

## NOVEMBER IS GRATITUDE MONTH



One of Stepping Stones' advocates answers a helpline call. Advocates are available 24/7/365 at 928.445.4673.

*I'm grateful for the insight I gained with Betty during Ed Blocks and because of that, I am continuing seeking counseling and therapy for childhood co-dependency issues.*

*- Jess\*, former advocacy program participant*

Jess\* came to Stepping Stones to meet with an advocate in our community-based advocacy services. For her, it was a chance to take a look at issues that have plagued her whole life and stemmed from her childhood. After meeting with one of our advocates, she began to take steps to find freedom from the experiences that have held her

back throughout her adult life. Like Jess, many adults have a safe place to live, but they are struggling to deal with previous trauma in their lives. Whether they experienced a difficult childhood or tried to maintain unhealthy relationships as an adult, it is an opportunity to begin the hard work of addressing these challenging experiences. If you want to meet with an advocate one-on-one or for an educational support group (ed block) to discuss trauma or other challenges you've experienced - from domestic violence to childhood trauma - call our 24/7 Helpline and make an appointment today: 928.445.4673. *\* Name changed*

## GRATEFUL FOR A CHANCE TO LIVE FREE FROM ABUSE

Living free from abuse goes beyond physical safety. It is about taking an honest self-inventory to address areas in life that may keep someone vulnerable to future abuse. Even though it is hard, adults are grateful for the process because it allows them to live free from future victimization. Adults in our programs take an anonymous survey upon exit to provide feedback. From Jan 1 - September 30, 2019, those who participated shared:

**97%** reported they feel they are regaining control in their life.

**98%** reported their safety improved even after leaving Stepping Stones.

**97%** reported they felt confident they would remain free from abuse.

**98%** reported they know how to plan for their continued safety.





# FOLLOW A FAMILY: "WE ALWAYS FOUGHT A LOT DURING THE HOLIDAYS"

We're following Stephanie\* for a year, and this is our 11th letter about her time receiving services from our 24/7/365 advocacy programs. Read below the latest from Stephanie and her kids!

*"The new normal of our lives has ups and downs. Living in our apartment has been great, but lonely sometimes too. One of the kids has been struggling a lot and acting out all the time. Like*

*all of a sudden. But, one of the advocates helped me find some people to help him talk about his feelings. I think it is helping, but I know it will take time. I'm excited to have Christmas get*

*here. It's going to be good for the kids to have no fighting or anger this year. We always fought a lot during the holidays. It was stressful because he demanded everything be perfect for his family and would get mad so easily. Plus, he always drank a lot. It always started off ok, but ended in a big blow out. But this year, we don't have to deal with any of that! Just a peaceful holiday with the other families here at Stepping Stones.*

*I know the kids are excited for gifts, but I want to build new traditions with them, too. We will definitely find time to go to the parades and look at lights all over the towns."*

\* Name changed



## GRATEFUL FOR CARLITOS CAFE

Just a reminder - Step One Coffee House is now Carlitos Cafe! Starting November 1, Carlitos Cafe will be open at 6719 E. 2nd Street, Suite C. Carlitos Cafe will be open 7 am - 3 pm Monday - Saturday, and many menu items will stay the same.

In order to help with the transition, check out these important details about gift cards, coupons, and more!

### GIFT CARDS:

Step One Coffee House gift cards can still be redeemed at Carlitos Cafe until **December 30, 2019**.

After that date, gift cards will no longer be accepted at Carlitos Cafe, but can

still be used at Stepping Stones Thrift Stores.

### PUNCH CARDS:

Step One Coffee House punch card can be used at Carlitos Cafe until **December 30, 2019**.

After that date, Step One Coffee House punch cards will no longer be valid.

### COUPONS:

Step One Coffee House coupons with a valid date will be accepted until **January 31, 2020**.

Please call Robin or Alexis if you have questions about the changes to Step One Coffee House - 928.772.4184.



Step One Coffee House becomes Carlitos Cafe beginning November 1, 2019. Ana Pettingill will be the new owner of the space and will continue to support families in Stepping Stones' advocacy programs.

**ADVOCATES AVAILABLE ON OUR 24/7/365 HELPLINE 928.445.4673**



# SHOWING GRATITUDE FOR TAX CREDIT DONATIONS



Arizona's Qualifying Charitable Tax Credit program offers you opportunity to support local families at Stepping Stones with your tax dollars! This special tax credit allows you to choose where your money goes with a dollar-for-dollar tax credit up to \$400 if filing single, and up to \$800 if filing married. With a 2019 AZ State Qualifying Charitable Organization Tax Credit donation made by April 15, 2020 to Stepping Stones, your

tax dollars stay local and help families finding freedom from all forms of abuse.

This credit is not the same as a tax deduction and you don't need to itemize to benefit! For questions or making a donation, call Cori or Alexis at 928.772.4184.

*Please check with your tax professional for information regarding donations. Stepping Stones' official Qualifying Charitable Tax Credit code from the State of Arizona is: 20034.*



## CELEBRATING THE HOLIDAY SEASON WITH GRATITUDE



Artwork from a child in the shelter.

\* Name changed

*"Thank you for not just the gifts, but I want you to know you have given us laughter. You have given us excitement and good memories that will last a lifetime. Thank you so very much for the blessed Christmas that you helped make happen for us."*

- Janie\*, spent 2018 holidays in Stepping Stones Shelter

Holidays are special at Stepping Stones. For some families, it's the first time they are able to celebrate and reflect without yelling and violence. One thing is certain, they get to celebrate traditions and create a holiday celebration they want. From picking out and wrapping gifts for their kids to cooking meals together, adults

are able to take time to enjoy the season when they are with us.

You can help support families on their journey to freedom with your holiday giving! To help families create the holiday season, you can help by giving gift card donations between \$5-20 from local grocery and super stores. Gift cards allow parents to pick out gifts that are a perfect fit for their children and participate in the holiday experience.

If you want to be a part of this year's holiday season, call Cori at 928.772.4184 to learn about opportunities available to help families celebrate!

And don't forget - our shelter and advocacy services stay open 24/7/365, even during the holidays.

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# GRATEFUL FOR FRIENDS WHO HELPED OUT

We couldn't have made The Big Switch happen without the help of many local businesses and friends! Thanks to their support,

expertise, and hard work, our new thrift store location in Prescott Valley is up and running! Here's a little shout out to some of the

awesome people who worked with us on our big move. Thank you for making it happen!



*From tearing down and building walls to installing doors, thank you to so many awesome businesses who made it happen!*

## •B&W Fire Security Systems

- Bill Witzell & friends

- Advanced Auto Air

- A&B Signs

- Computer Network Solutions

- Prescott Valley Florist

- Foothills Bank

- Prescott Rentals

## •Outlaw Donuts

- Prescott Valley Chamber of Commerce

- Granite Mountain Mechanical

- Ponderosa Electric

- Arizona Hometown Radio

- Sanchez Trucking

- The Mahoney Group

## •Big D Lock & Key

- Rush Landscaping

- Chino Rentals

- Professional Door Services

- TURCO Asphalt

- Con-Logix

- Elite Enterprises

- ...and many more!

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