

APRIL IS ALL ABOUT SERVICE

At Stepping Stones, volunteers serve across the agency - from helping answer the 24/7/365 Helpline to sorting donations in the thrift stores, they are an important part of our team.

We are so grateful for the AWESOME community members who take the time to serve with us and give back. We couldn't serve families 24/7/365 without this valuable community support!

If you want to get involved and volunteer with us, please contact Denise in our Administration Office to learn more about how you can get involved - 928-772-4184.



We think Stepping Stones Volunteers are SUPERHEROES! We have volunteers in our thrift stores, administration office, and in our advocacy services programs. If you want to join our team of superhero volunteers, call Denise in our administration office to learn more at 928-772-4184.

SERVING AND SUPPORTING CHILDREN



At Stepping Stones, children are considered PRIMARY victims of abuse, even if they are not directly physically or sexually assaulted. Why? Because we know the affect witnessing abuse can have on a child. Our Children's Advocate spends time working with all ages of children who come into our shelter providing support and helping them work on their own safety and emotional experience. Adults in our programs take an anonymous survey upon exit to provide feedback. From Jan 1- Dec 31, 2020, those who participated shared:

100% reported they have increased knowledge about violence, abuse, and neglect's effects on their child's life.

100% reported their child has practical knowledge of how to use their safety plan.

100% reported their child has acquired skills that will enable them to keep themselves safe.

100% reported their child has improved emotional/behavioral status since arriving at Stepping Stones.

EASY WAYS TO GIVE BACK WHILE SHOPPING!

There are two easy ways you can get involved and give back for local families - all while doing your regular shopping!



community
rewards

FRY'S FOODS COMMUNITY REWARDS PROGRAM

You can do your regular grocery shopping at Fry's Food Stores and donate to Stepping Stones each time you shop with their

Community Rewards Program.

Using your VIP card account, you can sign up online using Stepping Stones' organization number HN881, and then each time you use your card and shop, Fry's will donate a percentage of your purchase to support families in our advocacy services.

You can learn more at: www.frysfood.com/topic/new-community-rewards-program

AMAZON SMILE

amazon smile

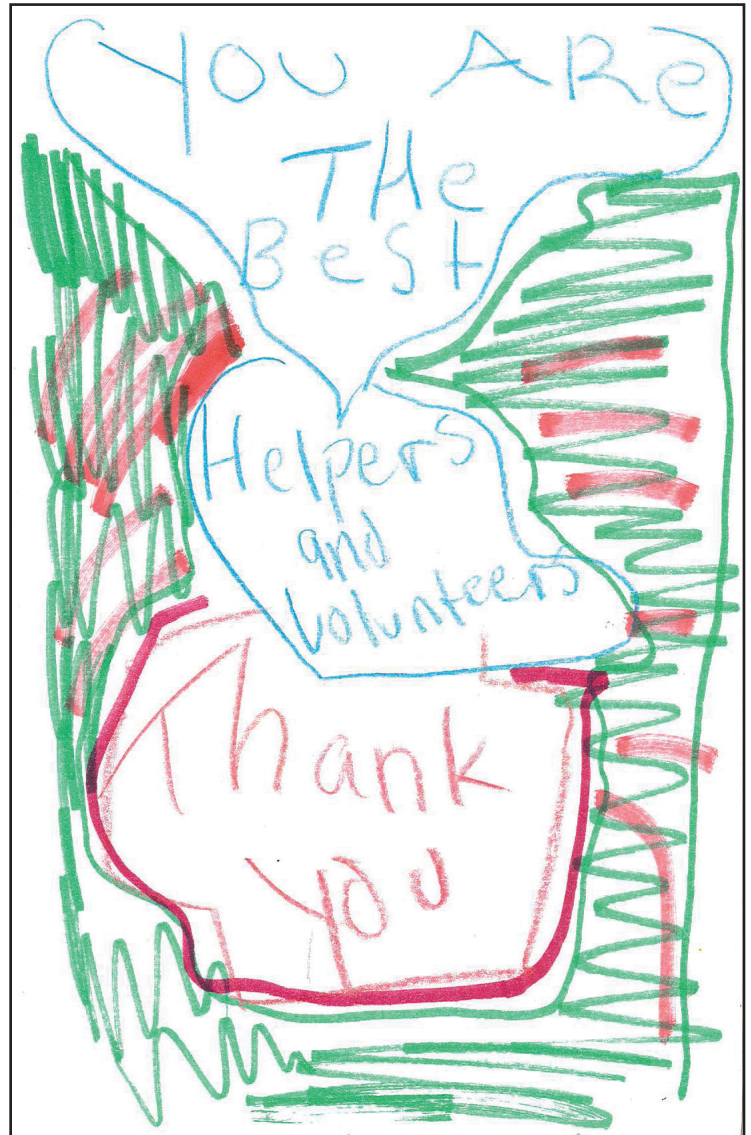
You shop. Amazon gives.

If you use Amazon to shop online, you can give back to Stepping Stones through smile.amazon.com. By signing into your Amazon account with AmazonSmile, you can choose a charity and Amazon will donate a percentage of your purchase to us.

You can sign up by going to smile.amazon.com and logging into your account. Then look for the area where it says "Supporting" or "Pick your own charitable organization" and enter "Be Better Foundation Inc Prescott Valley" to benefit our advocacy program (always check that it's the Prescott Valley listing!)

Once you're signed up, always use smile.amazon.com to shop in order for the donations to be made. Plus, Amazon now allows you to sign up through their app, too!

VOLUNTEER APPRECIATION: THANK YOU FOR SERVING LOCAL FAMILIES WITH US!



We are so grateful for our awesome team of volunteers who lend a hand all across the agency. From the thrift stores to our 24/7/365 advocacy services, their time and talents help families find freedom from domestic violence and all forms of abuse.

April 22 is Volunteer Appreciation Day, and we want to say a big THANK YOU to all our volunteers. Whether you have given 1 hour or 300, we think you're superheroes!

Artwork above drawn by a child who lived in Stepping Stones shelter. From working in our thrift stores to helping with resumes to answering our 24/7/365 helpline, volunteers provide support to local families in many ways!

ADVOCATES AVAILABLE ON OUR 24/7/365 HELPLINE 928.445.4673

GIVE YOUR ARIZONA CHARITABLE ORGANIZATION TAX CREDIT DONATION TODAY!

Arizona extended their individual tax filing deadline for 2020 to match the Federal deadline - May 17. Plus, Arizona just shared that they have also extended the Qualified Charitable Tax Credit donations for 2020 to May 17, too!

This special dollar-for-dollar tax credit allows you to make a donation to Stepping Stones and receive a credit on your state taxes (up to \$400 filing single and up to \$800 filing married/joint).

How it works:

1. Make a donation to Stepping Stones in the amount you choose by May 17, 2021.
2. We'll send you a receipt of your donation with our AZ state code: 20034.

3. Use AZ form 321 when you file your taxes to claim the credit.

That's it! Your tax dollars stay local and support families finding freedom from all forms of abuse right here in your community.

If you have questions about making your donation to Stepping Stones, please call Alexis or Brandon at 928-772-4184. Or you can donate online at: steppingstonesaz.org/donate.

Still have questions? Always consult a tax professional about donations and your specific tax situation. Learn more about charitable tax credits here:

<https://azdor.gov/tax-credits/contributions-qcos-and-qfcs>



Stepping Stones is a Qualified Charitable Tax Credit organization. You can donate online at: steppingstonesaz.org/donate or by check to our Administration Office at: 2651 N. Industrial Way, Suite A Prescott Valley, AZ 86314.

PRESCOTT THRIFT STORE UPDATES



Have you stopped by and checked out our Prescott Thrift Store lately? Our team has been working hard to update the layout of the store. Stop by, check it out, and let us know what you think!

DID YOU KNOW...

82% of adults at Stepping Stones in 2020 experienced or witnessed abuse as a child.

To us, this shows that to truly live free from all forms of abuse, these adults need to take a look at this past trauma in order to address it and heal as they move forward in their lives.

Want to talk to our advocates about past trauma? Call our 24/7/365 Helpline - 928-445-4673.

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STEPPING STONES' BOOK OF THE MONTH: CRAVING: WHY WE CAN'T SEEM TO GET ENOUGH

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.

"When we find ourselves wanting something strong enough, we'll do just about anything to get it - sometimes at the expense of our bodies, brains, bank accounts, and relationships. So why do we sometimes have the irrepressible feeling that we need something—such as food, cigarettes, alcohol, or sex--that we really just want?"

Dr. Omar Manejwala is a nationally recognized expert on compulsive behaviors who explains the phenomenon of craving and gives us tools to achieve freedom from our seemingly insatiable desires

by changing our actions to remap our brains. "A good working definition of 'craving' is a strong desire that, if unfulfilled, produces a powerful physical and mental suffering." (p.2)

"[Craving is] A SOLID book. It's filled with good science, which I find both illuminating and reassuring. It's filled with concrete, positive suggestions for addressing the issues of craving. It's also compassionate at its core. It's like, give yourself a break. There are reasons you do this stuff, and it's not your fault, but it's not helping you, so here are some good tools that can give you a way out." - online review



Areas you'll learn about in *Craving*:

- How and why our brain drives behavior
- How to change the part of our brain that fuels our cravings
- The warning signs that craving is evolving into addiction

- Why craving is the most difficult component of addiction to address
- Why certain groups are so effective at helping to control cravings

Pick up your copy today at Stepping Stones' 12-Step Recovery Bookstore in Prescott Valley (inside our administration office).

Stay up-to-date on everything happening at Stepping Stones by following us on Facebook - facebook.com/steppingstonesaz



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