

## COMMUNITY MEANS YOU ARE NOT ALONE

Community at Stepping Stones comes in many forms, but it always means YOU ARE ABSOLUTELY NOT ALONE. Whether it is the fellowship of the families living together in shelter or the support of the advocates and volunteers who answer our helpline day and night, there is always community support available for those working hard to find freedom from abuse.

At Stepping Stones, community means a safe place to heal. It's more than just having a roof over your head, community means support in order to heal and move forward into a healthy, positive future. When someone calls our 24/7/365

Helpline, they hear tolerance, unconditional acceptance, and rigorous honesty, that will, at just the right moment in time, help them to experience their "moment of clarity." Then, they have the opportunity to take action and make decisions that will help them and their children live free from all forms of future victimization. They have a safe community of support.

Remember - you are not alone. Our team of advocates is always available 24/7/365 for safety and support. If you or someone you know is experiencing abuse or just needs to talk, call our advocates at 928-445-4673.



## COMMUNITY MEANS 24/7/365 ADVOCACY SERVICES



Stepping Stones is here for families when they are in a crisis and need support. But, we know it is key that families have connections to the community and on-going fellowship when they leave our services. Adults in our programs take an anonymous survey upon exit to provide feedback. From January 1 - December 31, 2021, those who participated shared:

100% reported they felt they will remain free from abuse when they left the program.

90% reported they have increased awareness of resources for support and healing for their child.

96% reported they felt secure with their links to local resources and know how to access ongoing support.

100% reported the educational support groups were important to improving my state of well-being.

# FEBRUARY'S COMMUNITY INSPIRATION - COMMUNITIES NURTURE HEALTHY, POSITIVE CHANGE

by Suzi Jacobson

*Shelter advocate & 12-step bookstore manager*

I'm fortunate to be part of the Stepping Stones community for the last five years. When I joined as a volunteer, I noticed this community was somehow different than any others I'd participated in over my lifetime. It took a while for the difference to sink in. Gradually, I



*Our educational support groups help build community among the families living in shelter as they connect over common experiences and learn from each other's lives.*

realized that we're serious around here about gratitude. Simple as that and more powerful than any mission statement I've ever encountered.

I hesitate to say more because the simplicity of gratitude is part of its great virtue. However, since it permeates everything we do, let me give you some examples of how it works. At the Stepping Stones shelter, we have adults and kids who have often been isolated, cut off from community of any form because that is one of the ways in which abusers exercise control. Gradually, the world of the domestic violence survivor shrinks as the abuser removes the phone, the car is taken away, access to friends and groups is prevented. Recognizing the distress that prompts each survivor to contact the shelter, it is gratitude that we can provide a safe place that prompts us to welcome each survivor into the shelter program.

A huge part of the program for survivors involves getting them connected to communities that will nurture healthy, positive change for them. Some find hope and connection in 12-Step recovery groups, faith communities, return to school, or jobs. What is so valuable to shelter residents is establishing new relationships both inside and outside their new home. Each of them finds that the experiences they have suffered



*Finding supportive community can look different for each person - some may find it in a faith community or 12-step group, others may find it in a fitness class!*

they share in common with others. It is especially important for them to find communities to connect with that will carry over into their lives after they leave shelter. All survivors are encouraged to embrace the discipline of daily gratitude.

Scientists have found that being grateful changes our brain chemistry (go ahead, Google it!) Try this for a while: every day write down three things (big or little) you're grateful for and, OK, you can also write down one worry, too. See what happens to you and your community!

Peace to you, SJ

## NEW PODCAST EPISODES COMING SOON!

We are excited to bring some all new episodes of Stepping Stones' Fearless Inventory podcast to you in the coming weeks. If you haven't had a chance to check out our podcast, you can find it anywhere you listen to podcasts, and you can also listen right on our website at [www.steppingstonesaz.org/podcast](http://www.steppingstonesaz.org/podcast) (scroll to see each episode). Tune in for stories and more!

### 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](http://www.steppingstonesaz.org/podcast)

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

# COMMUNITY MEANS KEEPING THINGS LOCAL

Have you stopped by Stepping Stones Thrift lately? We love that our thrift store is its own thriving community! From the community our associates build with each other to the awesome customers and friends who come by regularly to see what treasures they can find on the shelves, we are so grateful for our thrift community.

Plus, our thrift store means that everything stays local. All the proceeds from our thrift store helps to keep the lights on and the doors open for our 24/7/365 advocacy services and safe shelter.

Thank you for making a difference in our community by shopping, donating, and supporting Stepping Stones Thrift!



*You never know what treasures you may find at Stepping Stones Thrift! Stop by and support local families with your shopping and donating!*



*We pick up! Call our Donation Center at 928-759-0225 to learn more about our furniture pick ups and current schedule.*

## STEPPING STONES THRIFT

2651 N. Industrial Way in Prescott Valley

Open Tuesday - Saturday

9 AM - 5 PM (shopping)

9 AM - 4 PM (donation drop-off)

Questions? Call the store at:  
928-499-3206

## STILL TIME TO MAKE A TAX CREDIT DONATION FOR 2021

### STEP 1



**Donate up to \$800  
to Stepping Stones**

+

### STEP 2



**Keep your  
donation receipt**

+

### STEP 3



**File form 321  
with your state taxes**

=



**Get your \$\$ back  
from Arizona State**

Direct your tax dollars with an Arizona Charitable Organization Tax Credit Donation! You have until April 15, 2022 to make a qualified donation.

This tax credit allows you to receive a dollar-for-dollar tax credit by making a donation to a qualified charitable organization of any amount (up to \$400 filing

single or \$800 filing joint on your AZ state return).

When you claim the credit on your state return, you will reduce your tax liability or increase the amount you receive in a refund.

You do not have to itemize to receive this credit.

If you would like to give, you can donate online at:

[www.SteppingStonesAZ.org/donate](http://www.SteppingStonesAZ.org/donate) or mail a check to our Administration office at:  
**2651 N. Industrial Way, Suite A  
Prescott Valley, AZ 86314**

*\*\*Please check with your tax professional for information regarding donations. Stepping Stones' official Qualifying Charitable Tax Credit code from the State of Arizona is: 20034.*

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

# STEPPING STONES' BOOK OF THE MONTH... 50% OFF JEWELRY SALE!

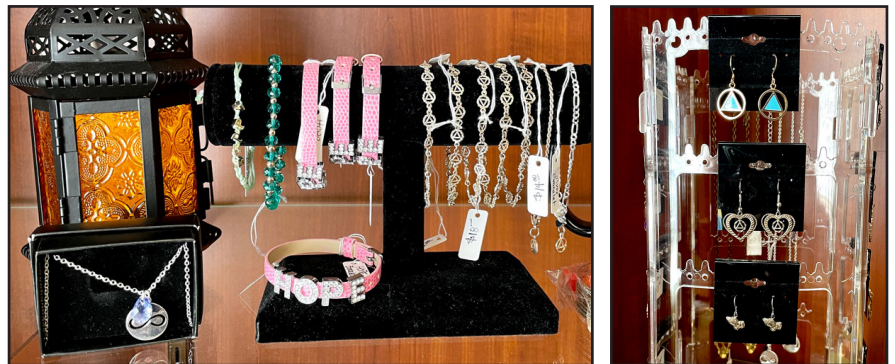
Each month we'll feature a book or item from our 12-step recovery and inspirational bookstore! These items will be available for purchase inside our Administration Office in Prescott Valley located at: 2651 N. Industrial Way, Suite A, Prescott Valley 86314. Open Mon - Thurs 9 am - 4 pm, and Friday by appointment. Call Suzi or Leslie at 928-772-4184 to learn more.

## 50% OFF JEWELRY SALE: THOUGHTFUL GIFTS TO CELEBRATE FRIENDS, FAMILY, AND MORE!

While we typically feature a book each month, we decided to do something a little different for February 2022! We're offering a very special sale to our friends who shop with us in our Recovery Bookstore! Throughout February, we have select jewelry in the bookstore 50% off! A variety of necklaces, bracelets, rings, and earrings are all half off and ready to go home with you.

What's awesome about this sale is that while we have a variety of recovery-focused jewelry, we also have beautiful pieces that can be shared as a gift for anyone (check out the photos for a peek)! Stop in to browse the special selection of jewelry. Our 12-Step Recovery Bookstore is located inside Stepping Stones Administration Offices and is open Monday - Thursday 9 am - 4 pm and Friday 9 am - 3 pm (or by appointment).

*\* The 50% off jewelry sale is only good in our 12-Step Recovery Bookstore located inside Stepping Stones Administration Offices. This sale is not good in Stepping Stones Thrift Store. Please check the sales board at Stepping Stones Thrift to see the latest in-store sales.*



**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!)**

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