

# Who We Are

## About Us

By serving families and friends impacted by a loved one's substance use, the OASIS Community Center seeks to have a positive, exponential impact on the Lehigh Valley.

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.

Additionally, the grief and trauma caused by SUD triggers feelings of guilt and shame for 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

484.747.6825

info@oasisbethlehem.org

**oasisbethlehem.org | speakupforben.org**

Facebook @ **oasisbethlehem**

Drop-in hours: 12:00 to 5:00 pm, Monday through Friday  
and by appointment

**OASIS COMMUNITY CENTER**

3410 Bath Pike

Bethlehem, PA 18017

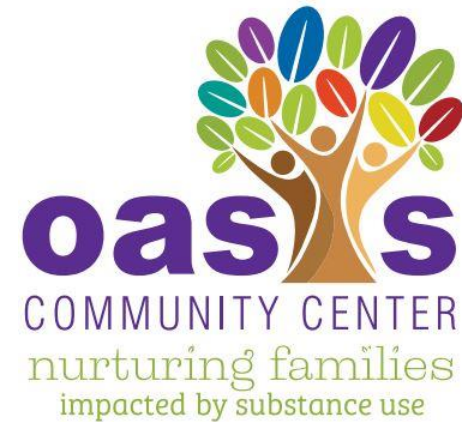
Rhonda Miller, CFRS, GRMS, Executive Director

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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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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.



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) nonprofit corporation.



## Certified Family Recovery Specialists

A *Certified Family Recovery Specialist* (CFRS) is a family member who has lived experience with a loved one's alcohol or substance use disorder. As such, we have a unique perspective of the disease of addiction as well as the recovery process possible in families.

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

### Meet Our Certified Family Recovery Specialists



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



Brenda Walker, CFRS  
Speak Up for Ben, Inc.  
at OASIS Community Center  
[brenda@oasisbethlehem.org](mailto:brenda@oasisbethlehem.org)

*Both Rhonda and Brenda walked alongside their sons, Ben and Todd, as they struggled with addiction beginning in adolescence and spanning into adulthood. Each of their sons experienced early recovery but ultimately lost their battle. Rhonda and Brenda have experienced the spectrum of family grief, are compassionate listeners, and are equipped to guide you into family recovery.*

### Understanding and Support

We provide peer-based support, education, and recovery-oriented resources to family members in a safe and confidential setting. We will help your family move into and through the recovery process.

### 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.

## Supportive & Therapeutic Activities

### A Focus on Self-Care and Wellness

While dealing with a loved one's substance use conditions, family members often overlook their own self-care. We are continually designing new programs to nourish the body, mind, and spirit:

- Book Studies
- Educational Programs
- Restorative Chair Yoga Classes
- Holistic Wellness Programs



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

### Social Connections in a Healing Environment

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:

- Dinners/Potlucks
- Special Events
- Support Groups
- Volunteer Activities
- Workshops
- Children's Outreach/Programs

*Our in-person activities are conducted in a CDC-compliant manner. Most activities are also available virtually via Zoom.*

## Group Family Counseling Program

Our experienced licensed professional counselor will help participants strengthen their resiliency, learn effective communication strategies, and develop tools to aid in the family's recovery journey.

We encourage family members to attend together to achieve maximum benefit, however, you need not attend as a unit. Please note that this group is for family members and does not include the loved one with the substance use condition.

- Small group size; completely confidential
- Meetings held on Mondays, 5:00 to 6:30 pm
- Participants may meet in person, CDC-compliant, or attend virtually via a secure Zoom link
- Offered as a 10-week series with a rolling admission
- Advance registration is required; a modest registration fee per person confirms participant commitment
- Participants required to complete pre-/post-survey to gauge progress

Contact [info@oasisbethlehem.org](mailto:info@oasisbethlehem.org) for more information or to register.

*This program is made possible by a 2020/21 grant from the Lehigh Valley Community Foundation. The foundation is committed to supporting families impacted by substance use disorder.*



*Our gathering room is used for yoga classes, meetings, and social events.*

## OASIS Support Groups

### 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 on a regular schedule:

- **Group Family Counseling** – Mondays, 5:00 to 6:30 pm \*
- **Adult Children of Alcoholics & Dysfunctional Families (ACA)** – Mondays, 7:15 to 8:30 pm
- **Co-Dependents Anonymous (CoDA)** – Tuesdays, 12:00 to 1:00 pm
- **Al-Anon Family Group** – Tuesdays, 7:00 to 8:00 pm
- **Bethlehem Parent & Family Ed Group** – Wednesdays, 7:15 to 8:30 pm
- **Recovery Connection** (guest speakers) – Thursdays, 12:00 to 1:00 pm
- **GRASP** (Grief Recovery After a Substance Passing) – 2<sup>nd</sup> Tuesdays, 2:30 to 4:00 pm [other local meetings available]
- **Early Grief Group Therapy** – Wednesdays, 5:30 to 6:45 pm \*
- **Kinship Caregivers Grief Group** – 2<sup>nd</sup> & 4<sup>th</sup> Thursdays, 4:00 to 5:30 pm \*
- **Children's Youth Grief Group** – 2<sup>nd</sup> & 4<sup>th</sup> Thursdays, 4:00 to 5:30 pm \*
- **Young Adults Grief** – Call for current schedule \*

\* advance registration required

### Self-Management And Recovery Training (SMART)

- **SMART Recovery Program (for any addictive behavior)**
- **SMART Recovery for Family & Friends Program**
- **SMART Recovery for Teens Program**



*Our studio room accommodates larger groups for meetings and workshops.*

# Grief & Loss Support

## Early Grief Group Counseling

Parents and other adults who have recently lost a loved one due to a substance-related cause find immediate comfort here. Group sessions are led by professional staff. Meets weekly on Wednesdays from 5:30 to 6:45 pm. Participants may attend in-person or virtual via Zoom.

*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*; applicable to any type of loss, recent or long past.

## 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 of any kind. Utilizes the book *When Children Grieve: For Adults to Help Children Deal with Death...*

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



*Our library offers a cozy and inviting space for small groups meeting at OASIS.*

*We maintain a lending library of books such as wellness, self-care, and grief recovery.*

*OASIS partners with the Center for Humanistic Change (CHC) and other professionals to bring a variety of supportive programming to grieving caregivers, youth, and young adults.*

## 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).

The Youth and Kinship Caregivers groups meet concurrently—in-person with social distancing—on the 2nd and 4th Thursdays of the month, from 4:00 to 5:30 pm at OASIS Community Center.

## Children's Youth Group

Children engage with peers in a safe environment for fun and lively activities aimed at resiliency.

## Teen Youth Group

Teen gatherings promote connection and healthy peer relationships.

## Young Adults Group

Young adults who have lost a sibling, partner, or friend 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. Call for current schedule.

Contact Rhonda to learn more and/or to register for any of these specialized grief groups: [rhonda@oasisbethlehem.org](mailto:rhonda@oasisbethlehem.org)

## 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 information.