

SAY "NO MORE" TO ABUSE THIS MARCH

MARCH'S "NO MORE" INSPIRATION

by Suzi Jacobson

Shelter advocate & 12-step
bookstore manager

That's it! NO MORE of that! How many times have you thought that? How many times have you said it? How many times have you acted on it?

There are some things that happen in life that simply should never take place. Chief among them is being abused verbally, emotionally, physically, spiritually, or sexually by another. Each and every one of us has been created as special, unlike any other individual with needs, hopes, abilities, and gifts that are unique to us. *"Each of us deserves to be taken seriously; each of us deserves to be accepted without judgement; and each of us deserves to ask for and receive help."* (A Woman's Way Through the Twelve Steps by Stephanie S. Covington).

What will you say NO MORE to this month? In my case, I say NO MORE listening to the voices that say I'm not measuring up.

Peace to you, SJ

NOTE FROM A RESIDENT: "TO TAKE A STAND FEELS AMAZING"

The Moment I Said Enough is Enough was when I was staying with a so called friend that was verbally abusing me and my children. It was like living with my kids Dad all over again.

To Take A Stand Feels Amazing, Awesome.

The Biggest Change Is That me & my children are happier and we are getting along so much better. My kids are so much happier than they were before and they like it here and they love the staff.

FAMILIES SAYING NO MORE TO VICTIMIZATION



Stepping Stones advocates are available 24/7/365 on our helpline at 928-445-4673. Call to speak with someone about safe housing or if you just need to talk.

It is hard to stand up and say NO MORE to violence and abuse, but after 42 years of serving families, we know that what comes after that first step of saying NO MORE is the TRUE hard work. Each day, families are doing the hard work to live lives free from all forms of victimization, but it takes a lot of time, learning, bravery, and persistence. Each step forward is a step toward a future that is full of freedom!

Adults in our programs take an anonymous survey upon exit to provide feedback. From January 1 - December 31, 2021, those who participated shared:

97% reported they are completing their goals.

95% reported their safety has improved, even after leaving Stepping Stones.

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

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



STEPPING STONES THRIFT SPECIAL EVENT - BIKE RAFFLE!

Just in time for some spring weather, you have a chance to win this awesome Specialized Crux bike with accessories! You can purchase raffle tickets at Stepping Stones Thrift from March 1 through April 9 at 2 pm. We will draw a winner on Saturday, April 9 (you don't have to be present to win - we'll call you on Monday, April 11)! And even though there can only be one winner of the bike package, we'll have some fun runner-up baskets that will be given away, too! Raffle tickets are \$2 each or 3 for \$5. The bike and accessories are valued at approximately \$1,500. Questions? Contact the thrift store at 928-499-3206.



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

VOLUNTEER OPPORTUNITIES - JOIN OUR TEAM!

We are looking for new volunteers to join our team supporting local families finding freedom from all forms of victimization. From our thrift store to administration office to shelter, volunteers help to ensure that families are finding the support they need as they say NO MORE to violence and abuse through our

24/7/365 advocacy services. If you're interested in learning more about our current volunteer openings, contact our Volunteer Coordinator Kristen at 928-772-4184 to schedule an appointment. We can't wait to have you as a part of our awesome team of service superheroes!



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**YOU CAN
DECIDE HOW
YOUR TAX
DOLLARS ARE
SPENT!**

LEARN HOW
YOUR SUPPORT
**HONORS AND
EMPOWERS**
LOCAL FAMILIES
ESCAPING VIOLENCE
& ABUSE SINCE 1980.



STEPPING STONES AGENCIES
41 YEARS OF SAFETY, HEALING, AND HOPE FOR LOCAL FAMILIES

STILL TIME TO MAKE A TAX CREDIT DONATION FOR 2021

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 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.*

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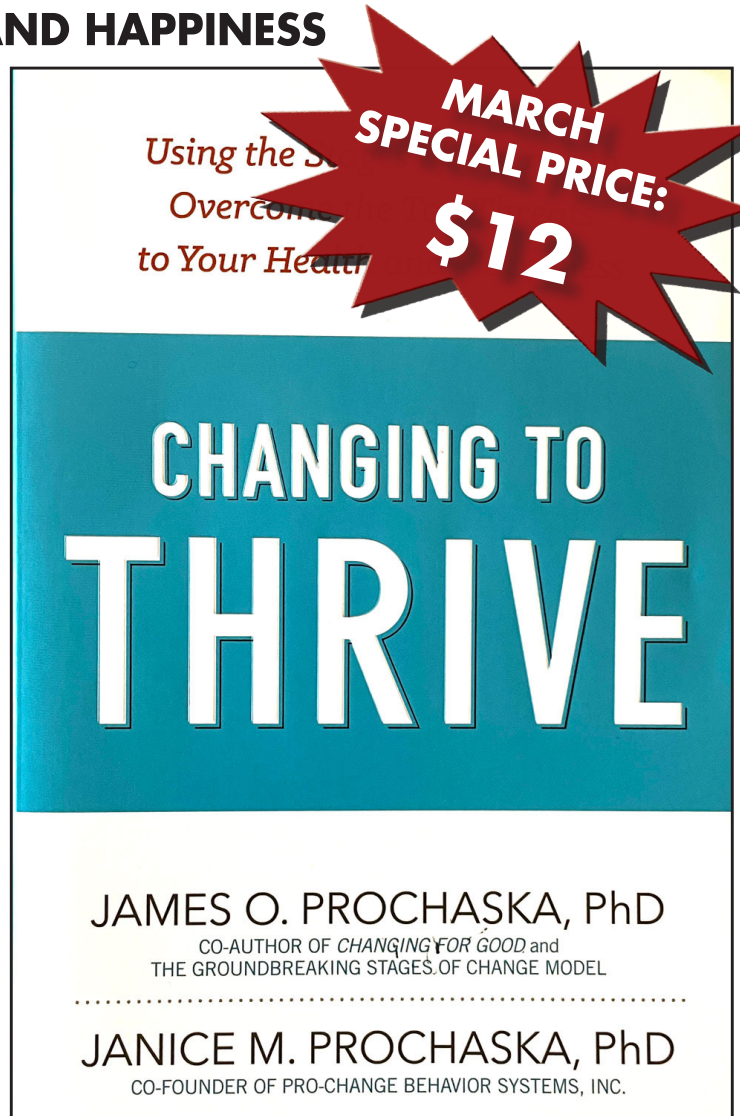
STEPPING STONES' BOOK OF THE MONTH: CHANGING TO THRIVE

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.

CHANGING TO THRIVE: USING THE STAGES OF CHANGE TO OVERCOME THE TOP THREATS TO YOUR HEALTH AND HAPPINESS

About the most difficult thing for a human being to do is change; and about the most constant reality in life is change. The authors of Changing to Thrive report that a majority of people in the US think that people fail to change for 5 reasons: Lack of motivation; not enough willpower; wrong genes; not the right personality; or not enough confidence. However, through research the authors found that none of those were the number one reason most people fail when they attempt to change. As a matter of fact, the number one reason is: Most people don't know how to change. The authors state plainly that "Our goal is to take away the threats to health and happiness and replace them with thriving."

The process is simple, not easy, but simple. The key is to identify your current change stage. That is, are you thinking about changing, working on changing, practicing change or maintaining change? Once you've identified your current stage, your next move is to learn how to move from your current stage to the next. That's the simple key that unlocks the door to ongoing and lasting change. Throughout this inspiring book you'll learn how to change - an especially important skill once you've made a NO MORE declaration.



**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