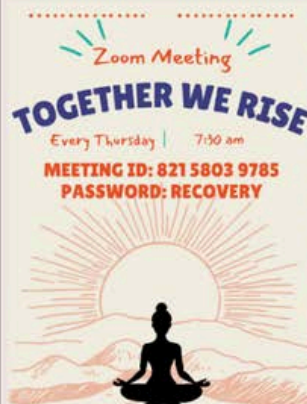




WILLINGWAY ALUMNI PROGRAM

WEEKLY ALUMNI MEETINGS



373 Savannah Ave. Statesboro, GA 30458

WILLINGWAY ALUMNI MEETING

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

For questions text or call 912-515-7103

OVERVIEW

Our Alumni Program keeps you connected and supported through our alumni app, monthly events, regular check-ins, and both virtual Zoom and in-person meetings—helping you stay engaged, build relationships, and continue growing.

ALUMNI GROUP RESOURCES

Monthly Alumni Events



Meet Your Alumni Coordinator!

Dakota Ulmen
Cell # 912-515-7103



Join our Alumni App!



September Alumni Event Recap!

We had **25 amazing alumni, 10 staff members, and countless community members** show up for FTR (Freedom Through Recovery)'s Annual Recovery Field Day! From friendly competition to plenty of laughs, it was a great day filled with **fun, fellowship, and celebrating recovery together.** ❤️ Thank you to everyone who came out, participated, cheered each other on, and helped make the day so special. This is what recovery and community are all about! 🙌



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



Volunteer Opportunity:

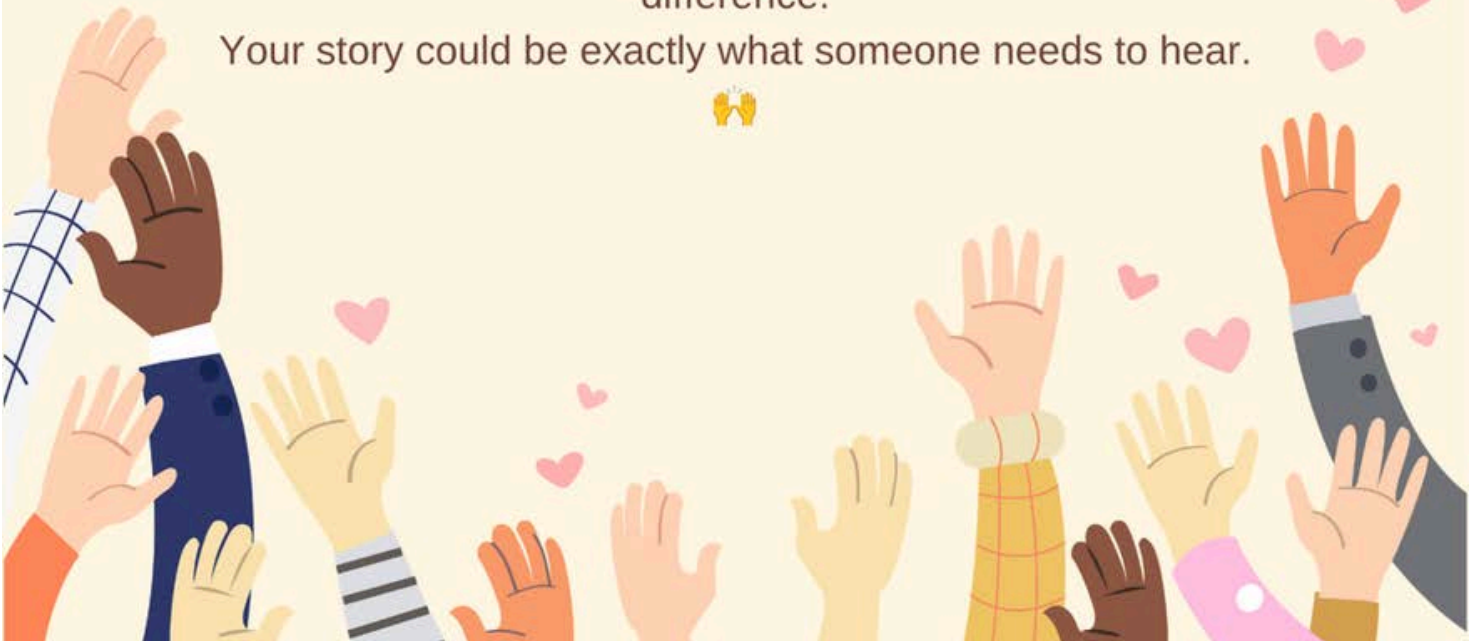
FROM RECOVERY TO IMPACT

We're looking for alumni with at least 1 year of continuous sobriety who are ready to give back and share their experience, strength, and hope with others on their recovery journey. ❤️

If you're willing to speak with our clients on a Sunday evening, we'd love to hear from you!

📞 Reach out to Dakota at 912-515-7103 if you're interested in being part of this opportunity to make a difference.

Your story could be exactly what someone needs to hear.



HR Highlights

Name: Bo Davidson

Position: Counselor

Start Date: 11/7/2022

How would you summarize what you do?

I am a Hope Dealer.

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

I love it when the light comes back in people's eyes and you see life and hope start to blossom.

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

Don't take anything personally.

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

One of the toughest obstacles to overcome is when people's expectations of what we do and have here are not what we actually have and actually do.

What's your secret talent no one knows about?

I am a cat whisperer, I speak Catonese. LOL Seriously, I talk to my cats and they respond.

What do you like to do in your own time?

I love to spend time with my with my family and friends, ride my motorcycle and ride my longboard or cruiser.

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

I am fluent in Spanish. This was a very handy skill when I was active in my addiction it doubled my number of dealers.



October Birthdays:

- Jason E. (PA)- 10/10
- Kaitlyn M. (LPN)- 10/11
- Rob G. (BD)- 10/16
- Wendy F. (LPN)- 10/19
- Nicole L. (PT account rep)- 10/20
- Khya M. (BHA)- 10/26
- Bo D. (Counselor)- 10/28

CEO Corner By David Gerber

Building a Fort in Recovery

Early recovery can be like the bad ending of a romantic relationship. The closer we are to our last use of a substance, the more everything reminds you of use.

Recovery is like building a fort. Without a foundation, we are wide open to urges, cravings and temptations. The longer we stay sober, the stronger our fort becomes. We can avoid allowing urges to become overwhelming by staying connected to a recovery network.

Having healthy people places and things in our life can help us get through high stress times in recovery. Every time we refuse the opportunity to use, our fort becomes stronger. The longer we stay sober, the easier it gets to refuse to give into cravings.

We complicate our recovery when we choose to go it alone. The notion that I don't need connection in recovery, that I should be able to do this on my own, is as foolish as someone who doesn't know anything about fixing cars to think they can take care of a transmission problem without bringing it in for service. Staying connected helps to build your fort.

One of the most prominent reasons we hear from people with longer term sobriety that return to use is that they have stopped going to meetings. Essentially, we become comfortable and stop taking care of the fort we have built to protect us.

Whether it is a 12-step program, church or anything else in your life that is supportive of your recovery, make use of it, nurture it and maintain it.

May your recovery include the building of a strong fort, keep it strong, and never let the life you left behind enter it again.

The longer you stay sober, the more gratitude you develop for your new life. This too strengthens your fort and provides critical defenses against relapse. The more gratitude you have, and people in your life that support you and your recovery, the less power urges will have over you.

David



Continuing Care Community Support Groups

Statesboro Group:

Contact: Catherine Tootle
Phone: 912-764-8283
Email: cmtootle@freedomthroughrecovery.org
When: Wednesdays at 3 PM
Where: Freedom Through Recovery
226 S. Zetterower Ave.
Statesboro, GA 30458
Zoom Meeting ID: 876-2398-5668
Password: 203757

St. Simons Group:

Contact: Joel Mills
Phone: 912-617-6385
Email: jvmssi@me.com
When: Saturdays at 6:30 PM
Where: The Club House
1501 Demere Road
St. Simons Island, GA 31522

Atlanta Group:

Contact: Candi Florence and
Jocelyn Wallace
Phone: Jocelyn 404-747-6482
Email: jocelyn@neveralonech.org

When: Thursdays at 3 PM
Where: Never Alone Clubhouse
8380 Grady St., Douglasville, GA 30134
Zoom Meeting ID: 868 1749 3228
Password: 834476

When: Thursdays at 7 PM
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 10 AM
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 6:30 PM
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 7:30 PM
Where: St John's Baptist Church
1615A Oberlin Rd.
Raleigh, NC 27608
Zoom Meeting ID: 885 4336 3501
Passcode: Willingway

Macon Group:

Contact: Tracy Miller
Phone: 478-960-4574
Email: tracytmiller58@gmail.com
When: Mondays at 6:30 PM
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
Email: jtrinterventions@gmail.com
Cathy: cmroberts109@gmail.com
When: Mondays at 6 PM
Zoom meeting ID: 996 758 129
Password: 1234

When: Tuesdays at 6:00 PM
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.*



Rev. 3.2026