

## MAY IS THE MONTH OF HOPE!

Domestic violence and abuse can make you feel like there is no hope. It can make you feel trapped, alone, and scared. But through our 43 years of providing 24/7/365 advocacy services, we know that hope is always there, even in the darkest of moments. Finding hope in the midst of abuse can be difficult, but it is possible. Stepping Stones advocates are here for anyone who is in need of support, shelter, and a safe place to begin to do the hard work to live free from abuse. Day or night, advocates are here to speak with you right away.

When you reach out, advocates can help you with tools and resources that will allow you to find hope little by little including one-on-one advocacy, lay legal advocacy, or connecting with community mental health resources.

A key way families are often able to rediscover hope is through focusing on their goals and the parts of life that they have the power to change. Reflecting on goals and areas of life that you have control over will allow you to take small steps forward.

Finally, it is important to remember that healing takes time. You may experience setbacks and difficult moments, but that does not mean that you have failed. Healing is a journey, and it is okay to take it one day at a time.

Finding hope in the midst of domestic violence and abuse can be a challenging journey, but every day advocates see families doing the hard work and changing their lives. By reaching out for help, focusing on your strengths and goals, and giving yourself time to heal, you can find hope and a



*You aren't alone - advocates available 24/7/365 to provide support and help you find hope 928-445-HOPE (4673).*

brighter future.

Remember, you are not alone and there is always hope. Call our 24/7/365 Helpline to speak to an advocate today - 928-445-4673.



## DISCOVERING HOPE: HOW ADVOCATES CAN HELP

Here at Stepping Stones, advocates are available 24/7/365 to provide support and resources for anyone experiencing violence or abuse in West Yavapai County. But maybe you're curious what that means? Here's a few examples of how our advocates have supported people recently:

- A woman called while with a police officer after a violent incident with her boyfriend. She needed a safe place to come and our advocate was able to help her get to shelter.
- A woman called who wanted to talk with an advocate about a past relationship that she realized was very unhealthy and still affecting her life today. The advocate made an appointment to meet with her in person to help her get connected to a therapist and our educational support groups.
- A man called who needed support with an order of protection. The advocate made an appointment with him to help him understand the process and how to access the paperwork from the court.

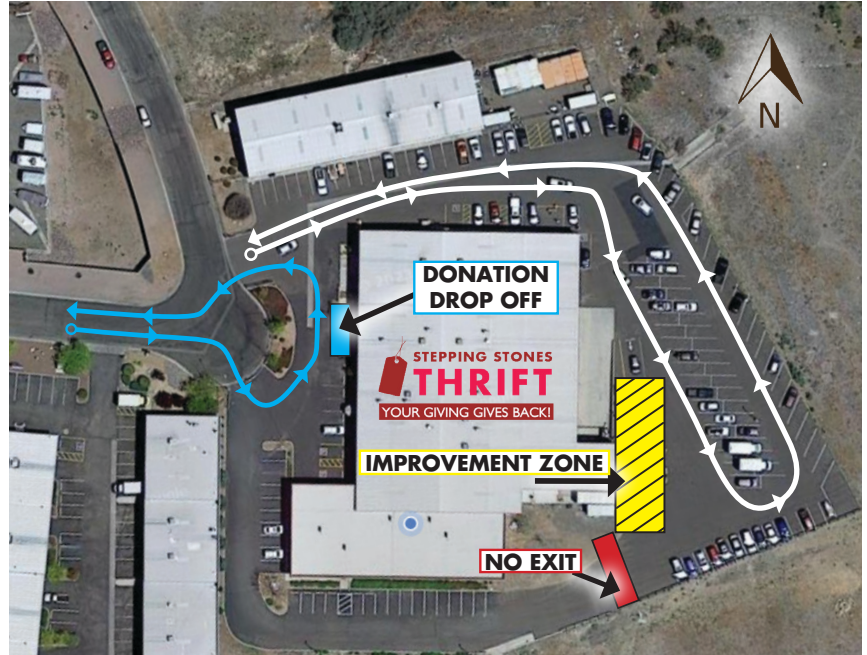
Reach out to our advocates through our 24/7/365 Helpline to ask questions and get help: 928-445-4673.

# IMPORTANT ANNOUNCEMENT: THRIFT IMPROVEMENTS STARTING MAY 22

We will be improving our donation drop off area with an overhang beginning on May 22!

**BUT...** that means some temporary changes while improvements are happening (see map for more info).

- **DONATION DROP OFFS** will be relocated to the west side of the thrift store by the entrance gates - See map and BLUE ROUTE for drop offs.
- **TRAFFIC FLOW** will be changed - See map and WHITE route for regular thrift store traffic. NOTE: You will NOT be able to exit on the south side of the property.
- **PARKING** may be impacted.



Thank you for your patience as we work quickly to improve our donation drop off area!  
**QUESTIONS:** Ask a manager or contact Alva in our Administration office at 928-772-4184.



## CUSTOMER APPRECIATION DAY

Friday, May 19  
9 am - 5 pm  
at Stepping Stones Thrift  
2651 N. Industrial Way  
in Prescott Valley

Spin to WIN  
is back with  
new prizes!

Plus  
snacks  
(while  
supplies last!)



Stop by to Spin to Win a special discount, enjoy a snack, and shop the treasures! You'll never know what you'll find...

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