

A peer-led meeting for anyone who has lost someone due to a substance-related cause. Lehigh Valley chapter meets on the 1st and 3rd Mondays, from 7:00 to 8:30 pm. New attendees need to pre-register: nancyhowe@ymail.com.

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

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*.

Helping Children with Loss

This 6-week series 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 to learn more about OASIS grief & loss groups. Advance registration is required.
rhonda@oasisbethlehem.org

"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."

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