

We Support Multiple Pathways to Recovery

Focus on Self-Care and Wellness

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

- guided imagery
- guided meditations
- mindfulness
- nature walks
- restorative chair yoga
- therapeutic art

Building A Healing Community

Together, we will experience renewal with meaning, joy, and friendships:

- butterfly release (August)
- family recovery day (September)
- holiday remembrance events
- social gatherings

Advocacy Involvement

- *Angels of the Valley Banner Project*
- community outreach events
- awareness & memorial walks
- community education forums
- recovery high school scholarship

For more information, visit:

SpeakUpforBen.org

For ongoing updates,
join the Facebook group:

Friends of OASIS Community Center

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

 **oasisbethlehem**

Hours: 10 am to 5 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 in-person on Wednesdays from 5:30 to 6:45 pm. Contact us for Zoom option.



OASIS is building a healing 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 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.



Family Recovery Services

Exec. Director Rhonda Miller and staff member Brenda Walker are both *Certified Family Recovery Specialists (CFRS)*.

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. Together, we help families develop a path forward for healing after a loss.

As a Certified Grief Recovery Method Specialist and Grief Educator, Rhonda is uniquely equipped to lead customized grief recovery programs.

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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