

# Who We Are

## About Us

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

The public health crisis of the opioid epidemic and 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 substance use conditions trigger 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. We incorporate trauma-informed care in all of our programs.

## Contact Us

484.747.6825

info@oasisbethlehem.org

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

 @ [oasisbethlehem](https://www.facebook.com/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

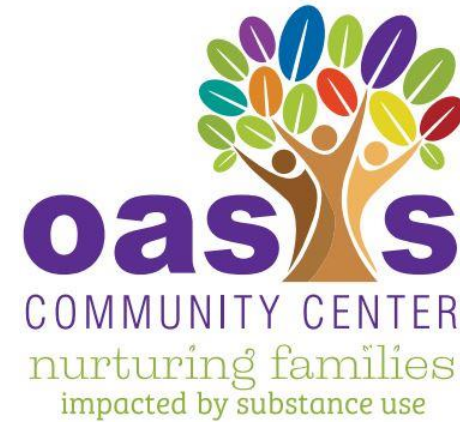
Rhonda Miller, CFRS, Certified Grief Educator, Executive Director

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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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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 and 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.*

## Wellness

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

### Trauma Informed Mindfulness for Everybody

A 6-week course in mindfulness basics that develops tools to navigate life's challenges through simple mindfulness practices of breath, body, thoughts, and emotions. Facilitated by mindfulness instructor Prabha Sinha.

### Restorative Chair Yoga

Offered as a one hour drop-in 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. Led by yoga instructor Tina Thomas.

### Creekside Meditations

Take a walk outside our front door on our newly created trail that meanders along the banks of the Monocacy Creek. Engage your senses as you take in nature and participate in a walking meditation.

### Gardening

Reconnect with the earth... tend flowers in our picnic area, cultivate herbs in our herb garden, or plant and harvest vegetables in our nearby community garden plot.

### Serenity Room

Visit our special room dedicated to relaxation and reflection. A place to pray, meditate, read.

Listen to calming music and the soothing sounds of our trickling water fountain. Enjoy aroma therapy.

Experience the healing power from our library of guided imagery audio programs.



## Education & Support Groups

Family members need support as part of their own recovery process. OASIS currently hosts the following groups on a regular schedule. Unless otherwise noted, meetings are offered in hybrid format (in-person with Zoom option).

### Evidenced-Based Approach

- Invitation to Change (ITC) – Tuesdays, 6:00 to 7:30 pm
- SMART Recovery Family & Friends – Thursdays, 6:30 to 8:00 pm
- SMART Recovery Addictive Behaviors – Thursdays, 6:30 to 8:00 pm

### Twelve-Step Groups

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

### Specialized Groups

- Battle Borne Spouses – Monthly on 4th Monday, 7:00 to 8:00 pm
- SMART Recovery Vets & 1st Responders – Wednesdays, 7:15 to 8:45 pm
- Recovery Dharma – Saturdays, 5:30 to 6:30 pm (in-person only)

### Book Studies (on Zoom only)

- ACA Loving Parent Guidebook Study – Mondays at 6:30 and 8:00 pm
- OASIS Family Wellness – Wednesdays, 7:00 to 8:30 pm

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

## Counseling Services

OASIS offers two counseling groups facilitated by professional therapists:

### Family Counseling Group Program

Our therapist, Mark Kostelny, M.A., has extensive experience working with families with substance use issues. This group helps participants strengthen their resiliency, learn effective communication strategies, and develop tools to aid in the family's recovery journey. Family members may attend with or without their person who is experiencing substance use conditions.

- Small group size; completely confidential
- New participants may join at any time but registration required
- Meets weekly on Mondays from 6:30 to 8:00 pm

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

### Drop-In Grief Counseling Group

Parents and other adults who have lost a loved one due to a substance-related cause find immediate comfort here. Co-facilitated by grief therapist Bill Arnold, LPC, CAADC and Rhonda Miller. Meets weekly on Wednesdays from 5:30 to 6:45 pm. Participants may attend in-person or virtually via Zoom. Registration required; contact [rhonda@oasisbethlehem.org](mailto:rhonda@oasisbethlehem.org).

## Additional Grief Supports

We are committed to providing the highest level of grief support through education, experience, and insights into the often-unacknowledged rocky terrain of grief.

Our director, Rhonda Miller, is a Certified Grief Educator trained by grief expert David Kessler, bringing Kessler's unique methodology and tools to help people navigate the challenges of grief. Additionally, she is a Grief Recovery Method Specialist. Rhonda is available to meet for a consultation to connect grievers to the best supports.

Grief support programs for children, teens, and other demographics may be available. Contact us for additional information.

## Special Programs

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. We bring in programs for both enrichment and connection:

### Arts for Wellness

Excursions to plays, museums, and other opportunities to enjoy the visual and performing arts.

### Friday Fun Nights

Potlucks combined with a sing-along, movie, games, or craft activity.

### Workshops

- Easy & Healthy Eats – hands-on cooking demonstrations
- Arts & Crafts Workshops – express your creativity
- Experiential Workshops – various topics to support recovery
- Journaling Workshops – healing through storytelling

### Limited Series

- **NAMI-LV Family to Family** – An 8-session program for family, friends, and significant others of people with mental health conditions. Led by trained facilitators with lived experience.
- **Healing Wounds of Trauma** – A faith-based program in which participants engage with scripture and learn to apply best mental health practices to address spiritual and emotional wounds. Led by facilitators trained by the Trauma Healing Institute



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

## Annual Events

OASIS offers a variety of events to help build a supportive network and healing community.

### Partners, Providers, & Professionals Open House – Winter

A networking event for our colleagues working in the recovery field and complementary professions. All are welcome.

### Serenity Retreat for Bereaved Women – May

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

### Remembrance Butterfly Release - August

Join us as we remember our lost loved ones in a moving ceremony followed by a butterfly release and social hour.

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

During National Recovery month, photo banners depicting loved ones lost to substance use are displayed on ArtsQuest's SteelStacks campus in Bethlehem, PA. Contact us to be notified when new photos are accepted.

### Family Recovery Day – September

A day of special programming for sharing experience, strength, and hope.

### Candlelight Remembrance – December

An inter-faith ceremony held on the second Sunday in December in tandem with The Compassionate Friends' Worldwide Candlelighting event.

Our library offers a cozy and inviting space for small group meetings.

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

