



CEO Corner

Staying Sober Over the Holidays

The holidays are filled with nothing but joy right? Well, most people deal with holiday stress of buying gifts, fighting the crowds and being around family that maybe they don't get along with.

For those in recovery, especially early recovery, there are added layers of stress and concern. We may associate holidays with the old days of drinking and drugging. Their may be a sense of loss, or a wish to return to those good old days. For others, the holidays may serve as a painful reminder of our regrets for our substance use and behaviors during the holidays. Family get togethers may include the drinking or drug use of others, and you may feel pressure to give in and try to keep your use under control. Even if there isn't substance use at family get togethers, these events may come with high degrees of stress and arguments that can put us in a position to seek relief through substance use.

For those in early recovery, and even for those who have been sober for long periods of time, it is wise to remind ourselves that our recovery is our priority. Anything we put ahead of our recovery puts our sobriety at risk. We may need to evaluate whether attending a dysfunctional family get together is worth it, if it puts our sobriety at risk. If we do attend, we can protect ourselves and our sobriety by thinking of an exit strategy before going to family get togethers, so we are prepared when our stress levels rise. If you are a member of the 12-step fellowship, make sure you have someone to talk to if you feel the need to excuse yourself from stressful situations.

Being sober for the holidays is a gift to you and anyone who cares about you. For many, the holidays can also be a reminder of a rebirth in life. I can represent an opportunity for restoration and reunification of families that have been broken by addiction.

By protecting your recovery, and making it your number one priority, you increase the likelihood of enjoying a wonderful holiday season.

If you are feeling down, stressed, or are having urges to use, remember that we are always here. Connect with one of our Continuing Care Groups or reach out to our Alumni Coordinator Dakota Ulmen. Go to our Website at Willingway.com for more information.

On behalf of the staff at Willingway, we wish you all a safe, sober and joyous holiday season.

David Gerber, CEO

November Alumni Event Recap!

November Alumni Event Recap! Bonfire, smore's and hotdogs!
We had about 15 alums attend our cozy event. Lot's of laughs and stories were shared! Can't wait for the next one!



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: Jeremy Hudgins
Position: IOP/OP BHA
Start Date: 12/3/2024

How would you summarize what you do?
I would summarize my position by saying that I perform patient care related task aimed at helping clients learn and transition away from active addiction and back into a healthy lifestyle.

Can you tell us a few details about your favorite part of your job?
Parts of my job that I would consider favorable for myself is being able to see a change in others that I have a role in helping. Also working with a family and people I consider friends, and I like alumni events as well.

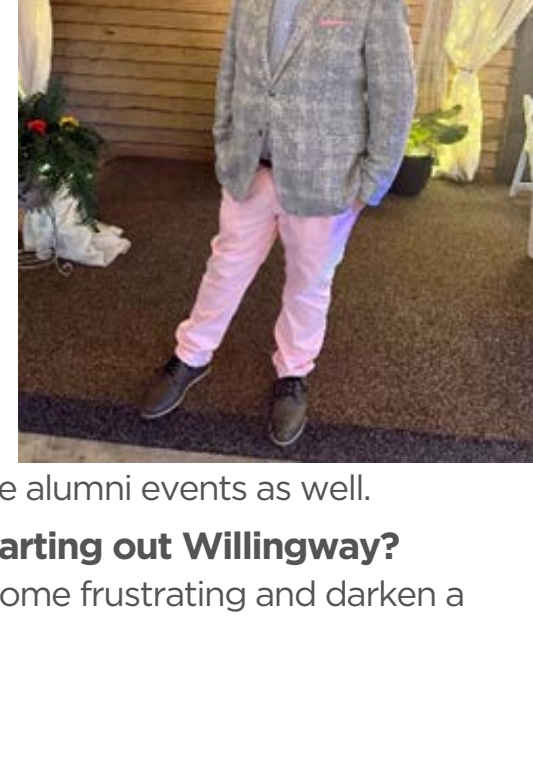
What is the best advice you would give to someone just starting out Willingway?
Don't take things our clients say as personal attacks, this can become frustrating and darken a otherwise sunny day.

What are the toughest challenges you've had at work?
Taking personal time really, I still like working too much.

What's your secret talent no one knows about?
I can type 200 WPM in windows.

What do you like to do in your own time?
Read, write, art type things. Anything creative I would say.

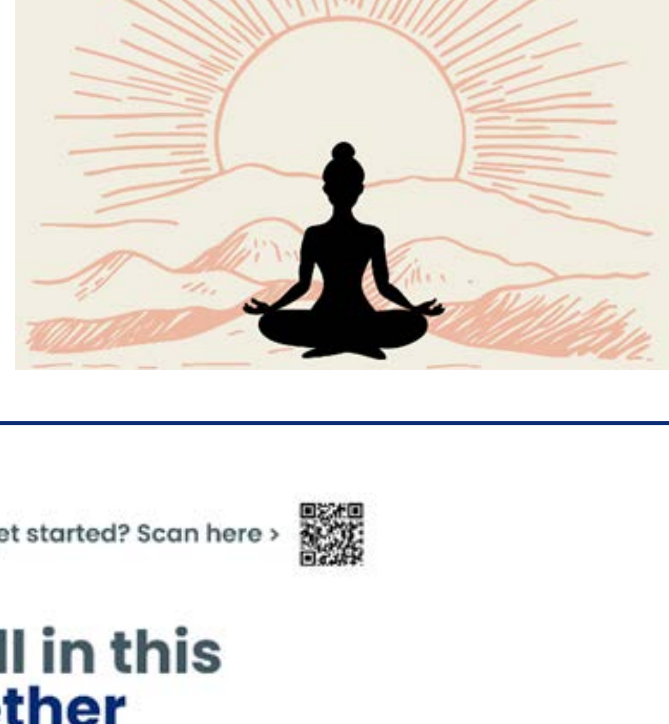
Tell us something about you that we would not normally know?
I could be then y'all would know it about me and could not answer this question, catch 22.



December Birthdays:

- Cynthia T. (UR Director) 12/8
- Joy O. (Tech) 12/14
- Mincey B. (LPN) 12/15
- Skyler R. (Maintenance) 12/21
- George B. (Counselor) 12/22

Alumni Meetings:



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:**
Contact: 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: 912-617-6385
Email: jvmss@me.com
When: Saturdays at 10am
Where: The Club House
1501 Demere Road
St Simons Island, GA 31522

Atlanta Group:
Contacts: Desiree Garrett and Jocelyn Wallace
Phone: 706-664-9672
Jocelyn 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: 828 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 7:30pm
Where: 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: 478-960-4574
Email: tracymiller58@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: John 904-463-1246
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.