



## JULY IS ALL ABOUT INDEPENDENCE

**NOTE FROM A SHELTER RESIDENT:  
"I AM SAFE AND ABLE TO WORK TOWARDS  
MY GOALS TO AN INDEPENDENT LIFE"**

Coming into stepping stones is one of the best decisions I have made in years. It has given me the opportunity to take my life back from an abusive relationship and empowered me towards working on my addiction and regaining my independence. In this program I feel safe and able to work towards my goals to an independent life in health and sobriety. It has given me the hope and strength I needed in a very difficult time in my life. I will be forever grateful to this program and its advocates for giving me the opportunity for a happy and productive life.



# COMING SOON...FEARLESS INVENTORY PODCAST!

Stepping Stones is launching a new project - a podcast!

The Fearless Inventory podcast is an introduction (and an extension) of the work local families are doing each day to find freedom from all forms of victimization. While we specialize in supporting those who are experiencing domestic violence, we know that there is A LOT that is happening in someone's life beyond a physical act of violence.

That's why we created this podcast - it's a chance for ANYONE to take a peek inside these important (and often scary) topics and learn more about areas in our lives that may keep us vulnerable to abuse.

While the upcoming episodes will discuss topics like unmanageability, domestic violence, substance abuse, boundaries, and more, they are only a small part of a larger conversation. When you start listening, please know that our advocates are available if something comes up for you. They are available to meet in person, talk on the phone, and help get

you connected to resources like our educational support groups (that go much more in depth on these topics!). You can reach them on our 24/7/365 Helpline at 928-445-4673.

Stay tuned for the Fearless Inventory podcast coming soon! Questions? Reach out to Alexis at 928-772-4184.



*The Fearless Inventory Podcast is Stepping Stones' new project - an opportunity to continue sharing our resources with the community. Tune in to each episode to hear Alexis, Cori, and special guests discuss important (and often difficult) topics.*

## FEARLESS INVENTORY PODCAST EPISODE SNEAK PEEK

Take a peek at the upcoming episodes:

**Episode 1:** Introduction to Fearless Inventory

**Episode 2:** Cycle of Unmanageability

**Episode 3:** What is Domestic Violence Anyway?

## WEEKLY SALES VIDEOS - FOLLOW US ON SOCIAL MEDIA!

Have you caught our weekly sales videos on Facebook and Instagram? Follow or like us on social media to tune into our weekly videos featuring sales, special events, and more!

Thank you for shopping and donating with us - because of you, local families are finding freedom from abuse and other forms of victimization!



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



# HALLOWEEN AND CHRISTMAS HAVE ARRIVED... DISCOVER HOLIDAY TREASURES EARLY AT THRIFT

We know how much our awesome thrift customers love a first look at holiday treasures and the time

has come! Stop by our stores and browse the holiday decor, trinkets, and more in July! Take

a peek at the variety of items our team is working hard to put out on the sales floor for you!



Stop by and browse our awesome displays of holiday items and decor for the upcoming seasons!

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# STEPPING STONES' BOOK OF THE MONTH: ALATEEN - HOPE FOR CHILDREN OF ALCOHOLICS

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.

*Alateen - Hope for Children of Alcoholics* from the Al-Anon Family Group provides young people whose lives have been affected by alcoholism in a family member or close friend a chance for fellowship and sharing their experience, strength, and hope.

Alateen sees alcoholism as a family disease because the alcoholism of one member affects the whole family and all become sick with obsession, anxiety, anger, denial, and kids are often caught in the middle.

Stories and excerpts from the book:

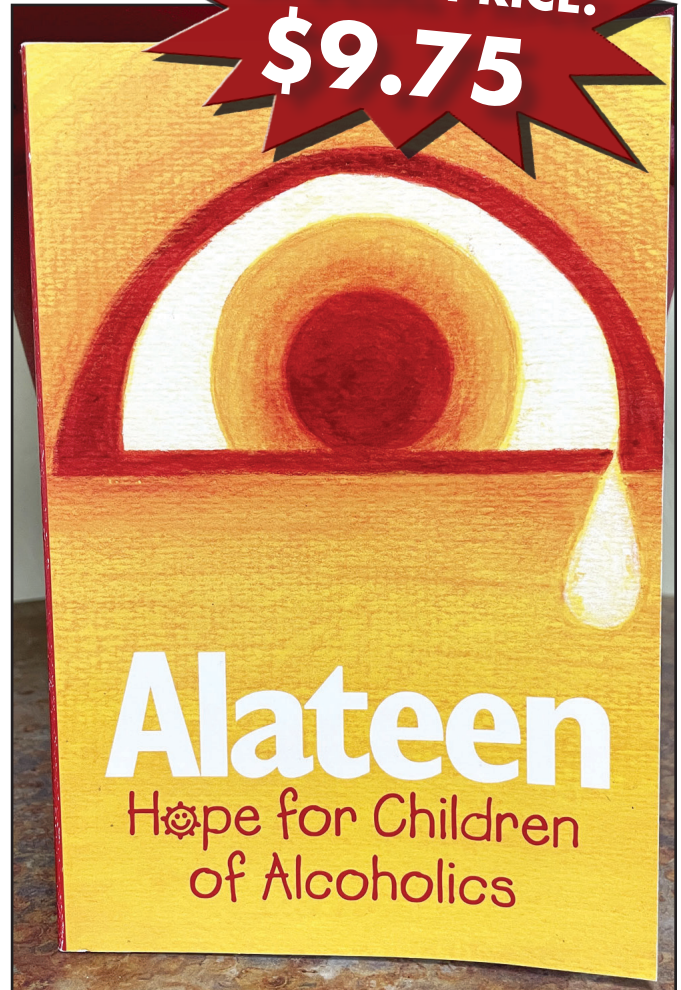
*It's a lot harder to ask for help than to pretend we don't need it. Its easier to keep doing the same old things than to go through the hassle of working on*

*ourselves. As Alateens we learn that asking for help with our problems is not a sign of weakness but one of strength and courage. (pp. 18-19)*

*I was ashamed of my parents, my home, and my life. To hide my feelings, I walked with my head high and my eyes to the ground. Therefore I was called "stuck-up" - all the time crying inside. (p. 79)*

*The kids made me feel right at home. They didn't solve my problems, but they told me how to overcome them. Alateens say what they think. If they think I'm wrong, they tell me. I learned I am powerless over alcohol and began to detach myself from my parents' problems. (p. 87)*

**JULY  
SPECIAL PRICE:  
\$9.75**



## LOOKING FOR OTHER 12-STEP RECOVERY AND SUPPORT GROUP MEDALLIONS, BOOKS, GIFTS, AND MORE?

**STOP BY OUR BOOKSTORE LOCATED AT 2651 N. INDUSTRIAL WAY, SUITE A  
(INSIDE OUR ADMINISTRATION OFFICE!)**

**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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