

## JUNE IS POTENTIAL MONTH

When Tonya\* first came to Stepping Stones, she was defeated. After years of physical and emotional abuse from her partner, she decided that enough was enough. Tonya called Stepping Stones to get help. She had a safe place to live, but she decided she wanted to commit to frequent meetings, support groups, and planning with the advocates in order to truly start making long term change in her life.

She got connected to therapy and met with advocates regularly to work through all the things she experienced over the years. One “light bulb” moment for her was in an educational group about family dynamics. She understood for the first time that she had modeled some behaviors she learned from her parents throughout her life. “I realized that we never talked about anything serious, and now as an adults, I still do that. I don’t know how to have a confrontation and my partner took advantage of



*Educational support groups are available for anyone wanting to take a look at topics like Boundaries, Codependency, Childhood Trauma, and more. Advocates available 24/7/365 through our Helpline: 928-445-4673.*

that throughout our relationship.” Now, Tonya continues to talk with advocates and a therapist in order to keep working toward living free from all forms of victimization. “One of the best things is that the advocates helped me with my specific needs, but they also held me accountable and to my highest potential as a self-standard. For

the first time in a long time, I believe in myself and know that I can make decisions to keep myself safe.”

If you or someone you know is experiencing abuse or want to talk about an unhealthy relationship, please call our 24/7/365 Helping and speak with our advocates today - 928-445-4673. \*name changed

## BUILDING POTENTIAL AND ACHIEVING GOALS



In Stepping Stones’ safe shelter and advocacy services, participants learn about how they can regain control of their lives and achieve their goals, one step at a time. Upon exit, they are asked to take an anonymous survey to provide feedback on how they feel their lives have improved. From Jan 1- March 30, 2021, those who participated shared:

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

**100%** reported they are (re)gaining control of their lives.

**100%** reported they are achieving their goals.



# STEPPING STONES' BOOK OF THE MONTH: STORM WITHIN THE SHELTER & CHANGING WHAT I CAN

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.

*Storm Within the Shelter* and *Changing What I Can* are Faith House founder Betty DellaCorte's honest account of how she surfaced from the depths of despair as a victim of abuse, to pioneering a movement that has brought safety and awareness to thousands around the country.

Betty unveils her experiences with sometimes unrecognizable forms of abuse, and how she found recovery in a program she shared with others, pioneering the first shelter for abused women in the country.

Betty says, "With this book I hope to show that one must be prepared at all times to recognize various

forms of abuse and know that they can survive anything - especially if they keep the faith and believe that power higher than themselves can restore them to sanity."

We have two books available this month during our special sale:

*Storm Within the Shelter* is Betty's original edition of her story - special price for June: \$10.

*Changing What I Can* "carries to completion" what Betty began in her previous book, and includes an updated ending - special price for June: \$13.

## JUNE SPECIAL PRICES:

### Storm Within The Shelter



At Home and at the Helm  
One Woman's Fight against Abuse and for Survival

Betty Ryan-DellaCorte  
Founder of Faith House,  
a Life-Saving Battered Women's Shelter

**\$10**

### Changing What I Can

A PERSONAL STORY



**\$13**

BETTY DELLA CORTE

## MEET BETTY AND PURCHASE A SIGNED COPY!



Stop by Stepping Stones Thrift Store in Prescott Valley on Friday, June 25 from 10 am - 1 pm to meet Betty in person. You'll be able to purchase either of her books and have her personally sign your very own copy!

### BOOK SIGNING WITH BETTY DELLACORTE

DATE: FRIDAY JUNE 25

TIME: 10 AM - 1 PM

LOCATION:  
STEPPING STONES  
THRIFT STORE  
2651 N. INDUSTRIAL  
WAY IN PV 86314

FIND HER TABLE IN THE  
BOOK AREA!

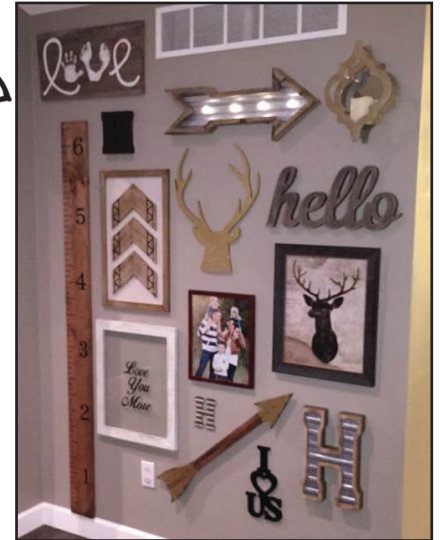
ADVOCATES AVAILABLE ON OUR 24/7/365 HELPLINE 928.445.4673



# FINDING POTENTIAL TREASURES AT STEPPING STONES THRIFT STORES

Are you inspired by Pinterest, TV, or other media to create special and unique decor for your home or work space? You're not alone! Check out our DIY gallery wall for inspiration on how you can transform your space with some awesome items you can find at Stepping Stones Thrift Stores!

## 1. Find some **GALLERY WALL** examples you like for your space (search Google or Pinterest).



*We found these images on Google by searching "Gallery Wall ideas."*

## 2. Stop by Stepping Stones Thrift to browse for items that fit your ideas and space!

- For a living room or bedroom: look for a variety of frames and word art to hang (frames typically are less than \$1 each!).
- For a kitchen or dining room: look for wall decor or food-inspired items to be included (wall art averages around \$10 each).



## 3. Start crafting, building, & hanging!

- Gather up needed supplies like nails, 3M command strips, hammer, paint, etc.
- Print photos or art that you want to include.
- Arrange your design on the floor to decide where each piece should go before hanging.
- Hang your display and snap a picture to share with us on social media or email to [info@steppingstonesaz.org](mailto:info@steppingstonesaz.org)!



# **NOTE FROM COMMUNITY-BASED ADVOCACY: "50 YEARS OF CONFUSION AND MISERY HAS SHIFTED IN THREE DAYS TO COMFORT AND HOPE."**

Did you know that you don't have to be currently experiencing abuse to talk to our advocates? Many of our community-based clients come to talk to our advocates about situations in the past. They

benefit from the same one-on-one advocacy support and educational support groups as people living in our shelter.

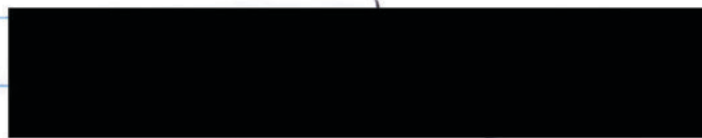
Take a look at this note from someone who met with one of our

community-based advocates.

If you or someone you know needs support (even for past abuse), please call our 24/7/365 helpline and speak with our advocates today - 928-445-4673.

I am in my 3rd Stepping Stones meeting with Betty and I feel like 50 years of confusion and misery has shifted in 3 days to Comfort & Hope -

I am so grateful for Betty's hand in my life - Because of Stepping Stones I am glimpsing the sun's rays, amidst an incredible life-long storm - Every cell in my body & mind is in healing mode  
Thank-you from the bottom of my heart -



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