



GEORGIA'S FRIENDS

HOPE HEALS

NEWSLETTER VOL. 6 • SPRING 2023

Dear Friends,

We are excited to share our latest newsletter full of gratitude for everyone who made the holiday season meaningful and special for the residents of Georgia's House. We hope the pictures convey how much joy we all felt from the gifts, decorations, food, workshops, and a beautiful newly decorated sun room.

Georgia's Friends had so much to be grateful for in 2022. Our donors and volunteers continued to support our residents and staff in many ways. When we say we could not fulfill our mission without all of you, we mean it literally. One of the ways we are fulfilling our mission is our new Angel Program, created this past year.

We are also grateful to have hired two new staff members who perfectly complement our team. They have brought new ideas and a passion for helping. Our Board continues to provide thoughtful leadership and stewardship along with responding to the needs of staff and residents. We ended the year full of appreciation for everyone involved in our Walk A Mile annual event. Please read on to learn more.

As we look forward to 2023 and continuing to support women in their journeys of recovery, we hope you will join us in whatever ways you find meaningful. Please contact Ashley Fowler, our operations manager, at 434.284.7817 or reach out to her by email at ashley@georgiasfriendsville.org to discuss volunteer opportunities.

As many of you know, the recovery journey has its share of ups and downs. A woman's first few weeks of sobriety and the period when our alumnae transition to independent living are particularly challenging. It means so much to have a safe and caring community coming along with them.

In gratitude,

Charlotte Chapman, Vice President
On behalf of the Board of Directors

A Warm & Cozy Start to the New Year!

A very special thanks to the Neale, Cooper, and MacDonald families who generously donated new furniture, artwork, lighting, and a television for the Georgia's House sun room and provided a beautiful room makeover! Their kindness and generosity has given our residents a warm, comfortable room to call home.

The sun room before...



...and after!





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Christmas at Georgia's House



We feel blessed every day of the year because of the incredible support we receive from our volunteers, donors, faith-partners, community resource providers, families, and friends. During the Christmas holiday, though, the love and support takes our breath away.

This year, as in years' past, we were humbled by your bountiful generosity which ranged from gift cards to fun and pampering stocking stuffers, a desperately needed kitchen cookware upgrade, Christmas dinner and dessert, flowers and greenery arrangements, and treats of all kinds. Through your gifts and your kindness, you helped the women feel loved and cared for during a time of year that can be very difficult for women in recovery. Thank you all.



Stocking stuffers generously donated by our many supporters



Cleo inspects the gifts



A felt horse ornament for the tree

Update on the Joy Project

The Joy Project was one of our top priorities in 2022. It's goal is to help the residents discover activities that can be a source of comfort, inspiration, healing, or fulfillment in their recovery — and that they might continue to enjoy for years to come.

In the fall of 2022, Joy Projects included:

- A studio photo shoot by Jim Carpenter who was assisted by: Joan Carpenter; hair stylists Jessica Morse, Krystal Anderson, and Blendell Jones; and Mary Kay beauty consultants Jordan Giannini, Jackie Harris, Denise Pilgrim, and Deborah Cooke
- A painting class led by Jamie Schwartz
- A pumpkin carving contest judged by board member Tim Sims
- Monthly 12-step yoga with Kim Popovsky
- A felt-ornament workshop with Blair Williamson and Susan Bashline of Magpie Knits
- Pumpkin decorating & pumpkin-bread baking with board member Diane Brownlee
- The Shelter for Help in Emergency 5K Walk/Run
- An Escape Room outing
- A cupcake decorating workshop with Cakes by Rachel

We've already booked several months of activities for 2023 including a terrarium-making workshop, a spring equine-focused recovery program, and our second-annual baby-goat cuddling event which will be graciously hosted by board member Laura Farrell.

Thank you to all the staff, board, and community members who have contributed to helping our residents find joy in recovery!



Jim Carpenter at work in the Georgia's Cottage "studio"



Residents at the SHE 5K Run/Walk



Cupcake-decorating workshop

SISTERS IN SOBRIETY
GEORGIA'S FRIENDS INVITES YOU TO CELEBRATE YOUR RECOVERY!

Join Georgia's Friends and women in the local recovery community at this **FREE** event to celebrate your successes!

Sunday, October 16, 2022 1 PM - 3 PM
Georgia's House at 318 Dice St., Charlottesville
Food, Fellowship, Fun, and 12-Step Speakers!

Children Welcome ●●● Rain Date October 23

*Parking at Noland Bath & Idea Center, 285 Ridge Street

Questions?
Call 434.284.7817

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WOMEN IN RECOVERY INVITED

georgiasfriends.org

Celebrating Recovery

Last fall the residents of Georgia's House, along with members of our Residents Committee, hosted a gathering called Sisters in Sobriety to celebrate National Recovery Month. They were joined by sponsors, family, friends, and inspirational speakers to celebrate the successes of their recovery journeys.

National Recovery Month, which started in 1989, is a national observance held every year to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

With Gratitude . . .

We'd like to extend a heartfelt thank-you to all of the generous partners who made it possible for us to continue supporting women in recovery in 2022!

- Volunteers from MVMNT Church, who are always up for heavy lifting!
- Members of the local faith community who support us with donations, Sunday dinners, barbecues, photo shoots, and so much more. They open their hearts and minds to our mission and selflessly support our residents. Thanks to Belmont Baptist, Christ Episcopal, Emmanuel Episcopal, First Presbyterian, Grace Episcopal, Grace Evangelical Lutheran, Meadows Presbyterian, MVMNT, Rockfish Presbyterian, and St. Paul's Episcopal (Ivy).
- Susie Morris for her ongoing support of Georgia's Friends and women in recovery.
- Marcia Wilds, who provides invaluable technical support.
- Biery Davis and Jerome Smialek of Burnley Restoration for their meticulous work to spec, prep, and install new storm windows at Georgia's House and for doing much-needed repair work to preserve the historic integrity of our beautiful 1890's home.
- The Scott family, our generous sponsors, the event committee, and everyone who joined us for our Walk a Mile fundraiser.
- All those who bring dinner for the women on Sundays and holidays, including Charlotte Dougherty, members of Portico Church, and the Georgia's Friends' board, with special thanks to board member Annie Sartori for organizing Board dinners.
- All of the individuals, foundations, and funds that gave generously to Georgia's Friends throughout the year to support the women we serve. They will all be mentioned in the 2022 Annual Report, to be released mid-2023.

Alumnae Feature

In this issue we'd like to congratulate alumnae Lydia and Mercedes for their strength in recovery.

In November, both spoke at our second-annual fundraiser, Walk a Mile In Their Shoes. Both generously shared with the 100 people gathered for the event some of the life experiences that brought them to Georgia's House. They also shared the profound ways in which the supportive environment and caring staff of Georgia's House helped them heal, rebuild their self-confidence and identities, and stay strong in their recovery.

Lydia is currently employed as administrative assistant at a nonprofit healthcare organization in Charlottesville. She is enrolled in JMU's adult degree program and is on track to receive her bachelor's degree in two years. Lydia recently celebrated four years of recovery.

Mercedes is working full-time in the restaurant business and is attending UVA. She has been sober for a year and eight months.

Congratulations to Lydia and Mercedes for their hard work and for inspiring other women in recovery!



Lydia (L) and Mercedes (R) speak at the Walk a Mile fundraiser

Day of Caring, 2022

In September, Georgia's House welcomed volunteers from the UVA School of Nursing as part of the 31st Annual United Way Laurence E. Richardson Day of Caring. They took on a variety of projects that brightened up the house and they completed a much-needed fall garden cleanup. Volunteers and residents helped us repaint our dining room, weed and cut back overgrowth in the garden, and steam-clean the furniture. Thank you to everyone involved for your compassion, time, and dedication to our mission!



Volunteers prepare to paint the dining room at Georgia's House during the Day of Caring

Staff News

Welcome to Kristina Smith

Kristina Smith joined us in January in the role of Recovery Program Manager. She is a certified peer recovery specialist (CPRS) who brings extensive knowledge of addiction, recovery, and mental health from her previous experience with at-risk populations in the local community.

Kristina manages Georgia's Friends' recovery program and assures that residents' needs are met throughout their recovery journeys. She has more than a decade of experience in support roles working with youth and adults to equip them with skills to increase their resilience and overall success.



Kristina is also passionate about bringing awareness to generational trauma and its impact on individuals and communities. She is an advocate for diversity, equity, and inclusion to help support underrepresented populations in the community.

Welcome, Kristina! We're thrilled that you're part of our team!

And congratulations to Ashley Fowler!



Ashley gave generously of her free time over the past several months to first gain her peer recovery specialist (PRS) certification and then in December passed her CPRS exam. Shortly after that she received her Integrated-Forensic PRS (I-FPRS) certification. She accomplished all of this while deftly managing the day-to-day operations of the organization and being a supportive resource for our residents.

Certified peer recovery services play an important part in recovery-oriented systems of care. The role of the CPRS reflects a collaborative and strength-based approach, with the primary goal being to

assist individuals and family members in achieving sustained recovery from the effects of substance use and/or mental health issues.

The I-FPRS provides additional training to help the PRS better support individuals who have been a part of the criminal justice system.

Thank you, Ashley, for your dedication to serving the women of Georgia's House.

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434-284-7817

Be an Angel for a Woman in Recovery

Women who are new to recovery aren't just working on staying sober.
Most are also working to rebuild their lives.

Compassionate support early in their recovery helps Georgia's House residents navigate day-to-day challenges that might otherwise feel insurmountable. The goal is to give them the added support that will help improve their chances of attaining long-term recovery.

As an Angel Volunteer at Georgia's Friends you can play an important part in a new resident's recovery journey by being with her during the crucial first month of residency, to help her gain solid footing in her new life.

With this flexible program,
you choose to participate in a way that works for you.

To learn how you can be an angel for a Georgia's House resident,
please visit:

georgiasfriends.org/angel-program