

AUGUST IS CHOOSE HAPPINESS MONTH

"For years I was stuck blaming my ex, my parents, my bossy sister, my stupid boss, everyone and everything for anything that happened to me. My advocate at Stepping Stones was so patient. She let me rant on and on and really made me feel like finally someone was listening to me. Then one day she said "OK, I have heard about what everyone has done to make your life miserable. What have you done to make your life happy?" I realized in about 20 seconds I couldn't think of anything. I was totally embarrassed. I learned that letting go of the things I really can't fix and focusing on the things that were in my power to make better, made me feel productive and powerful. Accomplishing goals and letting go of all the anger and baggage made me feel happy. Wow, what a waste of time. Now I Choose to be happy. My kids are better for it and that makes me feel great. I am also letting go of people in my life that reinforced all my whining and victim stuff and now I surround myself with people that tell me the truth and make me feel good about myself. It has been two years now since I was in the hospital because of my ex's beating. I haven't had a drink for two years. PLEASE PLEASE CHOOSE TO BE HAPPY. It works."

— Note from a former shelter resident

*I am in
charge of
how I feel,
and today
I am choosing
happiness*

FINDING HAPPINESS THROUGH FREEDOM



In Stepping Stones' safe shelter and advocacy services, participants work hard to find freedom from abuse and the skills to live happy, healthy lives moving forward. Upon exit, they are asked to take an anonymous survey to provide feedback on how they feel their lives have improved. From April 1- June 30, 2021, those who participated shared:

100% reported they are confident they will remain free from abuse after leaving Stepping Stones

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

100% reported they are achieving their goals.

100% reported their child demonstrated improved emotional and behavioral status since first arriving to completing the program.

HAPPINESS IS GIVING BACK - VOLUNTEER WITH US!

Volunteers help make our 24/7/365 advocacy services possible. From helping with special projects in our office and thrift store to helping our advocates provide 24/7/365 support to local families, they are a big part of Stepping Stones!

We are looking for some new volunteers to join the Stepping Stones team. We have volunteer opportunities available throughout the organization, and we would love to have you get involved with us.

Want some ideas of ways you could volunteer? At our thrift stores, you can work with clothing, crafts, or help check board games

and test electronics. In our office, you can help out with special projects for events or lend a hand with other office tasks (like scanning or computer work). Both individuals and groups are welcome to volunteer!

Want to join our volunteer team?

The process is very simple. To volunteer with us, you must be at least 16 years of age, complete our volunteer application, and schedule a sit down with Sharon, our Volunteer Coordinator. Reach out to us today to find out how you can find that sense of happiness! Call us today at 928.772.4184!



Join our team of superhero volunteers today! We would love to have you call Sharon and learn more about the current volunteer opportunities we have available at Stepping Stones - 928-772-4184.

FEARLESS INVENTORY PODCAST IS HERE!



Did you hear the news? Stepping Stones is launching a podcast called Fearless Inventory!

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 our advocates 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 be keeping us vulnerable to abuse.

You can find and listen to the Fearless Inventory anywhere you access podcasts (see "Find Our Podcast" list!). Plus, you can always access the latest episodes on our website:

www.steppingstonesaz.org/podcast

Please remember - when you start listening, our advocates are available if something comes up for you that you'd like to

discuss more in depth. 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.

FIND OUR PODCAST

You can listen to Fearless Inventory on our website and anywhere you listen to podcasts including:

- Apple Podcast
- Google Podcast
- Stitcher
- Spotify
- iHeartRadio
- Podchaser

steppingstonesaz.org/podcast

ADVOCATES AVAILABLE ON OUR 24/7/365 HELPLINE 928.445.4673



NATIONAL THRIFT SHOP DAY IS COMING - AUG 17

Wanna celebrate with us? It's not only National Thrift Shop Day coming up on Tuesday, August 17, but it's also the two year

anniversary of our huge Industrial Way thrift store location. We're going to be celebrating all day long with our awesome Spin

to Win prize wheel! Please join us at either of our thrift store locations to celebrate Tuesday, August 17 9 am - 5 pm.

IMPORTANT UPDATE ABOUT CHANGES COMING FOR STEPPING STONES THRIFT STORES



WE'RE MERGING

OUR PRESCOTT THRIFT STORE IS MERGING WITH OUR PRESCOTT VALLEY THRIFT STORE ON INDUSTRIAL WAY

Stepping Stones is ever conscious of being good stewards of our resources and the resources in the community as we provide 24/7/365 advocacy services for local families throughout West Yavapai County.

In 2019, we completed Phase 1 of our consolidation plan and merged our two Prescott Valley thrift stores into one location on Industrial Way. In 2020, we completed Phase 2 by consolidating our admin offices,

12-step services, and advocacy services also into our Industrial Way location.

Now at this time, we will be consolidating and moving our Prescott thrift store into our Prescott Valley thrift location on Industrial Way. We plan to keep our Prescott store open through November 24. You'll be able to shop and donate at our Prescott Valley store without any delays. We have exciting ideas in the works

for the Prescott community, AND we're working on an expanded pick up and delivery schedule, so stay tuned to our monthly newsletter and social media to stay up-to-date on what's coming. You can sign up for our mailing list online at steppingstonesaz.org or in-store with our cashiers.

Questions? Contact Robin or Alexis in the administration office at 928-772-4184.

ADVOCATES AVAILABLE ON OUR 24/7/365 HELPLINE 928.445.4673

STEPPING STONES' BOOK OF THE MONTH: THE LANGUAGE OF LETTING GO

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.

The cover of Melody Beattie's book *The Language of Letting Go* is a beautiful monarch butterfly, recently born but hanging on to its cocoon. Will she let go or will she continue to cling fiercely to the cradle that no longer serves any purpose? We know she'll be happier if she lets go, but does she? It's a problem.

The Language of Letting Go is a popular meditation book with "366 moving reflections and prayers to guide us through each day of the year" with reminders that "the best way to heal and grow is to take responsibility for our own pain and self-care."

Beatty says about *The Language of Letting Go*, "It is a book to help you feel good and assist you in the process of self care and recovery."

The August 6 meditation reminds us that problems are made to be solved; there's a solution for every one of them. We don't need to be surprised that life hold problems for us, it always will.

"Sometimes, problems just are; sometimes they are a warning sign that we are on the wrong track. We can learn to accept problems as an inevitable part of life. We can learn to solve problems. We can learn to learn to trust our ability to solve problems. ... We can focus on the solution rather than on the problem, and maintain a positive attitude toward life and the inevitable flow of problems and solutions." (p. 219)

Available throughout August at Stepping Stones Bookstore for \$13.



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**



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