

SEPTEMBER IS BE BETTER MONTH

Adults in Stepping Stones' 24/7/365 advocacy services are striving every day to become better versions of themselves. The first step is making the call, and from there, it takes daily dedication to learning and growing.

Advocates help to empower adults and children through their time of healing by providing unconditional, non-judgmental, and supportive therapeutic responses to the needs of families receiving services. These advocacy responses are rigorously truthful and often difficult, but this truly allows adults to have all information necessary to make healthy choices and make significant, long-lasting changes in their

lives and their children's lives. Through one-on-ones with advocates and educational classes, they spend time taking an honest self-inventory of their lives in order to find areas where they can make life-changing improvements. A slow and steady process with the right tools will help families achieve their goals.

Making changes to be better isn't easy, but it is worth the time and energy to live a healthy life free from all forms of victimization!

If you or someone you know wants to talk to one of our advocates, please call our 24/7/365 Helpline at 928-445-4673.

Do the best you
can until you
know better.
Then when you
know better, do
better.

- Maya Angelou

IT TAKES HARD WORK TO GROW AND BE BETTER



In Stepping Stones' safe shelter and advocacy services, healing isn't a straight line. Adults in our services work hard to take steps forward in their goals and find freedom from victimization. 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 have increased feelings of well-being.

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

100% reported they know how to access short- and long-term resources that meet emotional and safety needs.

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

NEW FEARLESS INVENTORY PODCAST EPISODE - WHAT IS DOMESTIC VIOLENCE ANYWAY?

The latest episode of Fearless Inventory podcast is taking a look at what domestic violence is and how we approach it at Stepping Stones.

Often domestic violence is only thought of as a physical act - hitting, punching, kicking, use of a weapon,

etc., but it is a lot more than that. At Stepping Stones, we address that aspect of violence, but we don't stop there.

Tune into the latest episode and learn more about *What Domestic Violence is Anyway!* Available anywhere you listen to podcasts.

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

Always available on our website at:
www.steppingstonesaz.org/podcast

TAKE BACK THE NIGHT EVENT COMING OCTOBER 7



Join survivors, supporters, and leaders
in saying **No** to domestic violence
in our community!

TAKE BACK THE NIGHT

CANDLELIGHT VIGIL • RESOURCE TABLES

October 7th, 2021 • 5:00 - 6:30 PM

Theater on the Green, Prescott Valley

***PROGRAM WILL BEGIN PROMPTLY AT 5:30 PM**

Presented by the Yavapai County Coordinated Community Response Team

Join Stepping Stones at this year's Take Back the Night event on Thursday, October 7 from 5 - 6:30 pm at the Prescott Valley Civic Center Theater on the Green. Take Back the Night is an opportunity to join together with survivors, supporters, and leaders to say NO to domestic violence in our community.

The evening program includes special guest speakers, survivors sharing their stories, and a candlelight vigil remembering those in our community who lost their lives to domestic violence. Plus, local agencies will have resources tables to help anyone get connected to support. We can't wait to see you there!

Take Back the Night is an annual event presented by the Yavapai County Coordinated Community Response Team.



ADVOCATES AVAILABLE ON OUR 24/7/365 HELPLINE 928.445.4673

DRAW YOUR DISCOUNT COMING SEPTEMBER 7

Draw Your Discount is back! Join us at our Prescott and Prescott Valley thrift store locations on Tuesday, September 7 and draw for a special discount on your purchase. Coupons are only

good on September 7 at the location they are drawn, so stop by and see what discount you will win! Thanks for supporting local families by shopping and donating with us!



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

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

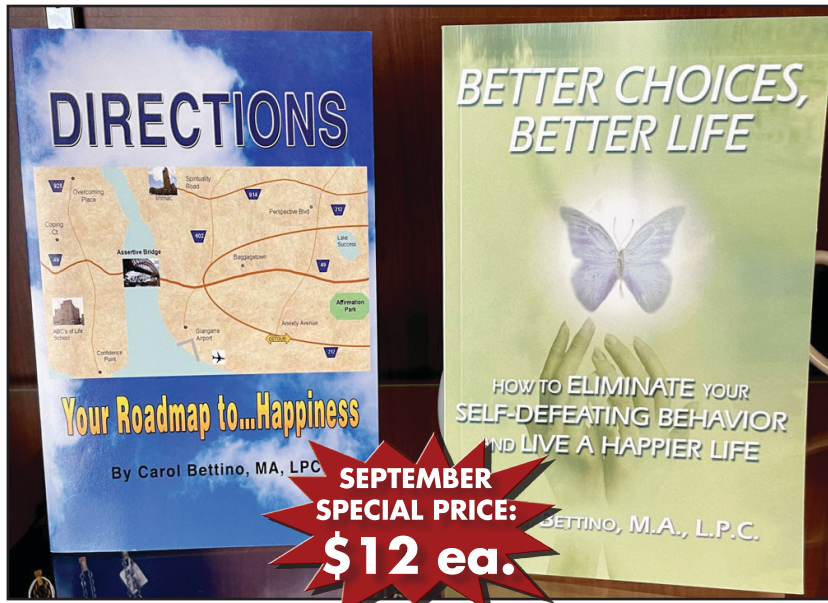
for the Prescott community, AND we're working on an expanded pick up and delivery schedule, so stay tuned to our monthly newsletter and social media to stay up-to-date on what's coming. You can sign up for our mailing list online at steppingstonesaz.org or in-store with our cashiers.

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' BOOKS OF THE MONTH: BETTER CHOICES, BETTER LIFE & DIRECTIONS, YOUR ROADMAP TO HAPPINESS

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.



Carol Bettino is a long-time friend of Stepping Stones and a local author. She is a Licensed Professional Counselor with a private practice in Prescott Valley. She has been actively involved in the mental health field, teaching, and conducting workshops for more than 20 years.

DIRECTIONS, Your Roadmap to Happiness - \$12

DIRECTIONS will help you to learn simple tools and techniques that will enable you to develop the personal skills necessary to deal with everyday stressors, problems, and relationships. Learn about healthy vs. unhealthy relationships. Work through past experiences and become a better, healthier you. Empower yourself to take charge and control your life by reprogramming negative or anxiety-provoking thinking that prevents you from living a happier, drama-free life. The power is within you. Begin your journey now by learning to be better in each moment of your life.

Better Choices, Better Life - \$12

Better Choices, Better Life is a book all about eliminating your self-defeating behavior and living a happier life. Be Better! Let go of your baggage! Deal with everyday problems without engaging in self-defeating thinking or behavior. Don't allow past experiences to haunt your life. Change unhealthy reactions. Improve your emotional maturity. Learn coping skills to prevent over-reacting and drama. Learn to control your emotions instead of letting your emotions control you. Increase self-esteem, communicate assertively, and set healthy boundaries. Avoid unhealthy relationships!

FREE WORKSHOP WITH CAROL

Join us for a free workshop taught by author Carol Bettino based on her book *Better Choices, Better Life*.

Better Choices, Better Life workshop with Carol Bettino

When: Friday, September 24
12 - 1 pm (Bring your own lunch!
Sweet treats will be provided.)

Where: Stepping Stones Agencies
Administration Office Training Room
2651 N Industrial Way, Suite A
Prescott Valley, AZ

Cost: Free - RSVP required by Tues 9/21
or earlier if workshop is full.
Email: Alexis@steppingstonesaz.org
or Call Alexis at: 928-772-4184

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