

# Who We Are

## About Us

After the Miller family tragically lost their son Ben to fentanyl poisoning, they established the OASIS Community Center in 2019 to address the unmet needs of families impacted by a loved one's substance use.

Operated by our nonprofit Speak Up for Ben, Inc., OASIS serves families throughout the greater Lehigh Valley by providing education, supportive programs, and connections to community resources. Research shows that when families receive education and support themselves, their loved ones battling substance use disorder (SUD) have greater recovery outcomes.

The trauma and grief caused by substance use contributes to the social breakdown of families, compounded by feelings of false guilt, shame, and alienation. By coming out of the darkness of isolation and into the light of community, families break the stigma associated with SUD and receive the support they need and deserve for their own recovery.

## Contact Us

484.747.6825

info@oasisbethlehem.org

[oasisbethlehem.org](http://oasisbethlehem.org) | [speakupforben.org](http://speakupforben.org)

 @oasisbethlehem

Drop-in hours:

10:00 am to 5:00 pm, Monday through Friday  
and by appointment

### OASIS COMMUNITY CENTER

3410 Bath Pike  
Bethlehem, PA 18017

**Rhonda Miller, CFRS, Certified Grief Educator, Executive Director**

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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 addiction."*

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## Support for Families Impacted by Substance Use

The OASIS Community Center provides comfort, support, and education in a safe setting to those impacted by a loved one's substance use or have experienced the loss of a loved one to a substance-related cause.



The OASIS Community Center is a program of  
Speak Up for Ben, Inc., a 501(c)(3) nonprofit corporation.



This project is funded, in part, under a contract with the Northampton County Department of Human Services through funds provided by the County of Northampton and the Commonwealth of Pennsylvania.



**OASIS Community Center**

The restored 1803 farmhouse overlooking Monocacy Creek is home to OASIS.

# Welcome to OASIS!

Our team has a personal understanding of the disease of addiction. We support and assist you in exploring multiple pathways to family recovery.

## Understanding and Support

Our professional staff provides peer-based support, education, and recovery-oriented resources to families and friends in a safe and confidential setting. We will help you move into and through the process of recovery from the effects of the family disease of addiction. We incorporate trauma-informed care in all of our programs.

## Connections to Resources

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

## Meet Our Certified Family Recovery Specialists (CFRS)



Rhonda Miller, CFRS, Certified Grief Educator  
Executive Director  
Speak Up for Ben, Inc.  
at OASIS Community Center  
[rhonda@oasisbethlehem.org](mailto:rhonda@oasisbethlehem.org)



Tina Thomas, CFRS, RYT  
Family Education and Support  
Speak Up for Ben, Inc.  
at OASIS Community Center  
[tina@oasisbethlehem.org](mailto:tina@oasisbethlehem.org)



Both Rhonda and Tina walked alongside their sons, as they struggled with substance use beginning in adolescence and spanning into adulthood. Rhonda's son Ben experienced early recovery but ultimately lost his battle. Both have experienced the spectrum of family grief, are compassionate listeners, and are equipped to guide you into family recovery.

*Certified Family Recovery Specialists receive comprehensive professional training for their credentialing by the Pennsylvania Certification Board.*

# Wellness

We utilize a trauma-informed approach in all our programming. This includes developing offerings to nourish the body, mind, and spirit.

## Restorative Chair Yoga

Offered as a one-hour class on Wednesday mornings at 9:30 a.m. Each class starts with a mindfulness exercise. A yoga class for people of all ages and experience. Taught by Tina Thomas, registered yoga teacher.

## Trauma-Informed Mindfulness & Movement

Learn to navigate life's challenges through simple practices of breath, body, and thoughts. Taught by mindfulness/yoga instructor Prabha Sinha. Periodic.

## Creekside Meditations

Take a walk outside our front door onto our trail that meanders along the banks of the Monocacy Creek. Engage your senses as you take in nature and participate in a walking meditation. Led by Tina Thomas, CFRS. Seasonal.

## Gardening

Reconnect with the earth... tend flowers in our picnic area, cultivate herbs in our garden, or plant and harvest vegetables in our nearby community plot. Coordinated by Tina Thomas, our gardening enthusiast. Seasonal.

## Serenity Room

Listen to calming music and the soothing sounds of our trickling water fountain. Enjoy aroma therapy and experience the healing power from our library of guided imagery audio programs.



*Our serenity room is a private, dedicated sanctuary for reflection and replenishment.*

## Education & Support Groups

Family members need support as part of their own recovery process. OASIS offers the following weekly groups. Unless noted, meetings are offered in-person with a Zoom option.

### Evidenced-Based Programs

- Invitation to Change Approach – Tuesdays, 5:15 to 6:30 pm
- SMART Recovery Family & Friends – Thursdays, Noon to 1:00 pm
- SMART Recovery for Individuals – Thursdays, 6:30 to 8:00 pm
- Addressing Addiction in the Home – 6-week introductory series

### Twelve-Step Family Groups

- Al-Anon Family Group – Tuesdays, 7:00 to 8:00 pm
- Adult Children of Alcoholics (ACA) – Thursdays, 5:00 to 6:00 pm
- ACA Loving Parent Guidebook (Zoom) – Mondays, 8:00 to 9:00 pm

### The Reconnection Community: *Hope, Help, & Healing for Fractured Families*

**NEW!** Families with addiction often experience strained relationships. This program offers support to develop new strategies to rebuild our relationships with our non-addicted adult children. Format includes multi-media & book studies, professionally led workshops, guided discussions.

Visit our website's calendar page for detailed meeting information and Zoom links.

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*When we heal ourselves, we heal the next generation that follows.  
Pain is passed through the family line until someone is ready to  
feel it, heal it, and let it go.*

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*Our studio room, with private entrance, accommodates larger groups for meetings and workshops.*

## Counseling Groups

These confidential groups provide a safe and supportive community to learn and process together. Facilitated by Bill Arnold, LPC, CAADC. Advance registration and consultation required for admittance. Registration forms may be downloaded from our website's Services & Programs page.

### Navigating Substance Use Disorder (SUD) in the Family

Participants strengthen their resiliency, learn effective communication strategies, and develop tools to aid in their family's recovery journey.

### Hopeful Hearts Grief Support

Parents and adults who have lost a loved one due to a substance-related cause find comfort here. Facilitated by both grief therapist Bill Arnold and Rhonda Miller, bereaved mom and certified grief educator.

## Grief Supports

**Peer Support** – Rhonda is a certified grief educator and is available to meet with bereaved family members to provide support and resources. Contact [Rhonda@OasisBethlehem.org](mailto:Rhonda@OasisBethlehem.org) directly to arrange a meeting.

**Grief Movement Class** – Uses movement, breath, and sound to embrace a mind-body-spirit approach to compassionately allow sadness and anger to move through. A 15-week program but you can sample a class first. **NEW!**

**Grief Recovery Method Series** – An 8-week series offers specific actions needed to move beyond unresolved grief. Based on a proven program that utilizes *The Grief Recovery Handbook*. Periodic. **NEW!**



*Our library is an inviting space for small groups and to explore titles in our lending library.*

## Special Programs

So often, families struggling with a loved one's substance use or related death feel isolated and alienated due to the stigma associated with addiction. We offer programs for both connection and enrichment.

### Arts for Wellness

Excursions to plays, concerts, museums, and cultural events. The visual and performing arts can have a powerful impact on healing.

### Friday Fun Nights

Potlucks with music, movies, games, or craft activities build community.

### Open Houses

Opportunities to tour OASIS, meet providers, and network with others.

### Workshops, Retreats, & Limited Series – led by trained facilitators

- Easy & Healthy Eats – hands-on cooking demonstrations
- Experiential & Therapeutic Workshops
  - Drumming Circles & Sound Meditations
  - Arts & Crafts – explore your creativity
  - Personal Growth programs with skilled therapists
- Day Retreats – various themes to enhance recovery & wellness
- NAMI Family-to-Family – A free, 8-session evidence-based educational program for families and friends of people with co-occurring substance use and mental health conditions. Limited series.



*Our gathering room is our reception space where we hold yoga and movement classes, workshops, and social events.*

## Upcoming Major Events

We offer a variety of events to help build a supportive, healing community.

### Five Year Anniversary Celebration Open House! – July 26

Ribbon-cutting ceremony at 12:30 pm with remarks from our county executive. Join us for food, guest speaker, program updates, tours, gift basket give-away, and networking opportunities.

### Angels of the Valley Memorial Banner Project – September

Beginning August 31, and continuing through National Recovery month, photo banners depicting loved ones lost to substance use are displayed on ArtsQuest's SteelStacks campus. New submissions accepted through the Banana Factory portal in July only. Contact us to be on our notification list.

### Candlelight Remembrance – December

An inclusive gathering of our bereaved community. This moving event concludes with a fellowship hour. Our event is held in tandem with The Compassionate Friends' Worldwide Candlelighting.

### Serenity Retreat for Bereaved Women - May

A compassionate and nurturing experience for bereaved women in our Lehigh Valley service area who have experienced a substance-related loss.

*Other events are currently in development. Check our website and/or sign up for our monthly e-newsletter to receive announcements and updates!*



*Enjoy the many outdoor spaces at the OASIS farmhouse, including our picnic grove and garden.*