

CEO Corner**Summer Time, Fun Time?**

June represents the beginning of summer. For those unfamiliar with the scourge of addiction, it is a time when we plan trips to the beach, amusement parks, and family vacations. For those who struggle with substance use disorders, what could be considered fun family time is often marred with stress and anxiety about how to manipulate or abandon these types of plans to maintain the lifestyle of use. Family members with loved ones who struggle with addiction are also filled with stress and anxiety. Do I leave my addicted loved one behind? Can I trust them to be alone? Can I invite them to the house or family function without worrying about it being ruined?

For those in early recovery, it may be the first time in a long time that we are able to enjoy these activities sober. The concept of “Seemingly Irrelevant Decisions” comes to mind. We can easily take for granted that we are sober now, and in our eagerness to return to a “normal” life, we tell ourselves we are sober now, and these kinds of family functions don’t pose a threat any longer. For others, we may feel depressed about the summers lost due to our focus on our drug of choice and the missed opportunities for family time.

It is important that we remember that we rarely, if ever, took a vacation from our addiction. So too is it important that we don’t allow ourselves to take a vacation from recovery. If we are planning on going away, find a meeting to go to while on vacation. When it comes to family functions, be willing to evaluate if there is drinking or drugging that takes place at these events, and decide if it is in the best interests of your recovery to attend. Make sure that we always have someone to contact in times of urges, cravings, and temptations.

If you haven’t already done so, join the Willingway CaredFor App on your phone. Know that when you are connected to the Willingway family, there is always someone there for you in your time of need.

We at Willingway wish all of you a safe, enjoyable, and sober summer season.

David Gerber
CEO, Willingway

Ways to Give Back!

If you're looking for a way to be of service, look no further! We have just the program for you!

Become a Willingway Alumni Ambassador!

Are you a member of our alumni community with **1+ years of continuous sobriety** and actively working a recovery program? If so, we'd love for you to become a **Willingway Alumni Ambassador!**

This is a meaningful opportunity to give back, support others on their recovery journey, and represent Willingway in a positive light.



What is a Willingway Alumni Ambassador?

A **trusted leader** in our alumni community who:

- Serves as a contact for newer alumni returning home, helping them get connected to local recovery resources
- Stays engaged and supportive through our alumni network

What does a Willingway Alumni Ambassador do?

- **Engages regularly** on the Willingway App (AMBASSADOR will be added to your name)
- **Represents Willingway** in a positive light (through word of mouth, Google reviews, etc.)
- **Visits campus**, when possible, to share their story with current clients
- **Refers individuals** struggling with addiction to Willingway

What's in it for you?

- A **FREE Willingway Ambassador T-shirt!**
- A chance to **support and uplift** the alumni community (you have to give it away to keep it!)
- A way to **enhance your own recovery** through service and 12-Step work
- An **AMBASSADOR badge** next to your name on the app

Interested? Reach out to: *Dakota Ulmen, Alumni Coordinator*
Office: 912-489-7211 Cell: 912-515-7103



HR Highlights

Name: Mary Murphy

Position: Case Manager

Start Date: 6/1/2023

How would you summarize what you do?

I help manage communication between the VA and Willingway. I also manage all the VA discharges. VA patients come with extra responsibility, and the VA requires weekly communication. After that, I help where I am needed!



Can you tell us a few details about your favorite part of your job?

I enjoy being with the Vets and the people that I work with. I also enjoy working in an environment in where I was once a patient.

What is the best advice you would give to someone just starting out at Willingway?

Be a team player, ask questions, and always try to be positive. Know that you are making a difference here! Every role is difficult, help where you're needed.

What are the toughest challenges you've had at work?

Trying not to impose the way I got sober onto other people.

What's your secret talent no one knows about?

Eating my weight in Willingway cookies.

What do you like to do in your own time?

Anything creative. I like to make things and hang out with my dog, Wilma.

Tell us something about you that we would not normally know?

I have a twin brother! No, we're not telepathic.

June Birthdays:



Andre T. (Counselor) 6/1

Mark P. (Business Office Director) 6/2

Lewis C. (OP Counselor) 6/3

Octavia F. (RN) 6/3

Tina P. (Lead Tech) 6/8

Carla T. (Lead Tech) 6/11

Linda S. (Housekeeping) 6/12

Lashley R. (Counselor) 6/17


Margaret E. (Lead Tech) 6/23

Melissa B. (Patient Account Rep.) 6/29

Alumni Meetings:

373 Savannah Ave. Statesboro, GA 30458

WILLINGWAY ALUMNI MEETING AT THE FORK



**Thursdays @ 6:45pm. Join us for fellowship
and an alumni meeting (located in the fork,
address listed above!)**

Zoom Meeting ID: 815 1227 6359

**For questions text or call
912-515-7103**

Together We Rise



**Weekly alumni Zoom meetings Thursdays
at 7:30am**

Morning Meditation

Meeting ID: 821 5803 9785

Password: Recovery

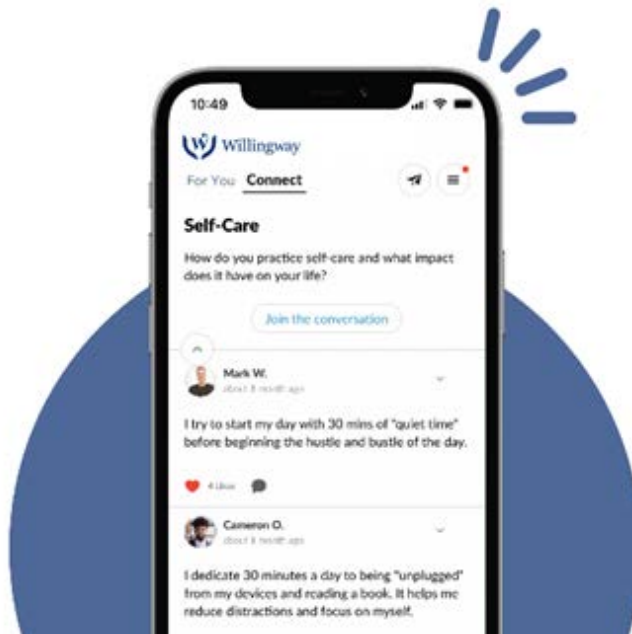


Ready to get started? Scan here >



We're all in this together

Join fellow alumni & staff on the
Willingway Alumni Community app today!





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: Desiree Garrett and
Jocelyn Wallace
Phone number: Desiree (678-231-6777)
Jocelyn (404-747-6482)
Email: Desiree
(desiree.G@neveralonech.org)
Jocelyn (jocelyn@neveralonech.org)

Thursday at 3:00pm
Never Alone Clubhouse
8380 Grady St.
Douglasville, GA 30134
Zoom Meeting ID: 868 1749 3228
Password: 834476

Never Alone Clubhouse
8380 Grady St.
Douglasville, GA 30134
Thursday at 7:00pm
Zoom Meeting ID: 827 6468 4073
Password: 832161

Augusta, GA:

Name: Paula Wood
Phone number: 706-664-9672
Email: pmw_1950@comcast.net
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)
Email: John (jtrinterventions@gmail.com)
Cathy (cmroberts109@gmail.com)
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.*