



## CHANDELIER

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### DECEMBER 2024

#### CEO Corner

The holiday season comes with many mixed emotions for many reasons. For those new to sobriety, the season may feel like putting on a new piece of new clothing that fits just right. Our sobriety feels shiny and new, and we are excited to experience the holiday clear headed and with joy that we may have not experienced in a long time-if ever. But for others it can be a time of stress, anxiety, and fear. These emotions test our sobriety and can serve as triggers for relapse.

Please remember that by putting your sobriety first, all other things will fall into place. If you are worried about not having money for gifts, remember that your sobriety is a gift you are giving not just for you, but for anyone in your life that cares about you. Your sober presence - the actual ability to enjoy sober fellowship with loved ones is a gift that you or loved ones may have never thought possible. Remember the meaning of the holiday, whatever your religion or beliefs are all about.

Make self-help meetings and/or stay connected to those who are supportive of your recovery. Even those in long-term recovery can struggle over the holidays. Do not allow guilt and shame of sayings like: "I've been sober for a long time, I shouldn't have to be reaching out for help at this point" get in the way of getting the support you need.

If you are struggling with substance use over this holiday season - if you have relapsed, please reach out for help and support. We at Willingway are here for you 24/7.

On behalf of the outstanding, caring, and dedicated staff at Willingway, we wish you all a very merry holiday filled with peace, serenity, and sobriety!

**David Gerber**  
**CEO, Willingway**

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## Alumni News:

Recap of our Hockey Night Out on 11/8/2024



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## Employee Spotlight

**Name:** Alisha Sylvester

**Position:** BHA

**Start Date:** 7/15/2024

### **Tell us a little about your position:**

As a recovery technician, I monitor patients' progress, ensuring a safe and supportive environment. I encourage patients to attend group meetings and therapy sessions to support their recovery journey and maintain detailed records of their interactions and progress in line with hospital standards.

### **Favorite part of your job?**

My favorite part of the job is getting to know the patients and having meaningful conversations with them. I enjoy hearing their stories, learning about their experiences, and being a part of their progress as they work toward recovery.

### **Why did you choose Willingway?**

I chose Willingway because I was drawn to the opportunity to work in an environment where I could make a meaningful impact on people's lives.

### **Interesting fact about you?**

An interesting fact about me is that I love to read. Whether it's fiction, nonfiction, or academic material, I enjoy exploring different topics and perspectives through books.



## We're Growing!

### Augusta IOP: Open Now!

1225 Augusta West Parkway  
Augusta, GA 30909

### Jacksonville OP Location: Open Now!

4100 Southpoint Dr. E, Unit 1,  
Jacksonville, FL 32216



## December Birthdays:



Cindy Taylor 12/8  
Joy Omoruyi 12/14  
Beatrice Mincey 12/15  
Rebekah Waters 12/19  
Kelly Van Besien 12/19  
George Burnsed 12/22  
Bobby Reedy 12/31



**Dakota Ulmen**  
Willingway Alumni Coordinator

### Stay in touch!

Willingway CaredFor App

### Alumni Night

Every Thursday

7:30 - 9:00 pm

311 Jones Mill Road, Statesboro, GA

Call: 912-515-7103 for more info

### Want to share your recovery story?

Shoot us an email at: [alumni@willingway.com](mailto:alumni@willingway.com)



## Continuing Care Community Support Groups

Continuing Care provides a supportive and welcoming community to people in recovery from addiction, their family members, and their close friends. It is a safe place to land, to talk about your experiences, and to find ways to become connected to 12-step recovery. Continuing Care support groups are not a substitute for AA, NA, or Al-Anon, but they offer a point of connection designed to give the returning client direction for finding and engaging in local recovery organizations.

### **St. Simons Group:**

Name: Joel Mills  
Phone number: 912-617-6385  
Email: jvmssi@me.com  
Saturday at 6:30pm  
The Club House  
1501 Demere Road  
St Simons Island, GA 31522

### **Atlanta Group:**

Name: Robby Carroll  
Phone number: 404-216-3882  
Email: carrollrobby@gmail.com  
Tuesday at 6:30pm  
Zoom Meeting ID: 851 3786 4879  
Password: 837591  
  
Thursday at 6:00pm  
Zoom Meeting ID: 883 0477 9288  
Password: 545307

### **Augusta, GA:**

Name: Paula Wood  
Phone number: 706-664-9672  
Saturday at 10am  
Covenant Presbyterian Church  
3131 Walton Way  
Augusta, GA 30904  
Zoom Meeting ID: 896 8113 8410  
Password: 174257

### **Charleston Group:**

Name: Rhett Crull  
Phone number: 843-323-7111  
Email: crull.rhett@gmail.com  
Monday at 6:30pm  
Church of the Holy Spirit  
299 Seven Farms Rd.  
Daniel Island, SC 29492

### **Raleigh Group:**

Name: Charlie Wagner  
Phone number: 919-349-6269  
Email: mail4youcw@gmail.com  
Mondays 7:30pm  
St John's Baptist Church  
1615A Oberlin Rd.  
Raleigh, NC 27608  
Zoom Meeting ID: 885 4336 3501  
Passcode: Willingway

### **Macon Group:**

Name: Tracy Miller  
Phone number: 478-960-4574  
Email: tracytmiller58@gmail.com  
Monday at 6:30pm  
Centenary Church  
1290 College St.  
Macon, GA 31201  
Zoom Meeting ID: 858 8774 8270  
Passcode: Recovery

### **Jacksonville /Jacksonville Beach Group:**

Name: John Roberts and Cathy Roberts  
Phone number: John 904-463-1246  
Cathy 904-463-5200  
Monday at 6:00pm  
Zoom meeting ID: 996 758 129  
Password: 1234  
  
Tuesday at 6:00pm  
Palms Presbyterian Church  
3410 Third Street South  
Jacksonville Beach, FL 32250  
Education/Office Bldg. (north side of campus)  
Room 202

*For more information about continuing care, please contact [alumni@willingway.com](mailto:alumni@willingway.com).*