

## FEBRUARY IS COMMUNITY MONTH

Over the past year, the importance of community has come to the forefront of many people's thoughts. 2020 was a balancing act - keeping our distance to help protect physical health while also finding ways to stay connected to people for mental health. Many have noticed just how much they miss the freedom to spend face-to-face with family and friends. For the families who come to Stepping Stones for our advocacy services, learning the importance of having a positive community surrounding them is a key part of what they learn while with us. We know that it's hard to walk difficult paths alone, but with supportive fellowship, it becomes easier to take steps forward. With the added challenges of the pandemic, it's even more important to have supportive fellowship from people who encourage and empower you to keep going!

Because families are typically only with Stepping Stones for a couple months (four months for emergency shelter and longer if they live in our transitional housing), it is so important for them to have a supportive community around them when they leave. That community fellowship can be through 12-step support groups, a faith community, or even a small group of friends who will continue to uphold the hard work the person has done to break free from abuse. Regardless of who that group is, it is an important part of continuing to stay safe after leaving Stepping Stones, and knowing that they have someone to rely on no matter what. If you or someone you know needs support because of domestic violence or other forms of abuse, call our advocates on our 24/7/365 Helpline: 928-445-HOPE (445-4673).



Support starts with a call to our 24/7/365 Helpline. Our advocates will help you get connected to community resources and find the support you need. Call our advocates 24/7: 928-445-4673.

### NOTE FROM A SHELTER RESIDENT: "I CAN'T IMAGINE WHAT MY DAUGHTER AND I WOULD DO WITHOUT YOUR HELP."

*I can't imagine what my daughter and I would do without your help? When we have nothing, you give us a safe and warm place to live, food for us, a safe place for us, guidance for*

*life, teach us what abuse is, teach us how to protect ourselves, give us the best in term of law, until we can be independent. My daughter and I are grateful for life, Thank you for your big help!*



# COVID-19'S IMPACT ON COMMUNITY VOLUNTEERS

At Stepping Stones, we're grateful for the AMAZING superhero volunteers who give their time to help support our mission to help end domestic violence and victimization for good through our 24/7/365 advocacy services. Whether they serve at our shelter, thrift stores, or admin office, they help make a difference for the families receiving services with us.

Because of the pandemic and the need for our team and community to stay home and safe, we saw a steep drop in our in-person volunteers in 2020. We closed our stores for six weeks in the spring and limited in-person interactions for several months to help keep people safe. For example, we saw a **40% decrease in volunteer hours during 2020**. We have to say - it was hard but necessary! Our awesome

volunteers fill so many roles to ensure that our doors stay open 24/7, and we felt the impact of having fewer hands serving together with us.

As we continue moving forward through the pandemic and safety improves, we would love to have volunteers come back on board with us as they feel comfortable doing so with our safety protocols. If you are interested in volunteering, please call Evan in our administration office to learn more about current roles we have available and how you can get involved safely!

Contact Evan at 928-772-4184 or email him at [volunteer@steppingstonesaz.org](mailto:volunteer@steppingstonesaz.org).

*Please note: we follow CDC recommended safety guidelines at all our locations, so masks and social distancing are required for all.*



Want to volunteer and give back to the community? Join our volunteer team! Call Evan at 928-772-4184 to learn more.

## COMMUNITY SUPPORT AND CONNECTION



Having a supportive community helps adults experiencing abuse to ensure that they can continue to move forward toward freedom from all forms of abuse. That community can come in many forms - from a 12-step group to a club that meets regularly. Plus, understanding how to stay connected to community resources can help families stay safe in the future. Adults in our programs take an anonymous survey upon exit to provide feedback. From Jan 1- December 31, 2020, those who participated shared:

98% reported they feel secure with their links to access ongoing local support.

100% reported they know how to plan for their continued safety.

100% reported they have knowledge of services available.

100% reported they have increased knowledge of domestic violence and its effects on their lives.

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



# COMMUNITY AT STEPPING STONES THRIFT STORES

We LOVE our awesome community at Stepping Stones Thrift Stores! From our awesome team of staff and volunteers who work so hard to sort, price, and get products out on the floor for you to browse to our amazing customers who shop and donate to support our 24/7 services, we are grateful for each of you.

Our team at our Prescott thrift location on Goodwin Street recently made some changes to the store layout to improve access to items and ability to browse the large selection of treasures! Check out the photos below to see the changes or stop by to see it in person. Visit [steppingstonesaz.org/thrift](http://steppingstonesaz.org/thrift) for more info.



Our Prescott location has clothing, furniture, housewares, and unique treasures for you to shop! With a recent store reset, there is plenty of space to browse the rows of gently used items at great prices. See locations and hours for more info.

## STEPPING STONES THRIFT HOURS AND LOCATIONS

### SHOPPING HOURS:

TUES - SAT 9AM - 5PM

### DONATION DROP OFF HOURS:

TUES - SAT 9AM - 4PM

### PRESCOTT:

408 W. GOODWIN STREET  
(IN THE PARK PLAZA CENTER)  
928-776-3010

### PRESCOTT VALLEY:

2651 N. INDUSTRIAL WAY  
(ENTRANCE ON NORTH SIDE OF BUILDING)  
928-499-3206

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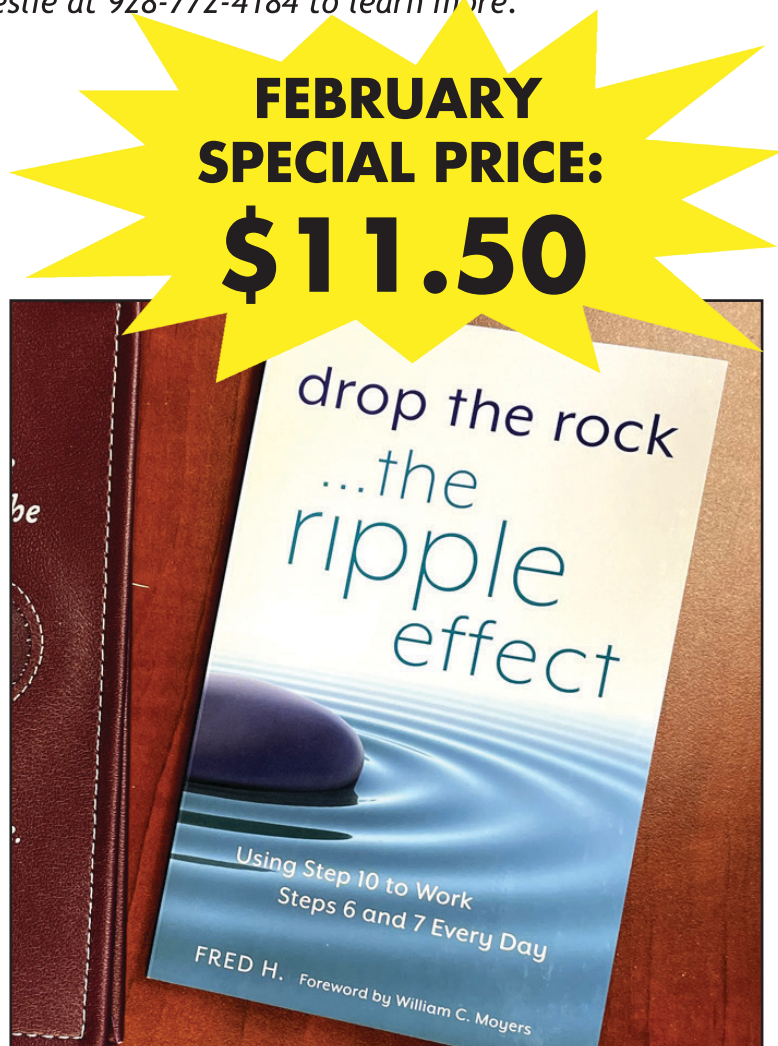
# STEPPING STONES' BOOK OF THE MONTH: DROP THE ROCK...THE RIPPLE EFFECT

Each month we'll feature a book or item from our 12-step recovery and inspirational bookstore! These items will be available for purchase inside our Administration Office in Prescott Valley located at: 2651 N. Industrial Way, Suite A, Prescott Valley 86314. Open Mon - Thurs 9 am - 4 pm, and Friday by appointment. Call Suzi or Leslie at 928-772-4184 to learn more.

*"...you reach a point in your recovery where you realize that to stop drinking or taking drugs isn't the hardest part. ...our real challenge is to stay stopped, because in the end, recovery isn't merely about living life without getting drunk or stoned. It's about living life on life's terms, which can be downright difficult at times."*

*-William C. Moyers, Foreward*

Whether you're at the beginning of recovery or you've got 25+ years, the challenge of living life on life's terms is always present. Just because we stop using, we don't get to live on a cloud away from all the toil, trouble, joy, sorrow, and just plain boredom of living. What we do get to do is take it one day at a time and show up for each moment. "Our words and actions naturally ripple out to the people around us - and then to the people around them, and the folks around them." (Fred H., p. 71). Drop the Rock...The Ripple Effect is about making the program a way of life.



Want to learn more about what Steps 6, 7, and 10 are in relation to this book? Check out these quick snippets describing each step:

**AA's Step 6:** We're entirely ready to have God remove all our defects of character.

**AA's Step 7:** Humbly asked God

to remove our shortcomings.

**AA's Step 10:** Continued to take personal inventory and when we were wrong promptly admitted it.

**Stay up-to-date on everything happening at Stepping Stones by following us on Facebook - [facebook.com/steppingstonesaz](https://facebook.com/steppingstonesaz)**



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