

NOTE FROM A RESIDENT: I KNOW NOW THAT I CAN DO ANYTHING

"And I know if I want something, I can go get it for me and my children."

Check out this special note about HOPE from a former resident in our advocacy services and safe shelter. Advocates are available 24/7/365 on our "live" helpline - 928-445-4673.



Hope: Hope is to me is That myself And my children Get Past All The Bad That Has Happened In our Life. Yes Being Here at Stepping Stones makes me Hopeful. Because we Are getting ~~help~~ The Help we Need To Get Past All The Bad we Had in our Life.

What makes me Hopeful for The Future is That I Know Now That I can Do Anything I set my mind To And I know If I want something I can go get it For me And my children.

Did You Know...? You don't have to live in our shelter!



Advocates serve many local families who do NOT need safe shelter. In fact, about half of the people who come to us have a safe place to live, but need the additional advocacy support services our advocates offer.

Advocates talk with people one-on-one for debriefing, safety planning, danger assessments, and legal advocacy support. Plus, adults can also join our educational support groups to learn more about topics like Dynamics of Violence; Codependency & Boundaries; and Family Dynamics. To learn more, call our helpline: 928-445-4673.

MAY'S INSPIRATION: HOPE IS VERY PRESENT

by Suzi Jacobson

Shelter advocate & 12-step bookstore manager

"The worst thing is never the last thing.*" In other words, hope is real! There are plenty of kids and adults who have come through Stepping Stones' shelter who now claim abundant hope;

they didn't when they arrived. I have talked with residents whose world was positively collapsing around them; they did not see any hope for the present nor could they imagine holding out any for the future. Many became depressed, lonely, addicted and deflated from constant emotional, physical and mental abuse as well

as personal addiction. Yes, the shelter is a safe place in the storm of cruelty, shame and abuse. But it is so much more than that. It is where the worst thing in life fades into the past and hope takes hold in the present. It happens that way because a lot of hard work and self-discovery goes into the program of change that Stepping Stones offers. First and foremost, our residents engage in honest self-inventory, assess self needs, and establish healthy, supportive relationships. They finish school, train professionally, work successfully, maintain and balance finances, learn new parenting skills and continue programs of growth after they leave Stepping Stones. Hope is very present in the shelter and throughout the community of Stepping Stones... it's our number, in fact: 928-445-HOPE (4673).

**Frederick Buechner, author and theologian*



HOPING FOR A SUMMER OF SERVICE? WE'RE HERE!

At Stepping Stones, we have awesome opportunities for people to serve throughout our agency. From thrift to the business office to our advocacy program, we welcome friends from the community to come get involved!

If you like:

- Office tasks like filing and scanning, helping with mailings, or putting together information packets, we have opportunities available right now for you to get involved!
- Organizing shelves and displaying items, our thrift team can use your help to keep the shelves full for our shoppers!
- If you are interested in volunteering in our advocacy services, please contact Cori, our Services Director, to learn more about our current volunteer opportunities.

To find out more about volunteering at Stepping Stones, contact our Volunteer Coordinator, Kristen, at 928-772-4184.



Volunteers help out all across the agency - including checking DVDs, filling shelves, and data entry!

FINDING HOPE THROUGH EMERGENCY SHELTER



Hope for the future can be difficult when you are struggling to make it through each day. When adults come to Stepping Stones, they are able to take a step back from the chaos and abuse they have experienced and begin to address areas in their lives they have control over. That is when we begin to see hope for the future blossom in their lives! Adults complete an anonymous survey upon exit to provide feedback. From January 1, 2022 - March 31, 2022, those who participated shared:

100% reported they are confident they will remain free from abuse.

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

100% reported they are secure in knowing how to connect with local resources for a safe future.

93% reported they know how to plan for their continued safety.

100% reported their child demonstrates improved emotional and behavioral health upon exiting.

CUSTOMER APPRECIATION DAY - SATURDAY MAY 21

It is because of our AWESOME customers and donors who choose to shop and donate with Stepping Stones that we can provide our 24/7/365 advocacy services including safe shelter for local families. And we can't wait to celebrate our customers on Saturday, May 21.

Come to the thrift store on 5/21 for a special Draw Your Discount sale AND we'll have other special treats for our customers throughout the day! Stop by to check out all the treasures on our shelves and Draw Your Discount to shop with! Thank you for shopping with us!



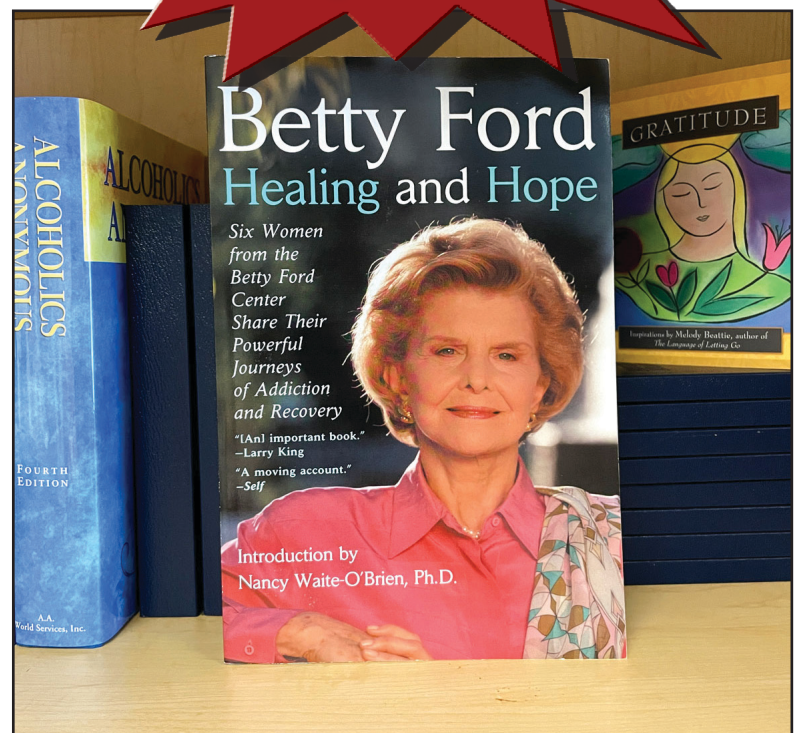
STEPPING STONES' BOOK OF THE MONTH: HEALING AND HOPE

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.

HEALING AND HOPE BY BETTY FORD

The Betty Ford Center is widely regarded as the nation's leading addiction treatment hospital, and since it opened in 1982, over 56,000 people have been treated there. Yet little has been written about what actually happens during treatment at the hospital. These are stories of regular women, not celebrities, and they cross a broad spectrum of race, age, and class. One is a schoolteacher, another a homemaker, and one is a former gang member. These women were addicted to alcohol, prescription medications, illegal drugs, and some to a combination of the three. For a few of the women, their treatment was successful the first time around, yet for others the journey to recovery was much more arduous. Their stories are honest and open, at times funny, often heartbreaking, and always compelling. Betty Ford weaves her own commentary around these narratives, giving details about the women and their lives - what they went through at the center and what happened afterward - and sharing stories about her own battle with drugs and alcohol.

**MAY
SPECIAL PRICE:
\$10**



**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!)**

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