

CEO Corner

The saying goes “A grateful alcoholic/addict never picks up.” While we celebrate Thanksgiving this month, gratitude is something that we can benefit from focusing on every day. Gratitude can be an action word. We can practice gratitude in many ways. When we actually take time to think about or write down what we have to be grateful for, we have less time to focus on urges, cravings and temptations. We can create good inner feelings when we practice gratitude with random acts of kindness or helping others in need. When we practice gratitude, and can feel good about it, we worry less about the issues and problems we have. The longer we stay sober, the more time we can devote to gratitude, and it becomes a healthy cycle. We practice and derive good feelings from reminding ourselves and engaging in grateful acts, which reduces the intensity of our own problems which in turn reduces our desire to pick up a drink or a drug and has us wanting to practice gratitude more. Many keep gratitude journals. When we take the time to write down what we are grateful for today, we keep our minds focused on gratitude. If you are new to sobriety, focusing on gratitude can turn down the volume in our heads that call us to return to use. If we have been sober for an extended period of time, practicing gratitude keeps us grounded and connected to our recovery, and reminds us how the life we left behind is not worth returning to. As we celebrate Thanksgiving, look beyond the food and football. Take the time you spend with family and friends to share your gratitude. But there is no need to wait for a holiday to practice gratitude. The more we practice gratitude, the more connected we are to sobriety. We at Willingway wish all of you a safe, sober and grateful holiday season. If you are struggling, as holidays are not always easy in recovery, reach out for help and support through our continuing care groups, or call our Alumni Coordinator Dakota Ulmen at 912-515-7103.

David Gerber, CEO

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: Wanda Phillips

Position: IOP/OP Case Manager

Start Date: 01/02/2025



How would you summarize what you do?

I am the case manager to clients in our SLE programs, assisting with essential needs such as obtaining identification and vital records, scheduling medical appointments, and connecting clients to community resources and support services. My goal is to help each individual improve their well-being, stability, and independence. After that, I help where I am needed.

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

My favorite parts of my job are knowing that I am being of service to our clients, and being part of the team at IOP/OP.

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! 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?

I can cross-stitch.

What do you like to do in your own time?

Watch scary movies and documentaries on “old school” mobsters.

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

I am currently enrolled in classes, working towards my associate’s degree in human and social services.



November Birthdays:

- Wilson P. (Maintenance) 11/4
- Ty T. (LPN) 11/9
- Sarah B. (Admissions Coordinator) 11/15
- Melanie S. (Director Risk Management) 11/19

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

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Zoom Meeting

TOGETHER WE RISE

Every Thursday | 9:00am

MEETING ID: 821 5803 9785

PASSWORD: RECOVERY

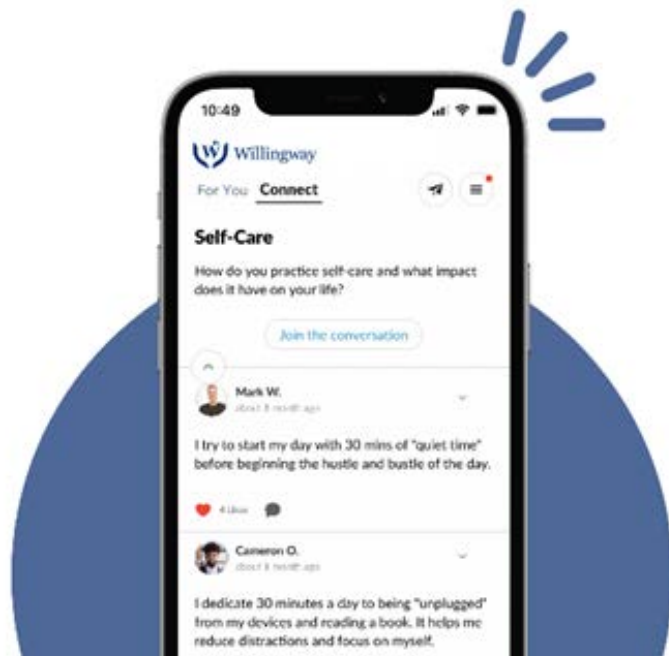


Ready to get started? Scan here >



We're all in this together

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



Continuing Care Community Support Groups

Statesboro Group:

Contacts: Catherine Tootle
Phone: 912-764-8283
Email: cmtootle@freedomthroughrecovery.org
When: Wednesdays at 3:00pm
Where: Freedom Through Recovery
226 S. Zetterower Ave.
Statesboro, GA 30458
Zoom Meeting ID: 876 23985668
Password: 203757

St. Simons Group:

Contact: Joel Mills
Phone: 912-617-8385
Email: jvmssi@me.com
When: Saturdays at 6:30pm
Where: The Club House
1501 Demere Road
St Simons Island, GA 31522

Atlanta Group:

Contacts: Desiree Garrett and Jocelyn Wallace
Phone: 404-747-6482
Email: desiree.g@neveralonech.org
jocelyn@neveralonech.org
When: Thursdays at 3pm
Where: Never Alone Clubhouse
8380 Grady St., Douglasville, GA 30134
Zoom Meeting ID: 868 1749 3228
Password: 834476

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

Augusta, GA Group:

Contact: Paula Wood
Phone: 706-664-9672
When: Saturdays at 10am
Where: Covenant Presbyterian Church
3131 Walton Way, Augusta, GA 30904
Zoom Meeting ID: 893 8465 3063
Password: 038521

Charleston Group:

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

Raleigh Group:

Contact: Charlie Wagner
Phone: 919-349-6269
Email: mail4youcw@gmail.com
When: Mondays at 7:30pm
Where: Centenary Church
1615A Oberlin Rd.
Raleigh, NC 27608
Zoom Meeting ID: 885 4336 3501
Passcode: Willingway

Macon Group:

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

Jacksonville/Jacksonville Beach Group:

Contacts: John Roberts and Cathy Roberts
Phone: 904-463-5200
Cathy 904-463-5200
When: Mondays at 6pm (Zoom)
Zoom meeting ID: 996 758 129
Password: 1234

When: Tuesdays at 6:00pm
Palms Presbyterian Church
Where: 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.