

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

 @oasisbethlehem

Drop-in hours: 10:00 to 5:00 pm, Monday through Friday  
and by appointment

OASIS COMMUNITY CENTER

3410 Bath Pike

Bethlehem, PA 18017

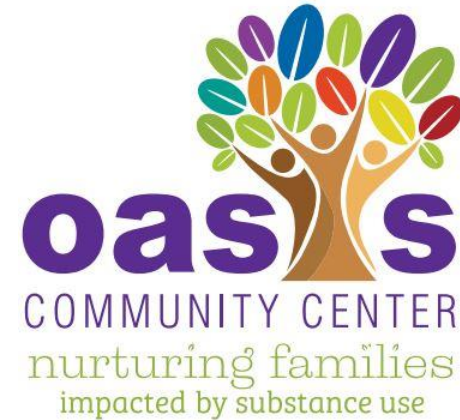
Rhonda Miller, CFRS, Grief Recovery Educator, Executive Director

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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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rev 04/29/2022



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

As family members impacted by a loved one's substance use, our team has a personal understanding of the disease of addiction. We support and assist you in exploring multiple pathways to family recovery.

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

### Understanding and Support

We provide 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.

### 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  
Family Education & Support  
Speak Up for Ben, Inc.  
at OASIS Community Center  
[tina@oasisbethlehem.org](mailto:tina@oasisbethlehem.org)

*Both Rhonda and Tina have walked alongside their sons, as they struggled with addiction 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.*

## Invitation to Change<sup>®</sup> Support Group **NEW!**

Our CFRS staff have received Level I Certification from the Center for Motivation and Change (CMC) to facilitate this new evidence-based program. This drop-in support group is designed for families and loved ones of people struggling with substance use. The Invitation to Change Approach (ITC) is grounded in compassion, connection, and the understanding that families, loved ones, and professionals can have a powerful helpful impact on those struggling to change. Incorporating CRAFT, participants utilize the ITC workbook. In-person or virtual.

The Center for Motivation and Change is a nonprofit group of clinicians and researchers in NYC who authored the ground-breaking book *Beyond Addiction: How Science and Kindness Help People Change*.

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

## Family Counseling Group Program

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

*Please note this group is for family members and does not include the loved one with the substance use condition.*

- Offered as a 10-week, small group series with a rolling admission
- Advance registration required

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

## Strengthening Families Program **NEW!**

This 7-week program is for children (ages 10 to 14) and their kinship caregivers. A nationally recognized program, it uses evidence-based family skills training. Each week begins with dinner together followed by breakout sessions. Caregivers learn parenting skills and children learn life and refusal skills. Both groups then come back together for a joint family practice session. Trained facilitators provided by the Center for Humanistic Change. Visit [www.strengtheningfamiliesprogram.org](http://www.strengtheningfamiliesprogram.org).

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

## OASIS Support Groups

### Sharing Experience, Strength, & Hope:

Family members need support as part of their own recovery process. OASIS currently hosts the following groups on a regular schedule:

- **Family Counseling Group** – Mondays, 5:30 to 7:00 pm \*
- **Adult Children of Alcoholics (ACA)** – Mondays, 7:15 to 8:30 pm – Zoom
  - ACA in-person – Thursdays, 5:15 to 6:15 pm **NEW!**
- **Co-Dependents Anonymous (CoDA)** – Tuesdays, 12:00 to 1:00 pm
- **Invitation to Change (ITC)** – Tuesdays, 6:00 to 7:30 pm **NEW!**
- **Al-Anon Family Group** – Tuesdays, 7:00 to 8:00 pm
- **Drop-In Grief Group** – Wednesdays, 5:30 to 6:30 pm
- **Bethlehem Parent & Family Book Study** – Wednesdays, 7:15 to 8:30 pm
- **SMART Recovery for Family & Friends** – Thursdays, 6:30 to 8:00 pm
- **SMART Recovery (any addictive behavior)** – Thursdays, 6:30 to 8:00 pm
- **Kinship Caregivers Grief Group** – call for current schedule \*
- **Children's Youth Grief Group** – call for current schedule \*
- **Young Adults Grief Group** – call for current schedule \*

\* advance registration required

Visit the [www.OasisBethlehem.org/Calendar](http://www.OasisBethlehem.org/Calendar) page for meeting announcements and Zoom links, if applicable, for virtual meetings.



*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 & Holistic Modalities
- Herb Gardening & Cooking Classes
- Restorative Chair Yoga – Wednesdays, 9:30 to 10:30 am
- Serenity Retreats & Wellness Days



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

### 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:

- Arts for Wellness Excursions
- Dinners/Picnics/Pot Lucks
- Wellness Book Studies
- Music, Games, Crafts
- Nature Walks
- Educational Programs
- Family Recovery Day
- Service Projects



# Grief & Loss Support

**As a Certified Grief Educator**, Rhonda is committed to providing the highest level of grief support through education, experience, and insights into the often-unacknowledged rocky terrain of grief. She has completed a comprehensive program designed and taught by international grief expert, David Kessler. Rhonda brings Kessler's unique methodology, tools, and decades of experience to help people navigate the challenges of grief.

## Drop-In Grief Group

Parents and other adults who have lost a loved one due to a substance-related cause find immediate comfort here. Co-facilitated by our grief therapist and Rhonda Miller. Meets weekly on Wednesdays from 5:30 to 6:30 pm. Participants may attend in-person or virtually via Zoom.

## 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).

## Children's Youth Group

Bereaved children engage with peers in a safe environment for fun and lively activities aimed at building resiliency and coping skills. Facilitated by professional staff from the Center for Humanistic Change (CHC).



*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.*

## Young Adults Group

Young adults who have lost someone due to substance-related causes are often overlooked. This group provides a healing environment to share stories, validate experiences, and find support.

## Teen Youth Group

Bereaved teens gather for connection and healthy peer relationships.

## Grief Recovery Method® Program

This 10-week series offers griever the specific actions needed to move beyond their unresolved grief. Based on a proven program that utilizes *The Grief Recovery Handbook*. Participants can work through grief regardless of length of time since their loss. Facilitated by Rhonda Miller, a Certified Grief Recovery Method Specialist.

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

## Building A Healing Community

We also provide additional programs for bereaved families to build a supportive network and community:

- Remembrance Butterfly Release (Summer)
- Candlelight Remembrance (December)

## Serenity Retreat

In May 2022, we are hosting our first *HEART to HEART Serenity Retreat for Women Grieving the Loss of a Loved One in the Opioid Crisis*. For more information visit: [oasisbethlehem.org/serenity-retreat](https://oasisbethlehem.org/serenity-retreat).



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