



Celebrating 40 years of service in our community!



Stepping Stones Agencies Newsletter

SEPTEMBER 2020

## SEPTEMBER IS BE BETTER MONTH

"A light bulb went off for me when I heard an advocate talk about how bad communication can last throughout life when you learn it in your family environment. No one in my family ever addressed problems, and I continued to do the same thing in my relationship to try to keep things calm. And whenever I did bring up an issue, he would yell and get so angry. I understand now that I needed to take a look at my past so I can be a better communicator in all parts of my life moving on."

Clara\* recognized that her relationship was unhealthy and called Stepping Stones to talk with an advocate after she ended it. Because she had a safe place to live, Clara began attending

educational support groups to start unpacking some of what she was going through in a supportive environment.

In attending the groups, she discovered that she had also learned behaviors growing up that limited how she interacted with the people in her life. Clara's examination of her past and opportunity to address some of her own learned behaviors helped her to build new skills and become a better communicator.

If you've experienced abuse - past or present - and want to join our educational support groups to "be better," call our advocates on our 24/7/365 Helpline to learn how: 928-445-4673.

*\*name changed*



## WORKING HARD TO BE BETTER EACH DAY



At Stepping Stones, healing isn't a straight line, but adults work hard to be better each day. Whether it's taking a step toward one of their goals or learning something new, adults are always working to better their lives. Adults in our programs take an anonymous survey upon exit to provide feedback. From Jan 1-June 30, 2020, those who participated shared:

100% reported they feel they are regaining control in their life.

100% reported they are confident they will be free from abuse after they leave Stepping Stones.

100% reported they felt they knew how to access short and long-term resources for their emotional and safety needs.

100% reported their children have skills that enable them to keep themselves safe in the future.

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

# EACH DAY FAMILIES ARE FINDING WAYS TO BE BETTER!

Check out the collection of notes from adults who were a part of our advocacy programs and have worked hard to “be better” for themselves and their children. Because of you, families are finding freedom from ALL forms of abuse!

“Every resident here gains tools, self respect, motivation, and are encouraged to be self supporting and make it in life. This place is not a band aid, it is actually a stepping stone to a better way of living.”

“I am a better person because of the standard of living I was taught to live by at Stepping Stones. I learned how to be accountable and assertive. Best decision I ever made!”

“Those classes changed my life so much for the better and helped me look at myself with clearer vision.”



Photos on this page: Above: Our advocate Melissa leads an educational support group about boundaries. Right: Mom and baby playing at shelter.

“Stepping Stones changed my life for the better. They taught me to stand on my own two feet and walk with integrity.”

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# HOW GIFT CARDS HELP FAMILIES BE BETTER!

When Sammi\* moved into Stepping Stones to escape her abusive boyfriend, she had a small bag of her personal belongings and no money. When an advocate sat down to assess her needs and her next steps, she discovered that Sammi was in need of important heart medication. Sammi didn't know how she could pay for it and considered asking people for change in order to purchase her medication, which her out-of-pocket cost was less than \$2. With a donated Walmart gift card, our advocate went with Sammi to Walmart to get the prescription.

We know that gift cards aren't as exciting to purchase as a specific gift or item for someone, but they are incredibly valuable for our advocates to help meet the immediate needs of the families

who come in for support. A few ways we've used donated gift cards recently include:

- prescriptions
- women's underwear
- reading glasses
- Tracfone

We are so grateful for our friends who help support families with us through their generous donations. Because of you, families are able to be SAFE and receive necessities to meet their immediate needs.

If you would like to donate gift cards to help meet families needs when they come in the door, please call Alexis or Cori at 928-772-4184 or drop them off at our Administration Office located at 2651 N. Industrial Way in Prescott Valley.

Thank you supporting local families finding freedom from abuse!

*\* Name changed*



*Gift cards are an easy and helpful way to support families in our 24/7/365 advocacy programs and safe shelter by helping provide immediate needs when they walk through our doors.*

## VOLUNTEERING TO GIVE BACK DOES NOT STOP!



*by Jesus Gutierrez*

86 individuals are currently volunteering with Stepping Stones Agencies. Each one of these phenomenal volunteers have stepped up to support

(not only the families currently living in our safe shelter), but the many others in West Yavapai who call our 24/7/365 helpline looking for resources. It is because of them, that families are able to have a chance to sit down and meet with an advocate. Every single one of us, works hard to make a difference in the lives of

the families we serve.

There are four different locations that help support our mission. Whether it's at one of our thrift stores, the administration office, Prescott advocacy center, or shelter, each one plays a vital role to our success in supporting and empowering victims affected by family violence or other forms of abuse.

This agency works hard to bring our community together. If you or someone you may know are looking to give back and make a difference, please contact Jesus at 928.772.4184. We would love to grow our Stepping Stones volunteer team and continue providing services to all families living in West Yavapai County.



*Our superhero volunteers help across our agency, lending a hand and giving back! Thank you for supporting local families with us!*

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# 40TH ANNIVERSARY OPEN HOUSE POSTPONED



We are grateful as we see COVID-19 number slowing in our communities, and we want to say a big THANK YOU to all our customers and associates for wearing masks and continuing to physically distance while shopping.

After much consideration, we have decided to postpone our September 16th 40th Anniversary Open House event to later date

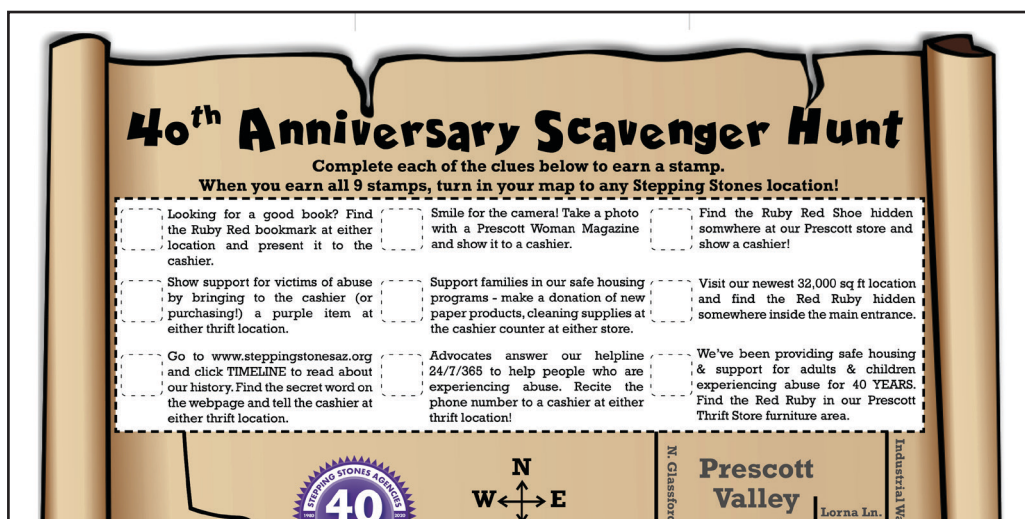
to continue to promote health and safety in our community. We will still draw the Scavenger Hunt grand prize winner on Wednesday, September 16 (if you're a winner, we'll contact you on 9/16!).

We are looking forward to a chance to invite you to celebrate with us - stay tuned and we will share more details in the coming months!

## SCAVENGER HUNT ENDS SEPTEMBER 12

Our 40th Anniversary Scavenger Hunt ends Sat., September 12! Make sure you pick up a map and search for clues at Stepping Stones Thrift Stores to earn stamps. Grand prize winner from the scavenger hunt drawing is a \$250 Shopping Spree! Pick up a map at any Stepping Stones Thrift store to start playing today!

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



## MASKS REQUIRED AT STEPPING STONES THRIFT STORES

A big thank you to all our friends who are safely shopping with us by wearing masks and keeping physical distance throughout our stores. Our stores are important because they help keep the lights on and the doors open for our 24/7/365 helpline and safe shelter for local families finding freedom from abuse.

We will continue requiring masks in our stores as COVID-19 numbers improve in our community. Our

associates are also continuing to follow CDC and Arizona Department of Health Services guidelines for sanitizing and cleaning our stores.

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.



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