

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

 @oasisbethlehem

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

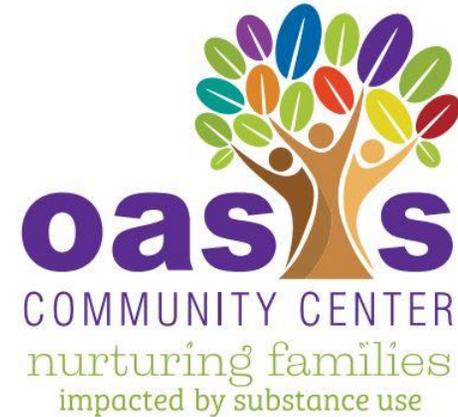
OASIS COMMUNITY CENTER

3410 Bath Pike
Bethlehem, PA 18017

Rhonda Miller, CFRS, Grief Recovery Specialist, Executive Director

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

rev 06/09/2021



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, GRMS
Executive Director
Speak Up for Ben, Inc.
at OASIS Community Center
rhonda@oasisbethlehem.org



Brenda Walker, CFRS
Speak Up for Ben, Inc.
at OASIS Community Center
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.

Family Counseling Group

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

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 or attend virtually via Zoom
- Offered as a 10-week series with a rolling admission
- Advance registration is required with a modest registration fee
- Participants required to complete pre-/post-survey to gauge progress

Contact info@oasisbethlehem.org for more information or to register.

Family Recovery Education & Coaching

We offer an interactive program to guide family members into and through the recovery process. This program utilizes proven strategies that will help participants:

- understand addiction and the family disease of addiction
- understand the impact of enabling, rescuing, and controlling behaviors
- learn healthy boundaries and positive communication skills
- develop a personal self-care plan

Contact brenda@oasisbethlehem.org for more information.

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:

- **Family Counseling Group** – Mondays, 5:00 to 6:30 pm *
- **Adult Children of Alcoholics (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
- **Early Grief Group Therapy** – Wednesdays, 5:30 to 6:45 pm *
- **Kinship Caregivers Grief Group** – 2nd & 4th Thursdays, 4:00 to 5:30 pm *
- **Children's Youth Grief Group** – 2nd & 4th Thursdays, 4:00 to 5:30 pm *
- **Young Adults Grief Group** – Call for current schedule *

* advance registration required

SMART Recovery® Programs

- **SMART for Family & Friends** – Thursdays, 6:30 to 8:00 pm
- **SMART (any addictive behavior)** – Thursdays, 6:30 to 8:00 pm
- **SMART for Teens (any addictive behavior)** – Tuesdays, 3:30 to 5:00 pm



Our studio room accommodates larger meetings and workshops.

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:

- Guided Meditation
- Herb Gardening & Cooking Classes
- Holistic Modalities
- Restorative Chair Yoga Classes
- Walking Club



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
- Book Studies
- Service Projects
- Field Trips / Hikes
- Educational Programs
- Children's Activities

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 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

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

Teen Youth Group

Bereaved teens gather for 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

Building A Healing Community

We also provide programs aimed at building a community of families:

- Remembrance Butterfly Release (August)
- Family Recovery Day (September)
- Holiday Events

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