

TIME FOR NEW BEGINNINGS AND HOPE

Sometimes we get excited about a new beginning and the possibilities that lay before us, but actually getting there can quickly feel daunting. For families receiving advocacy services with our team, they learn that we have to let go of things we can't control and only take a look at the things we have the power to change.

When we start to take a look at things in smaller, bite-sized bits, it can be easier to begin to do the hard work needed to find freedom from all forms of abuse and find a way through the chaos happening in our lives.

Our advocates are available 24/7/365 to help families begin to take those small steps forward in order to find true and lasting freedom from abuse and victimization. It isn't easy, but it is possible - we've seen it happen for thousands of women!

If you or someone you know wants to connect with our advocates, call our 24/7/365 helpline: 928-445-4673.



*Start where you are
Use what you have
Do what you can*

TAKING A STEP TOWARD A NEW BEGINNING



Advocates available 24/7/365. Call our Helpline at 928-445-HOPE (445-4673).

Families are able to start the hard work of finding freedom from abuse by making a phone call and connecting with our advocates. Once they are connected, they can begin their work in a safe place. Adults in our programs take an anonymous survey upon exit to provide feedback. From January 1 - September 30, 2021, those who participated shared:

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

90% reported their child gained skills that will enable them to keep themselves safe in the future.

96% reported they are completing their goals.

98% reported they know how to plan for their continued safety.

JANUARY'S NEW BEGINNING INSPIRATION - BLOOM WHERE YOU ARE PLANTED

by Suzi Jacobson

Shelter advocate and 12-step bookstore manager

When I hear that phrase, "New Beginning", the first thing that comes to mind is the slogan, 'Today is the first day of the rest of your life.' - a

really valuable concept if yesterday included every shameful mistake one could ever make!

I'm more apt to embrace the slogan "bloom where you're planted" when it comes to looking ahead

from here. How about we observe today's new beginning by looking back and celebrating the journey just completed and where we are right here and now. Because we only have today when we can live and change - not yesterday nor tomorrow - it is TODAY that matters.

If yesterday, last month, or last year was grief-laden, may today be a glimmer of acceptance that while the journey has been painful, this day will include moments of peace and hope.

On the other hand, if last year was one of exuberant joy, may today include a coming 'down to earth' to participate in the humdrum, simple acts that are the regular substance of daily living.

TODAY will be filled with right now rather than wasting away in regret about yesterday or anxiety about tomorrow.

This day is made for action - all the others before and after are for thoughts only. Every once in a while when I'm doing something mundane, like washing dishes, I suddenly remember a time of great sorrow or uncertainty, or even a churning excitement for when I longed to just be doing something normal. In both circumstances, a calm gratitude eventually comes along to remind me that this is the day I'm living, no other.

It is a gift, this present day. Let's just be glad and get on with NOW.



NEW BEGINNINGS FOR OLD TREASURES

If the start of a new year means some spring cleaning, Stepping Stones Thrift is waiting for you! Your household items that no longer have a purpose for you just may be the treasure someone else is looking for! Donations drop-offs are accepted at Stepping Stones Thrift Store located in Prescott Valley Tuesday - Saturday from 9 am - 4 pm. We also are able to pick up

furniture and other large items for free! Call our donation center at 928-759-0225 to learn more about what we are able to accept for pick up and our current schedule. Thank you for supporting local families finding freedom from abuse by shopping and donating with us! Stepping Stones Thrift 2651 N. Industrial Way Prescott Valley, AZ 86314



ADVOCATES AVAILABLE ON OUR 24/7/365 HELPLINE 928.445.4673

THANK YOU FOR ANOTHER SPECIAL HOLIDAY SEASON!

Thank you to all our friends who helped to make the 2021 holiday season a memorable one for the families living in the Stepping Stones shelter. Families celebrated their own traditions and created the holiday they wanted again this year,

and they were able to do that because of you! We are so grateful for the way our awesome community shows up! Check out a few photos from this year, including a couple from a special party hosted by our friends at the Hassayampa Inn!



Left: Santa visited families during Hassayampa Inn's holiday party for families at Stepping Stones.

Above: Christmas morning surprises for families in shelter.
Right: Friends at the Hassayampa Inn looking through a stocking with a child.



TAX CREDIT DONATIONS HELP FAMILIES WITH THEIR NEW BEGINNINGS



2021 has come to a close, but you can still choose where to direct your tax dollars with an Arizona Charitable Organization Tax Credit Donation! You have until April 15, 2022 to make a qualified donation that can be used on your 2021 state taxes.

This special 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 or mail a check to our Administration office at: **2651 N. Industrial Way, Suite A Prescott Valley, AZ 86314**

If you would like to make an appointment to drop off your donation or have questions, call Alexis or Brandon at 928-772-4184.

***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.*

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STEPPING STONES' BOOKS OF THE MONTH: A WOMAN'S WAY THROUGH THE TWELVE STEPS

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.

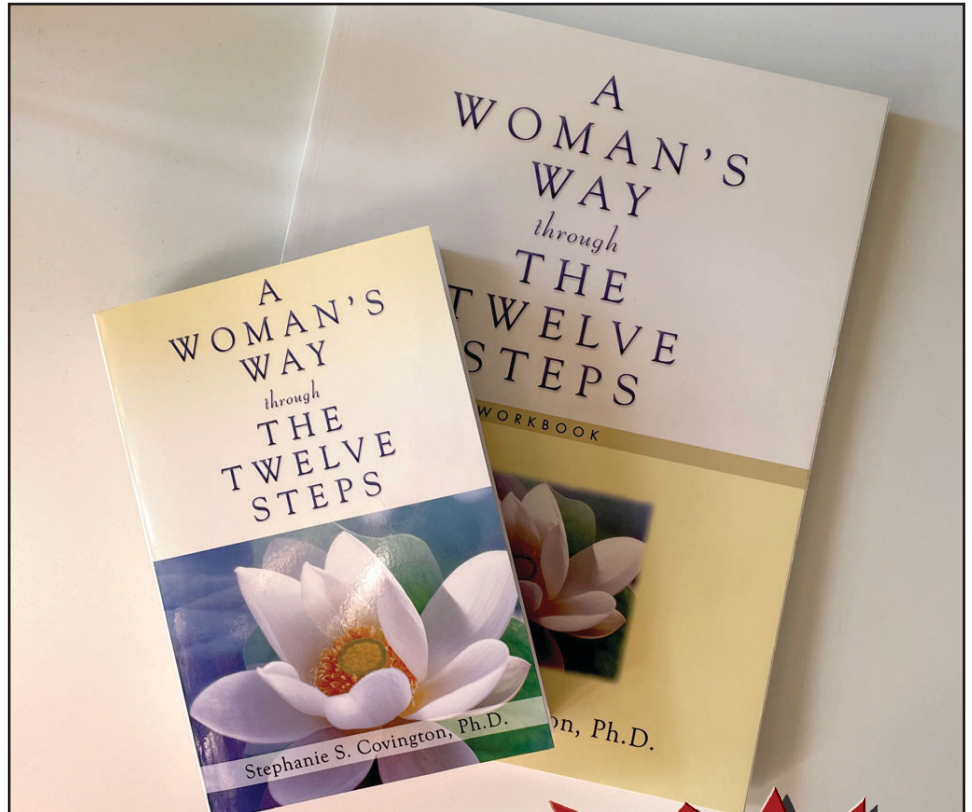
A WOMAN'S WAY THROUGH THE TWELVE STEPS BOOK AND WORKBOOK BY STEPHANIE S. COVINGTON, PHD

The author says, "Through my own recovery from alcoholism and my professional and personal relationships with women in recovery from a variety of addictions, I have found that a number of issues unique to women are overlooked in most Twelve Step programs."

For example, in the very first of the Twelve Steps we are to admit that we are powerless and Covington says, "The word powerless is a problem for many women. Many of us were taught to let something or someone else control our lives. It can be difficult to admit we are powerless over our addictions because we already feel powerless in so many other ways."

In addition to her book, Covington has also created a workbook for each step which is a powerful guide through the Twelve Step journey. The workbook helps to put into current context the

lessons of each step through simple exercises and journaling activities. The workbook is equally valuable to individuals as it is a pattern for group work. Available all month long at a special price - \$20 for both books!



**JANUARY
SPECIAL PRICE:
\$12 EACH
or both for \$20**

**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