



Chandelier



CEO CORNER

The Importance of Self-Love

In February we celebrate Valentine's Day. The day is meant to express our love to those we hold dear. Yet that expression of love can often be hollow until we can learn to love ourselves. We enter into treatment and recovery discouraged. We hit bottom. We struggle with guilt and shame from the wreckage of our past. Many find it difficult to look in the mirror and like what they see.

The process of learning to love oneself takes a while. It begins with forgiveness of ourselves. Living in the past and holding onto the negatives robs us of our ability to have gratitude for today. There is a difference between owning and taking responsibility for what we have done and having that guilt and shame weigh us down. Becoming willing to forgive ourselves and focus on developing a new and improved version of ourselves is an important step in learning to love ourselves again.

When we choose to put the majority of our focus on negatives, it becomes difficult to nearly impossible to move forward in a meaningful and lasting recovery. When we open the door to the possibility that everyone benefits from our self-forgiveness, and we continue to truly work a humble program of sobriety, we not only begin the process of liking, and then loving ourselves but now can truly give love that can be appreciated by others.

This February, come to believe that working it, because you are worth it serves as a reminder that learning to love yourself actually reduces your risk for relapse. Working your program benefits you and those you care about. It allows for building genuine relationships in which meaningful love may flow.



Happy February,
David Gerber, CEO

Homecoming 2025 is just around the corner!

Be sure to RSVP on our Facebook page, Eventbrite or email!



BACK TO THE HIVE

Willingway Homecoming 2025

Homecoming Agenda

Friday: 4/25/25

- 3-5pm Pre-registration @ the Fork
- 5-7:30pm Rez and Lodge Drop-in
(sharing meetings at drop-in)

Saturday: 4/26/25

- 10:30am Al-anon speaker @ the Fork (Paula B.)
- 12-2pm Picnic & Ice Cream Social @ Willingway
Bounce house
Fellowship
Face painting
- Sharing/Gratitude Meeting @ Willingway
(during lunch, MC will walk around with mic to tables
for people to share gratitude)
- 6:30pm @ the Fork
(registration, pizza, shirts, raffle ticket hand out)
- 8pm Speaker @ the Fork (Jim B.)



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?

Send us an email at: alumni@willingway.com



Dakota Ulmen
Willingway Alumni Coordinator



EMPLOYEE SPOTLIGHT

Name: Kandi Johnson

Position: BHA

Start Date: 11/13/2024

Tell us a little about your position:

In my position, I am a recovery tech. I provide care and support to patients. I often encourage patients to aid the recovery process. I empathize with the patient's situation and provide emotional support to them.

Favorite part of your job? My favorite part is putting a smile on everyone's faces.

Why did you choose Willingway? I choose to be a part of Willingway because I have a heart of gold and a passion for helping others.

Interesting fact about you? A fun fact about me is I LOVE FOOD!



February Birthdays:

Brock M. (BD Rep) 2/5

Tiffany P. (RN) 2/8

Amanda K. (RN) 2/9

Eric B. (Driver) 2/10

Hilda S. (Housekeeping) 2/14

Kandi J. (Tech) 2/16

Sophie I. (Tech) 2/22

AnnaMarie B. (Tech) 2/26

Rosiya W. (LPN) 2/28





Continuing Care Community Support Groups

Continuing Care provides a supportive and welcoming community to people in addiction recovery, 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.

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: 893 8465 3063
Password: 038521

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:

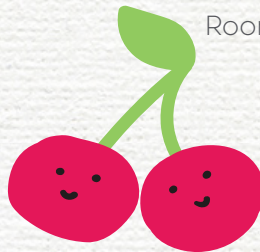
Name: Tracy Miller
Phone number: 478-960-4574
Email: tracytmiller58@gmail.com
Monday at 6:30pm
Centenary Church
1290 College St.
Macon, GA 31201
Zoom Meeting ID: 858 8774 8270
Passcode: Recovery

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.



**YOU ARE
CHERRIFIC**