

FINDING A BETTER LIFE FREE FROM ABUSE

"I didn't know what to do when my boyfriend came home so mad and hit me for the first time. I was shocked. But after more fights than I can count, I knew that my life wasn't going to get better if I didn't do something. I saw a little card at my church with Stepping Stones' helpline on it, and I decided to call just to talk to someone. The advocate invited me to come in and talk in person so I did. When we met, it was the first time I was able to just breathe and talk to someone about what was happening. They gave me options to think about so I could get safe. I decided to go to the shelter for a couple nights and they helped me get back to the safety of my aunt's

house. My short time talking with advocates helped me see that I deserved better from a relationship. I am grateful for their help and I'm getting therapy to make sure I can focus on healing myself." - Anne (name changed)

Anne found a moment of hope that there is better for her when she called our advocates. From there, she was able to make decisions to move forward and live free from abuse.

Each day is a chance to "be better" and take steps forward. If you or someone you know needs support because of domestic violence and other abuse, call our 24/7/365 helpline at 928-445-4673.



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

WORKING HARD TO BE BETTER AFTER ABUSE



Stepping Stones advocates are available day and night on our helpline: 928-445-4673.

With consistent hard work and dedication, adults at Stepping Stones create lives that are better as they move on after abuse. To do this, it means taking an honest self-inventory, attending therapy, and using resources to improve their lives. With all that work, they can "be better" and find freedom from abuse! Adults complete an anonymous survey upon exit to provide feedback. From January 1 - June 30, 2023:

119 adults and children received face-to-face advocacy services in the first six months of 2023.

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

100% reported they know how to plan for their continued safety.

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

100% reported they felt safe and believed at SSA.



**TAKE BACK
THE NIGHT
FOUNDATION**

Join survivors, supporters, and leaders
in saying **No** to domestic violence
in our community!

TAKE BACK THE NIGHT
CANDLELIGHT VIGIL • RESOURCE TABLES

October 3rd, 2023 • 5:30 - 7:30 PM
Theater on the Green, Prescott Valley

***PROGRAM WILL BEGIN PROMPTLY AT 6:00 PM**

Presented by the Yavapai County Coordinated Community Response Team

IT'S NATIONAL RECOVERY MONTH

September is National Recovery Month, and we love our local recovery community! At the Step One Community Center (located on the same campus as our thrift store), there are daily recovery meetings held for anyone who needs support and fellowship. Inside our Administration Office, we have a 12-Step Recovery Bookstore with a variety of 12-step medallions, books, workbooks, daily readings, jewelry, key chains, and more. Plus, we have items that are also great inspirational gifts. Stop by to check out our selection - located at 2651 N. Industrial Way, Suite A (inside our office). Call Savannah at 928-772-4184 if you have questions.



JOIN US AT TAKE BACK THE NIGHT 2023!

October is Domestic Violence Awareness Month, and we invite you to join us at Take Back the Night! Take Back the Night is a community event that honors and supports those who are affected by domestic violence and other forms of abuse. Come to the event on **Tuesday, October 3** to hear from local agencies, law enforcement, and a special survivor speaker's inspiring story. Stepping Stones will have a table at the event and would love to see you there! Event begins 10/3 at 5:30 pm and is held at the Prescott Valley Civic Center's amphitheater located at 7501 Skoog Blvd, in Prescott Valley. Questions? Contact Alexis at 928-772-4184.

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

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