

## Sharing Experience, Strength, & Hope:

Family members impacted by a loved one's substance use need support as part of their own recovery process. OASIS currently hosts the following groups:

- **Adult Children of Alcoholics (ACA)** meets Mondays – 7:15 to 8:30 p.m.
- **Co-Dependents Anonymous (CoDA)** meets Tuesdays – 12:00 to 1:00 p.m.
- **Al-Anon Family Group** meets Tuesdays – 7:00 to 8:00 p.m.
- **Grief Counseling Group** meets Wednesdays – 5:30 to 6:45 p.m. (*advance registration required*)
- **Bethlehem Parent & Family Group** meets Wednesdays – 7:00 to 8:30 p.m.
- **Grief Recovery After Substance Passing (G.R.A.S.P.) Support Group** meets monthly on second Tuesday – 2:30 to 4:00 .m.



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

## Who We Are

### About Us

By serving the individuals, families, and friends impacted by *Substance Use Disorder*, the OASIS Community Center seeks to have a positive, exponential impact on our society.

The public health crisis of *Substance Use Disorder* (SUD) results in the social breakdown of individuals and families. Research has shown that people in SUD recovery have a stronger rate of success when their families and friends—their support system—get healthier and receive support themselves.

The grief caused by SUD deaths triggers guilt, shame, and feelings of seclusion to those who have been touched by it. By coming out of the darkness of isolation and into the light of community, we can heal and strengthen the recovery of those with SUD and their families.

### Contact Us

Phone: 484.747.6825

Email: [info@oasisbethlehem.org](mailto:info@oasisbethlehem.org)

Web: [oasisbethlehem.org](http://oasisbethlehem.org)

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

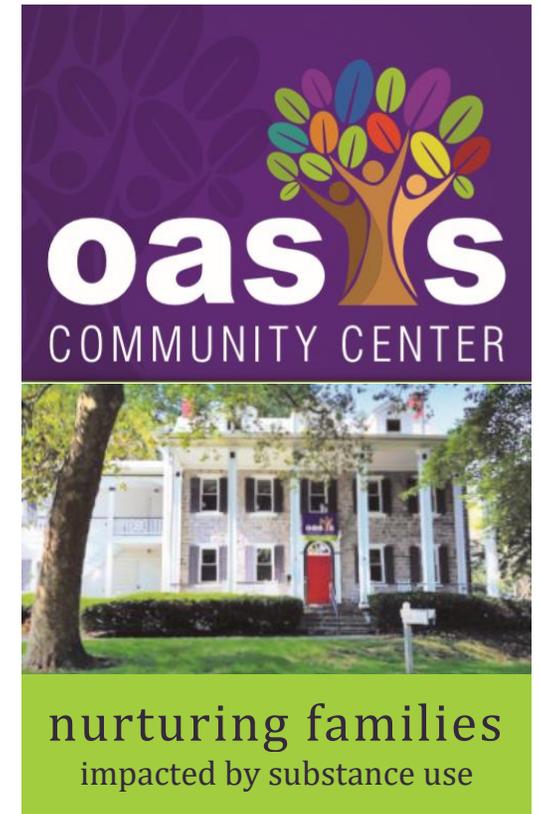
Drop-in hours: 12:00 to 5:00 pm, M-F.

Also available by appointment.

**OASIS Community Center**

3410 Bath Pike

Bethlehem, PA 18017



Through compassion and understanding of the family disease of addiction, the **OASIS Community Center** provides education, support, comfort, and healing to people who've experienced substance-related loss, as well as families and friends impacted by a loved one's active substance use.



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



The OASIS Community Center is an initiative of Speak Up for Ben, Inc., a 501(c)(3) non-profit corporation.



*The library at OASIS creates a comfy space for reading or conversation.*

## What We Offer

### Understanding and Support...

Our executive director, Rhonda Miller, is a Certified Family Recovery Specialist and other staff members and most of our volunteers have received training as part of the *Certified Family Recovery Specialist* program. They have their own personal recovery stories and understand the journey you are on in ways that others simply cannot.

### Connections to Resources...

As part of the larger recovery community, we can provide guidance in identifying the resources you and/or other family members need.

We maintain a wide variety of information and contacts to connect you to the local agencies and services best suited to your individual needs.

### A Focus on Self-Care...

While caring for a loved one and worrying about their substance use, family members tend to neglect themselves. We are designing programming to nourish the body, mind, and spirit:

- Educational Programs
- Family Counseling
- Gentle Yoga Classes
- Guided Meditation
- Healthy Cooking



*Our serenity room is a soothing spot to relax, decompress, and quiet your mind.*

### 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:

- Advocacy
- Operational Support
- Outreach Events
- Program Planning
- Service Projects



*Our reception room is used for yoga classes, 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;

- Arts & Crafts Workshops
- Bereaved Parents Dinners
- Book Studies
- Fellowship Luncheons
- Friends of OASIS Potlucks
- Open Houses
- Recovery Dinners
- Remembrance Scrapbooking
- Support Groups

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

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