

SERVING FAMILIES AROUND THE CLOCK

At Stepping Stones, our mission is to provide 24/7/365 advocacy services, including safe shelter, to families throughout West Yavapai County who are experiencing violence, abuse, and other forms of victimization. Our team of advocates are always available to talk - day or night, holidays, weekends...they are always there. If you call our helpline, you always reach a "live" person, no answering machine to wait for a call back.

We are so grateful to serve local families and help them start the hard work it takes to find freedom from all forms of abuse. If you or someone you know needs support, please call our helpline: 928-445-4673.



MENTOR ADVOCATES LEARNING AND SERVING



Advocates provide support for families in our emergency shelter, as well as those who live in transition housing.

Transitional housing is an option for adults and their children when they complete their time in our emergency shelter services. When someone moves into our transition housing, they can live there for up to two years, providing more time for them to continue to work with our advocates and get back on their feet.

Additionally, adults in our transition housing have the opportunity to also serve as mentor advocates. These mentor advocates provide support for new families coming into emergency shelter by offering resources and their own experiences healing.

Adults from our transitional housing who exited also complete an anonymous survey upon exit to provide feedback. From January 1, 2020 - December 31, 2021, those who participated shared:

100% did not return to their abuser upon exit. 86% set up their own households after leaving Stepping Stones, and 14% moved in with supportive family.

100% reported they are completing their goals.

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

APRIL INSPIRATION: SERVICE AND THE 12-STEPS GOTTA GIVE IT AWAY TO KEEP IT!

by Suzi Jacobson

Shelter advocate & 12-step bookstore manager

There's a familiar saying in the recovery community, "You can't keep it unless you give it away." This idea of service is an important part of the lifestyle and teaching at Stepping Stones' advocacy and shelter services.

These days, I lead a 12 Step Study at the shelter once a week for individuals we serve who are also committed to staying clean and sober. It's a part of my commitment to the Twelve Step program and to Step 12 in particular which says, "Having

had a spiritual awakening as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs." Gotta give it away, not only to keep it but also to better understand it. Most of the teaching I've done in this group, as well as in more traditional classrooms, has hammered home to me the "rule" that to truly understand a subject, one has to teach it.

Service and "giving it away" showed up again recently in our program. Our Children's Advocate works with all the kids who come to shelter with their parent. While keeping the little ones

engaged can be easier and more straightforward, it's always a little more challenging for the tweens and teens.

Recently, one of the residents living in our transition housing noticed that her tween daughter, along with other older kids in shelter, needed a time of their own to share stories, continue learning how domestic violence affects kids, and gain strength from each other. Finding out that one kid's experience is just like another kid's is vital to the process of reducing shame, sharing feelings, and healing.

So, as a result of her own recovery and healing journey, one generous and courageous mom stepped up to start just such a program for tween/teens once a week. Now that's SERVICE! That is giving it away, and in the process, she keeps what she has been given. PLUS she actually receives even more because she learns from the kids. For a long time, these kids have kept secrets, fear, and anger bottled up while needing time and a place of their own.

The grand circle of learning, serving, teaching, and learning some more is working at Stepping Stones' shelter.



Teens, tweens, and children all receive age-appropriate services just like their parent does when they are working with our advocates.

LAST CHANCE TO MAKE A 2021 TAX CREDIT DONATION

If you haven't filed your taxes yet for 2021, you still have a little time left to choose where your state tax dollars go! 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

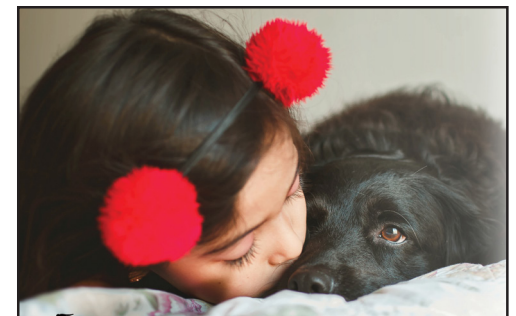
a qualified organization of any amount (up to \$400 filing single or \$800 filing joint on your AZ state return).

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

www.SteppingStonesAZ.org/donate
or mail a check to our 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

CELEBRATING SERVICE - VOLUNTEER APPRECIATION DAY

At Stepping Stones, volunteers serve across the agency - from helping answer the 24/7/365 Helpline to sorting donations in the thrift stores, they are an important part of our team. We are so grateful for the AWESOME community members who take the time to serve with us and give back. April 22 is Volunteer Appreciation Day! Thanks to all the awesome volunteers who give their time to support local families with us!

If you are interested in serving your community in a fun and energetic group of awesome people, then Stepping Stones is your place and our Volunteer Coordinator Kristen is your person! Contact her at 928-772-4184.



Sorting and organizing treasures.



Administrative office support.



Cashiering and customer service.



BIKE RAFFLE WINNER DRAWING ON APRIL 9

It's almost time to raffle off the awesome Specialized Crux bike (with accessories) we have at Stepping Stones Thrift! You can purchase raffle tickets in store 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)! Make sure your information on your ticket is correct, otherwise we won't be able to reach you! 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.

NEW PODCAST EPISODE: SUBSTANCE ABUSE & DV

Our new **Fearless Inventory Podcast** episode features our lead advocate Melissa sharing part of her story of how substance abuse and domestic violence played a roll in her life. Learn more about how substances can add to the cycle of unmanageability in someone's life. Listen anywhere you listen to podcasts or right on our website at www.steppingstonesaz.org/podcast.

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

STEPPING STONES' BOOK OF THE MONTH: WHEN I GOT BUSY, I GOT BETTER

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.

WHEN I GOT BUSY, I GOT BETTER FROM AL-ANON FAMILY GROUPS

It never ceases to amaze and delight me when one or more of us reach out to serve another, one of the first comments I hear is: "I thought I was going to help them, and I wound up feeling so much better about myself." It just works that way, doesn't it? That's the very idea of service put forth and beautifully described by different authors in the booklet *When I Got Busy, I Got Better*. One author describes her feelings after realizing that not only had she grown up in an alcoholic home, but she herself had a problem with alcohol. She became a dual member of Alcoholics Anonymous and Al-Anon*. Here's a glimpse of her experience:

*For years I felt like a double loser. Not until I agreed to serve as an Alateen** Group Sponsor did I begin to feel like a winner. ...In fact, I agreed to be an Alateen*

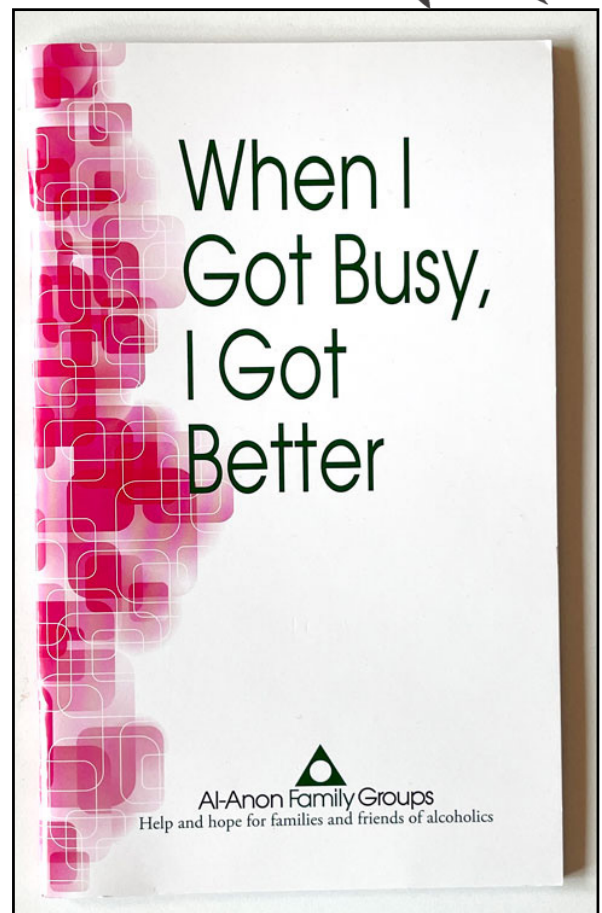
Group Sponsor because I thought I saw an opportunity to understand my son better. Before long, I discovered that the person benefiting most from my service wasn't my son but me. ...In Alateen service I was encouraged to release my anger and self-pity about being raised in an alcoholic home with little or no security. I was able to admit for first time that I loved my parents and that, though emotionally crippled, they loved me, too. (p. 35)

No matter your circumstances, you'll be better off serving someone else today, a few hours a week, or more. Get up and go serve!

**Al Anon is a mutual support program for people whose lives have been affected by someone else's drinking.*

***Alateen is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking.*

APRIL
SPECIAL PRICE:
\$6.50



**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