

REACHING THEIR POTENTIAL THIS JUNE!

Rebuilding a life filled with the stress, fear, and chaos caused by domestic violence and abuse is a courageous and challenging journey. It's an opportunity to uncover one's worth and build self-confidence - leading to a chance of discovering potential people never thought possible.

There are three main things that can help someone who is working hard to live free from all forms of victimization reach their potential.

First, setting healthy boundaries allows someone to establish what is and is not ok in their life. This can be difficult if they have never had healthy boundaries before. Sometimes people have no boundaries and other times boundaries can be so strict that people are isolated. Learning to say "no" to toxic relationships, situations, and behaviors empowers them to prioritize their well-being.

Next, creating supportive fellowship allows adults to have connections and support as they work on healing. Often after leaving an abusive relationship, old family or friends may not be supportive or healthy to remain in their life. It's important to find people who can provide



Local families are finding freedom from all forms of violence and abuse. Through hard work and support from Stepping Stones' advocates, they are discovering their potential and working hard to change their lives. If you or someone you know needs support, call our 24/7/365 Helpline at 928-445-4673.

support as they take steps toward healing. Supportive fellowship can include 12-step recovery groups, churches, therapy groups, or even something like a book club.

Finally, when embracing the many different avenues of therapeutic support, adults can begin to see the potential of what their lives could be after abuse. From pursuing education and career goals to learning new skills and gaining independence, it may be the first time in their lives they

were able to see beyond the immediate crisis they lived daily. By stepping out of their comfort zones, survivors can redefine their lives and unlock their potential, empowering them to have lives they may have once thought were out of reach.

If you or someone you know needs support because of domestic violence and other forms of victimization, call our advocates on our 24/7/365 Helpline: 928-445-4673.

**KNOW THAT
YOU ARE NEVER
ALONE**

Call our advocates day or night to get the support you need. Simple right? Our team is available at all times to provide support over the phone, help during a crisis or emergency, make appointments to provide in-person advocacy services, and offer resources - 928-445-4673.

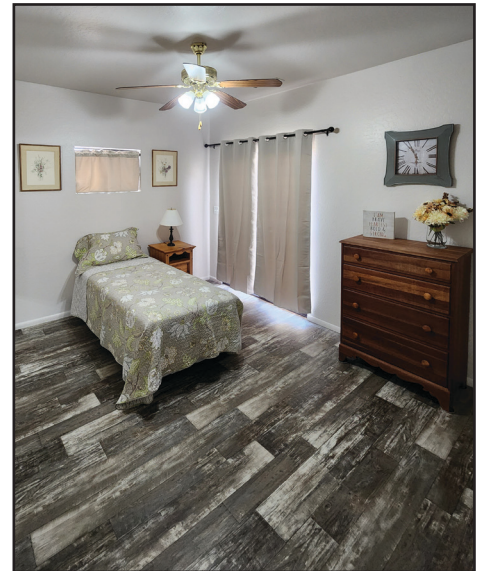
AFFORDABLE, SAFE TRANSITIONAL HOUSING FOR LOCAL FAMILIES LIVING FREE FROM ABUSE

One of our favorite things that we've been able to accomplish recently is the expansion of our safe transitional housing. In fall 2022, we were able to obtain an older triplex. Thanks to the hard work from our awesome team of associates, local businesses, and friends of the agency, the units are updated with new flooring, fresh paint and filled with items needed for families to live in the space. As of May 2023, these three units are completely full and housing local

families who are working hard to live free from abuse and other forms of victimization. Transitional housing is a key part of helping families realize their potential as they continue to heal from abuse. Often housing in our community can be unattainable for families we serve because of very high market rate rent and few options. Our transitional units provide families with more time to save money and look for affordable permanent housing.

Stepping Stones knows that housing is just one part of a bigger picture for people finding freedom from abuse. Having a safe, stable, affordable place to live is a central piece to ensuring someone continues to do the hard work it takes to heal.

Take a look at a few photos of our awesome new-to-us space! Thank you for supporting local families with us!



Take a sneak peek at a remodeled safe transitional housing triplex unit. Top row Unit 1: bathroom, kitchen and dining, and bedroom. Bottom row Unit 2: kitchen, living room, and bedroom.



DISCOVERING POTENTIAL ONE STEP AT A TIME



Families at Stepping Stones often have faced difficult, chaotic, and painful life experiences. Those experiences can keep people from seeing the great potential their futures hold. With a lot of hard work and support, they can work to change their lives and discover their potential! Adults complete an anonymous survey upon exit to provide feedback. From Jan 1 - March 31, 2023, those who participated shared:

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

98% reported their safety has improved, even after leaving Stepping Stones.

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

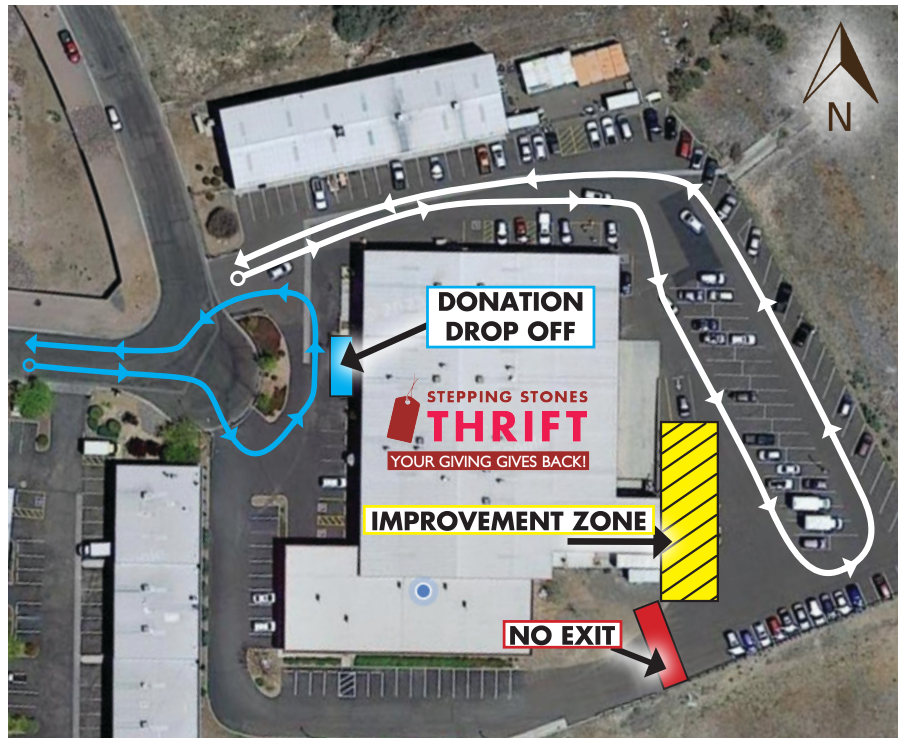
100% reported they have an increased feeling of well-being.

IMPORTANT ANNOUNCEMENT: THRIFT IMPROVEMENTS STARTED JUNE 5

UPDATE - our Overhang Improvement Project began **Monday, June 5**. We're excited about this project as it will create an updated donation drop off area for you!

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.

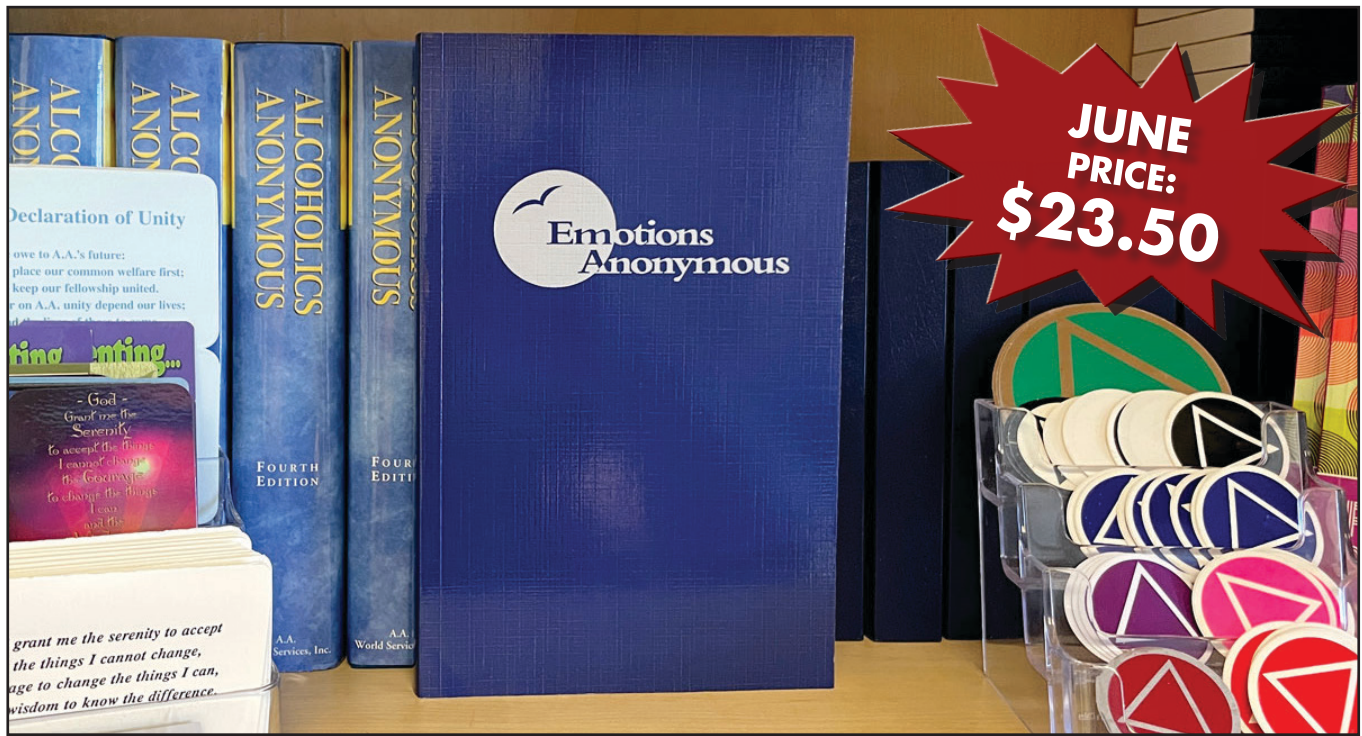


Thank you for your patience as we work quickly to improve our donation drop off area!
QUESTIONS: Ask a manager or contact Alva in our Administration office at 928-772-4184.

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

STEPPING STONES' BOOK OF THE MONTH: EMOTIONS ANONYMOUS

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 Danica or Leslie at 928-772-4184 to learn more.



EMOTIONS ANONYMOUS

Review by Danica

Survivor of domestic violence

If you are anything like I used to be, then you have a lot of potential that you are not aware of. One of the biggest challenges I previously had was recognizing that I have power within to truly thrive. Emotions are very powerful, and my unbalanced emotions kept me from moving forward in life. They

prevented me from living the life I dreamed of living.

Today, I work closely with a sponsor and I have the tools of another 12-step program that really works for me. I have found that working hard to heal and balance my emotions to the best of my ability, one day at a time, has given me piece of mind and a full and happy heart.

Emotions Anonymous is a book that includes a variety of personal

stories and tools using a 12-step program. Emotions Anonymous helps individuals better understanding their emotions and lead a more manageable life.

I now know and understand that my emotions are healing one step at a time, one day at a time. I would recommend this book to anyone looking to find emotional well being and the support of the 12-steps.

**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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