

# Stepping Up

Celebrating 40 years of service in our community!



Stepping Stones Agencies Newsletter

AUGUST 2020

## FINDING HAPPINESS BY IMPROVING WELL-BEING

“I left my abusive boyfriend last year after one night when he was so filled with rage he punched me. Our relationship was always rocky unless I gave in and let him do what he wanted. I left to live with my mom, and was really supportive, but I knew I needed more help in dealing with life after his abuse. I called Stepping Stones and learned that I could talk with advocates anytime, I didn’t have to live in the shelter. That’s when I began to see changes in my life and began to feel better for the first time in years.”

When she started working with advocates, Ana\* saw her well-being increase because she finally understood why she was struggling with fear and anxiety over her past relationship. She began to identify

areas in her life she had the power to change. One area Ana had a chance to really examine was her self-sufficiency and self-worth. After years of being torn down, she had to relearn her own value and that she is capable.

“I didn’t realize that my anxiety actually came from not being able to make choices for myself and the future. But the ed blocks (classes) and talking with the advocates helped me discover my ability to change those things. I think it’s the first time in my adulthood that I actually feel like I have a plan for ME. I still talk with my advocates regularly, but I am on a good path to be free from abuse FOREVER!” Our advocates are always available on our 24/7/365 Helpline: 928-445-4673. *\* name changed*



## 100% INCREASED FEELING OF WELL-BEING

Happiness isn’t the only benchmark to measure someone’s well-being. Families at Stepping Stones use safety and knowledge to help create healthy futures free from all forms of abuse. It isn’t easy or quick,

but committing to change is the best way to improve their overall well-being - and that’s something to be happy about!

Adults who have participated in Stepping Stones programs are asked to take an anonymous survey

upon completion of the program to provide feedback on how they feel their lives have improved since graduating. From January - June 2020, those who participated shared:

**100%** reported having an increased feeling of well-being.

**100%** reported they know how to access short- and long-term resources that meet their emotional and safety needs.

**100%** reported they have an increased understanding of their legal rights.



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

# HUNTING FOR HAPPINESS - JOIN OUR 40TH ANNIVERSARY SCAVENGER HUNT

As we celebrate 40 years of 24/7/365 advocacy services and safe housing for local families, we wanted YOU to get involved!

Join us on our 40th Anniversary Scavenger Hunt at both our Stepping Stones Thrift locations beginning Sat. August 1 - Sat. September 12. Masks are required

to enter the stores and solve the clues!

Search our stores to find each of the answers to nine clues. You'll receive a stamp from our cashiers when you find the answer and share it with them!

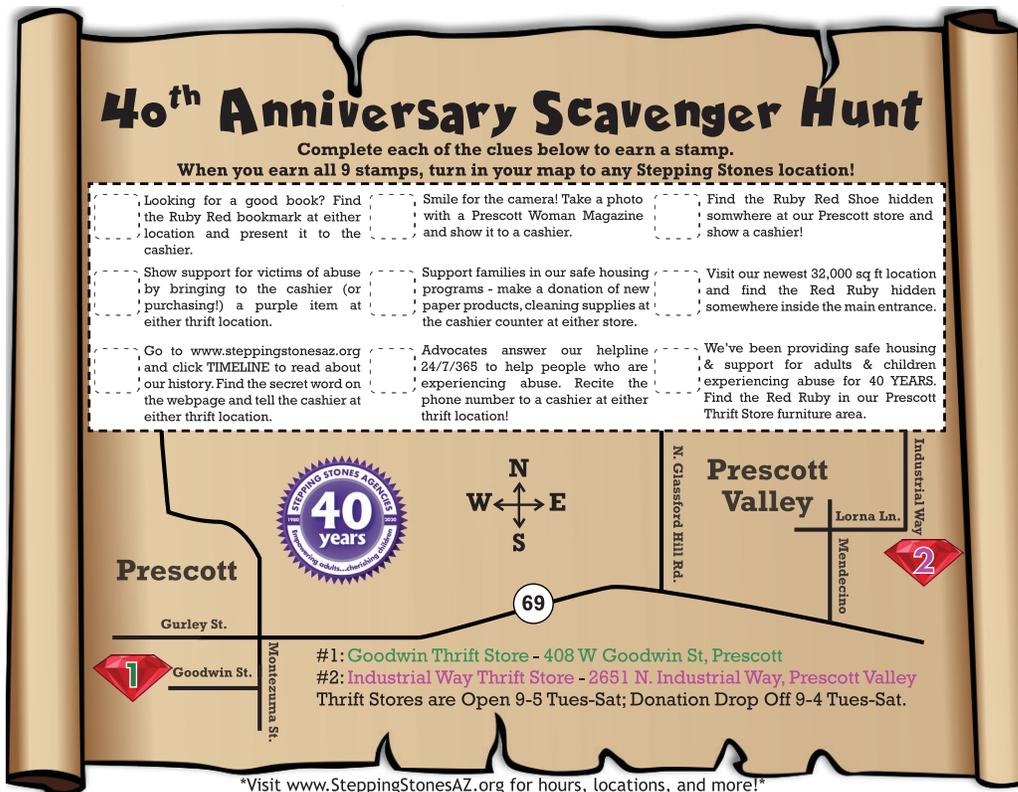
When you complete all nine clues and receive the stamps, you can

redeem your map for a special one-time 40% off one item coupon AND get entered into a drawing. Grand prize is a \$250 shopping spree gift card!

Questions? Ask our associates or call our Administration Office: 928-772-4184.

## How to Play: 1.

Pick up your map at Stepping Stones Thrift Stores beginning Saturday, August 1. Scavenger hunt runs Saturday, August 1 - Saturday, September 12.



**2.** Search for the answers to the NINE clues on the map (some clues are specific to a location, others may be found in either thrift store).

**3.** When you find an answer to a clue, talk with a cashier and earn stamp.

**4.** Earn all NINE stamps, and turn in map with name and contact information. You'll be entered in a drawing AND you can receive 40% off one item!

Questions? Ask an associate or call our office: 928-772-4184



**SAVE THE DATE\*\*:**  
**Open House & Drawing**  
**Wed, September 16**  
**Stepping Stones Thrift Store**  
**Prescott Valley location**

**Details TBD - Read below**

**\*\*Drawing will be held on September 16, 2020. Details regarding the drawing will depend on the status of COVID-19 in our community. If possible, we plan to hold an open house on Wed., Sept. 16 which will include the drawing! Stay posted for details, as it will likely be confirmed closer to the date.**

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# STEP ONE COMMUNITY CENTER AND ADMINISTRATION OFFICE MOVING TO NEW PRESCOTT VALLEY LOCATION



The Step One Community Center and Stepping Stones Administration Office is moving up to our new location at 2651 N. Industrial Way in Prescott Valley this month.

Our office and community center will be closed **August 10 - 14**. We anticipate having our administration office open again on Monday, August 17.

## 12-Step Recovery Bookstore - Prescott Valley

The Prescott Valley 12-step recovery bookstore will reopen by Monday, August 24 at the new location. If you need any recovery materials during this time, please call us and we will do our best to help you purchase what you need. Our Prescott bookstore remains closed at this time.

## Step One Community Center and meeting rooms

The Step One Community Center will remain closed for meetings at this time. We anticipate reopening for very limited meetings in October (dependent upon COVID guidelines).

## 24/7/365 Advocacy Services and Safe Shelter

This move does not affect our 24/7/365 advocacy services and safe shelter. Our advocates remain working around the clock to support local families working hard to find freedom from all forms of abuse. You can call advocates day or night on our Helpline: 928-445-HOPE (445-4673).

If you have any questions about the move, please call Robin or Alexis at 928-772-4184.

## PLEASE UPDATE OUR PHYSICAL AND MAILING ADDRESS IN YOUR RECORDS:

**Stepping Stones Agencies  
2651 N. Industrial Way, Suite A  
Prescott Valley, AZ 86314**

*Photos from top to bottom: Top: Future entry area/lobby for Stepping Stones Administration Office - entrance is on the south side of the building (opposite side from thrift store entrance). Middle: Stepping Stones associates Brandon and Jesus tour the office space updates currently in progress. Bottom: Future home to all administration offices for Stepping Stones Agencies.*



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# MASKS REQUIRED AT STEPPING STONES THRIFT STORES

Just like you, we care about the health and welfare of our friends, neighbors, and community at large. Therefore, beginning Friday, July 24, face masks or coverings will be required to enter or shop at Stepping Stones Thrift Stores in Prescott and Prescott Valley. As we continue to follow the CDC guidelines (sanitizing, social distancing and more), we know the simple step of wearing a mask in the stores will help protect our customers and associates from the spread of COVID-19 in our community. We want to keep our stores open, but we can only do that with

your help.

Mask requirement signs will be posted at the entrance of each store, and we will have a greeter stationed at the door to welcome customers for a safe, sanitized shopping experience.

Your support is key as we help local families find freedom from all forms of abuse. We appreciate your cooperation and thank you for your help in keeping our community a safe place to live, work, and raise our families.

If you have questions, please call our Administration Office at 928-772-4184.



*Thank you for helping keep our doors open by wearing a mask when you are at our thrift stores, office, and 12-step recovery bookstore. We appreciate you and want to keep you and our agency healthy!*

## JOIN THE FRY'S FOOD COMMUNITY REWARDS PROGRAM

Want a simple way to help support families at Stepping Stones? Enroll in the Fry's Community Rewards Program! After you connect Stepping Stones to your VIP card, a portion of your purchases are donated to us! Check out the instructions below and call Alexis with questions at 928-772-4184.

- Go to [www.frysfood.com/topic/new-community-rewards-program](http://www.frysfood.com/topic/new-community-rewards-program) and click "Enroll Now"
- Log-in to your current Fry's account or register for a new one (requires basic contact information and your current Fry's VIP card number).
- Enter Stepping Stones' Organization Number: HN881, populating STEPPING STONES FOUNDATION, INC. Select it and click "Enroll".
- Use your VIP card each time you shop at Fry's Food Stores to support local families with us!



Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Stepping Stones Agencies prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Stepping Stones must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities. For example, this means that if necessary, Stepping Stones Agencies must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that Stepping Stones Agencies will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy please contact: Cori Burke at 928.772.4184. Para obtener este documento en otro formato o obtener información adicional sobre esta política, por favor llamar a Cori Burke, 928.772.4184