

SPEAK UP AND BREAK THE SILENCE THIS DECEMBER

Maria* was hesitant to speak up against her boyfriend. She was scared that she would be in more danger if she said something about how he hit her and belittled her. Her fear told her it would be worse if she tried to say something or get away from him.

One day, she finally told her sister in Texas the truth about what was happening. Maria felt relieved once she broke the silence, and her sister helped her find safety at Stepping Stones.

Like Maria, many survivors of intimate violence are afraid to speak up. They are afraid that they won't be believed or that the violence will get worse if their abuser finds out. When someone bravely says "enough

is enough" and takes a step forward, they are opening the door to a life free from abuse. Speaking up can be the first step on the path to freedom from all forms of victimization.

Within our advocacy and shelter services, women, men, and children have the space to take an honest self-inventory and begin to create goals to move forward and be free from abuse. After spending about three weeks at Stepping Stones, Maria decided the best next step was to move her to Texas with her sister where she could start fresh away from her abuser.

If you or someone you know is ready to speak up, call our 24/7/365 Helpline: 928.445.4673



BREAKING THE SILENCE AND FINDING FREEDOM



Artwork from a child living in safe shelter

Breaking the silence includes learning how to stay safe in the future. From understanding the dynamics of violence to knowing how to plan for safety, families at Stepping Stones are able to learn to live free from all forms of abuse. 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.

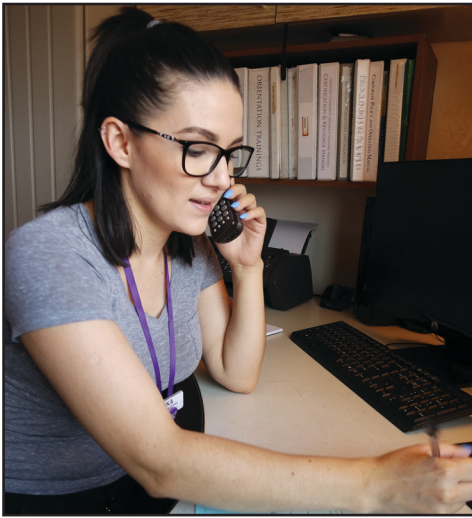
97% reported they know how to plan for their continued safety.

100% reported they felt believed.

98% reported they have increased knowledge of services available.

SPEAK UP AND TALK TO AN ADVOCATE

Stepping Stones advocates are available 24/7/365 on our Helpline - that includes nights, weekends, and holidays. From January 1 - September 30, 2019,



Advocates are available 24/7 on Stepping Stones' helpline to talk.

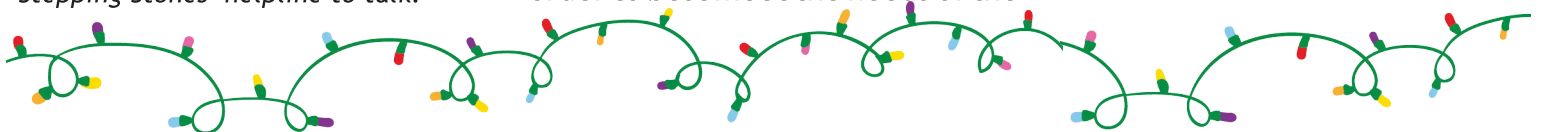
Advocates have answered **over 1,100 helpline calls** from adults in crisis or seeking information and referrals for services in the community. When someone calls our helpline, advocates are there to listen and help.

So, what happens when someone calls our helpline? Advocates take the time to hear through the fear, anxiety, or even humor - and really hear the pain and suffering the person on the line is experiencing. Their job isn't to fix people, but their role is to be there with someone and help them to become empowered enough to take action.

During each call, advocates give honest and direct feedback in order to best meet the needs of the

caller. Providing non-judgmental, unconditional acceptance, and rigorous honesty is our advocates role in order to help people find their moment of empowerment and take action. We hope that those experiencing violence are able to make decisions that will help them and their children live free from all forms of future victimization. And finally, we hope that they will find peace, safety, and strength in the support of our advocates as they break the silence and speak up.

Advocates are always available to listen when someone is ready to speak up. Call our 24/7/365 Helpline to speak with someone now: 928.445.HOPE (445.4673).



FOLLOW A FAMILY: "I FEEL HOPEFUL NOW."

We're following Stephanie* for a year, and this is our 12th and last letter about her time receiving services from our 24/7/365 advocacy programs. Read below the latest from Stephanie and her kids!

"Wow...I can't believe it's been almost a year since I came to Stepping Stones with my kids. The holidays inspire me to reflect back on the year and see how far I've come.

I can't believe how much has happened and how things have changed. It wouldn't have if I didn't make the choice to leave the abuse. It was so hard and I was so scared. Sometimes I feel like I should have just stayed because at least I knew what to expect. Now, everyday is new and it can be scary but in a good way.

It's hard to believe that I lived with his anger and violence for so long. After months talking

with advocates, and even when I did try to go back with him, I understand now why I was so trapped. It took me months of reflection to see that my insecurity and fear kept me stuck, and I was relying on what I knew rather than taking the chance to do something scary like stepping out to live on my own with my kids. I had bad boundaries and let him walk all over me because I couldn't stand up for myself.

I feel hopeful now. Me and my kids have a chance to live without that fear. It's still a long road ahead, but for the first time, I feel like we are going to make it through!"

** Name changed*



ADVOCATES AVAILABLE ON OUR 24/7/365 HELPLINE 928.445.4673

HELP FAMILIES BREAK THE SILENCE WITH THE GIFT OF A CHARITABLE TAX CREDIT DONATION

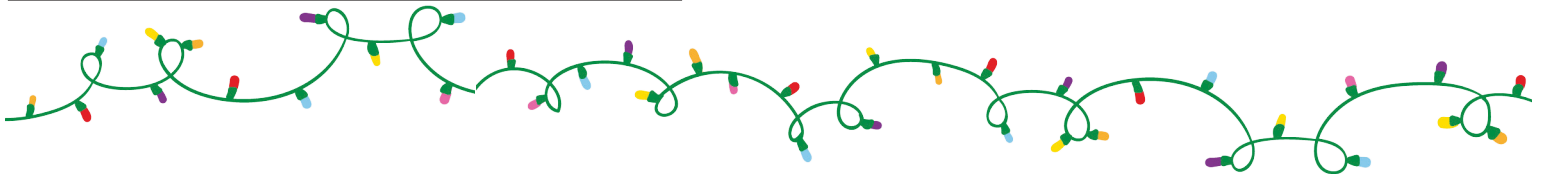


Your Charitable Tax Credit donation to Stepping Stones is a gift to families who are taking a stand and breaking the silence of victimization in their lives. Through Arizona's Qualifying Charitable Tax Credit program, you can keep your tax dollars local by supporting local families right here in our community. 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. You have until April 15, 2020 to make your donation to Stepping Stones for your 2019 state taxes. 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.



SPEAK UP AND SHARE MESSAGES OF HOPE

I am a survivor of domestic violence - physical, sexual, and emotional ... when in the midst of the abuse, I saw no way out, I thought no one understood ... I was so wrong. There is a light at the end of the tunnel, there is hope and love waiting for you at the end of that tunnel. You must believe in yourself, you are worthy of love and respect! Surround yourself with people who are there to support you. Never give up!!

- message of hope from Pat for families at Stepping Stones

Share your message of hope with families in our advocacy program this holiday season! Whether you have walked a similar path or want to share encouraging words, you can cheer families on as they work hard to find freedom from all forms of abuse. Leave your message on our website at: www.stepsstonesaz.org/messages-of-hope/

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HOLIDAY SHOPPING WITH STEPPING STONES

Shop with Stepping Stones throughout the holiday season for all the unique items you need to make the season bright!

Next Chapter Recovery Bookstore

You can find a variety of inspirational and recovery medallions, books, shirts, jewelry, and other gift items at Next Chapter Recovery Bookstore. We can also place a special order for you for recovery items! Next Chapter is a great place to shop this holiday season. But, Next Chapter also serves as a safe space where someone can meet with one of our specially trained advocates, too. Call for an appointment.

1670 Willow Creek Road, Suite A in Prescott
460-4044

Open Wed - Sat 9 - 2

****You can also shop in PV at 6719 E 2nd St, Suite A!**



Stepping Stones Thrift Stores

Looking for holiday decor, dishes to set a special table, or special treasures for the season? Check out our two thrift store locations for all your holiday needs! Both locations feature a wide variety of kitchen and housewares, clothing, furniture, and holiday decorations to take you through the wintery season.

Prescott - 408 W. Goodwin Street - 776-3010
Prescott Valley - 2651 N. Industrial Way - 499-3206
Open Mon - Sat 9 - 5:30; Sun 10 - 5



HOLIDAY GIFT CARDS GIVE THOUGHTFULLY SUPPORT LOCALLY

Buy one card, give two gifts!

Give a gift card to your favorite treasure hunter AND give a safe, peaceful holiday to adults and kids who live at Stepping Stones' 24/7/365 safe home for the holidays.

Gift cards available at both Stepping Stones Thrift Store locations in Prescott and Prescott Valley.

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