

CRISIS KNOWS NO BOUNDARIES – IT HAPPENS DAY AND NIGHT

Families in our community find safety, support, and resources as they face some of the most challenging times in their lives - like violence and abuse from someone they love.

The most amazing thing that we see every day is how brave and courageous people can be when they commit to doing the hard work it takes to address and heal from abuse. What does it take to find true freedom from victimization? Through our 43 years of providing advocacy support, we know that it takes an honest look at our lives to address the things we can control and to let go of the things we cannot. That means addressing our substance use, spending habits, response to stress and trauma, and taking a therapeutic look at our lives in order to identify these issues and do the work to make real, lasting changes. While no one ever deserves to be hurt, often

there are things in our lives that keep us vulnerable to abuse. When we make choices to take a look at our own lives and begin to address childhood traumas, substance abuse, and other behaviors that cause our lives to be unmanageable, that is when real change can happen. It is not easy or immediate. It requires consistency and dedication to the work that is required. But, it is amazing to see people take steps toward lives free from abuse. Below are several letters representing thousands of families over years who did the hard work to change their lives. Read below and celebrate their successes with them!



I came to stepping stones because I was in a dangerous situation with my brother wanting to kill me. I needed a safe place to live, to get my life back on track.

Stepping Stones has been a safe and secure place for me to come home to. They have changed my way of life. The most important thing they have helped me with is empowering me and helping believe in myself. I was struggling with a self harm addiction they have gave me a reason not to do it anymore. They have helped me find recovery tools to help me through this difficult situation with self harm. Stepping Stone advocates have helped me with figuring out how to have my own finances and encouraging me to get a full time job. I now have the resources to have a stay clean and start my life without abuse.

Dear Robin & people of Faith House-

I watched a CNN show "The Person who changed my life" and for me it's you. In the 80's I was in an abusive marriage and how (God) I found out and went to Faith House and Alanon meetings. My life has totally changed to the better. I'm 42 yrs old now, have been married to a wonderful man for 20 years, have healthy, good relationships with my two adult children. God is totally in my life leading me every step of the way.

Thank you.

I've learned to be more responsible and to "say what I mean" and take actions which support me being a woman of integrity. I've learned that my past does not define me and that by "living right" today defines the woman I am.

It has been a long haul and I couldn't have done it without all your help & support.

Thank You

Being in the SSA program has changed mine and my children's life in so many ways. The Advocates in the SSA program have believed in me as a mother when I couldn't. This program addresses the emotional issues that kept me from being there 100% for my kids. Not only am I present now for my kids the Advocates are too. The support & education given in this program are priceless.

When I first got here to S.S. I was a mess. I did not know who I was and the person I thought I was, I didn't like very much. This program has taught how to be myself and to choose healthy relationships. Everyday I learn something new about myself. This program saved my life. The advocates here really do care and you have to do is let them. I am very grateful to be here and I believe I am here for a reason.

Sincerely,

I am grateful for a lot of things first and for most my (A) team and the huge support I have behind me that I never have had before in my life. I have hope that my kids will one day hear how their mom worked so hard and how she put them first before anything. Hope, Love, Faith, Courage and most of all Sobriety is what I have gotten out of the wonderful program.

Thank You Stepping Stones for being my (A) team

I've struggled to do on my own. I've learned about co-dependency and to finally, not taking care of and not enable me to better love take care of my own child.

Another state (By speaking) and the lives of my baby!

If you have questions or want to learn more about our advocacy services and agency, please contact us at:

Stepping Stones Agencies
2651 N. Industrial Way, Suite A
Prescott Valley, AZ 86314 | 928.772.4184
info@steppingstonesaz.org

24/7/365 Advocacy, Emergency Shelter, and Support Programs | www.SteppingStonesAZ.org

**24/7/365 HELPLINE:
928.445.HOPE**

MOVING FORWARD WITH INDEPENDENCE AND AFFORDABLE HOUSING

Adults in Stepping Stones 24/7/365 advocacy services put in a lot of hard work to change their lives and find freedom from all forms of abuse. But, we consistently find that it is difficult for families to find accessible, affordable safe housing options upon exit from Stepping Stones' safe shelter.

Over the last 12 months, only 15% of the families who left our shelter services were able to find permanent housing (i.e. setting up their own household) in our West Yavapai County communities. Upon exit, some people are able to live with friends or family while others access further services (other temporary housing, mental health, or substance abuse treatment). These options are often not long-term, which means the majority have to choose less stable housing options in order to live in safety and independence, and sadly, it's getting worse.

Our mission at Stepping Stones is to end intimate violence in all forms and promote individual self-sufficiency, personal growth, self-worth, and resiliency in the adults and children that we are committed to serve. We know that affordable housing is an important part of staying safe after leaving our shelter. But, we also know that financial insecurity can lead someone to make choices that they otherwise would not. It can be less scary to go back to something you know isn't good for you (like returning to an abusive relationship!) than to face a difficult financial challenge alone.

Over the last 12 months, only 15% of the families who left our shelter services were able to find permanent housing in our West Yavapai County communities.

In order to address this issue, we're doing two important things:

1 **Building self-sufficiency and independence** in the adults we serve. When an abusive relationship takes away autonomy and independence from someone, it takes time to reestablish those traits in their life (or maybe establish them for the very first time!). Our advocates help adults to identify needs, create goals, and walk them through the options and resources they have available to them. Then, they are able to start taking action and making decisions.

Sometimes, it is difficult for that person to make easy decisions because they haven't done it in years. For others, they are paralyzed when examining all the work that they need to do moving forward. Our team knows that the only way to move forward is to take things one day at a time. It's not easy or fast, but little by little, these adults are able to make true, lasting change in their lives.

2 **Creating more housing options for families.** One of our favorite things we've been able to accomplish recently is purchasing and renovating an old triplex in order to add three additional transitional housing apartments for families leaving our emergency shelter. These additional units offer more families longer time living in safety as they continue the hard work of healing, saving money, and searching for permanent housing. While transitional housing may not be long-term (up to 2 years), it is a positive step forward for many who are facing the lack of affordable housing in our community. It helps families in need of housing right now, while the larger community takes a look at addressing the housing issues many residents face.

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 can continue to do the hard work it takes to heal.

If you would like to get involved to support our important goal of acquiring additional transitional housing options for local families, please contact Cori or Alexis at 928-772-4184.



Stepping Stones transitional housing offers families safe, affordable places to live while they continue to do the hard work to live free from abuse.

When you call the 24/7/365 Helpline, you'll get an advocate right away - no answering machines or waiting for a call back. We are ALWAYS available - day or night.

24/7/365 HELPLINE: 928.445.HOPE

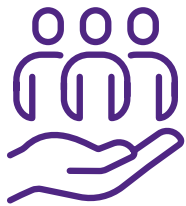
MIRACLES HAPPEN EVERY DAY FOR LOCAL FAMILIES

We see miracles happen all the time at Stepping Stones. Families come to us when they are struggling through difficult situations, and we regularly see people build their confidence and create a life that they are proud to live. Our advocates are here 24/7/365 to ensure that families can get the support they need when they need it. Take a look at a few statistics and outcomes we've seen over the last 12 months:



3,379
Helpline Crisis & Referral Calls Answered

208
Adult & Children Received
Face-to-Face Services



Of the Adults we served:
79% experienced some type of abuse as a child (physical, sexual, or emotional)
Average number of abusive relationships as an adult: **2**

What does this tell us? It highlights that underlying trauma or behaviors may be keeping someone vulnerable to abuse.



Advocates provided over
7,682 HOURS
of Face-to-Face Advocacy services including educational support groups

THAT'S 21 HOURS PER DAY!

(12 month data from July 1, 2022 - June 30, 2023)



STEPPING STONES SERVICE OUTCOMES

Upon completing services with our advocates, adults anonymously reported these outcomes about their lives:

100% said they have an increased knowledge of domestic violence and its effect on their life

100% felt they are (re)gaining control of their life

99% said their safety has improved, even after leaving the program

98% said they are completing their goals

100% said they have increased knowledge and understanding of violence, abuse, and neglect's effect on their child's life

100% said their child demonstrates improved emotional/behavioral status during their time at SSA

15% left with permanent housing...there are not enough affordable housing options

SUPPORT LOCAL FAMILIES WITH A TAX CREDIT DONATION

"I didn't realize how bad the abuse was until I finally had a chance to breathe. Once I looked at my life and talked about what happened with the advocates, it became clear that I needed help. I had a place to sleep and the things I needed for every day, but I got so much more than just that. I learned how to actually deal with pain from throughout my life AND that I deserve to be safe and have a partner who won't hurt me. I'm thankful that I have help now." - Sarah (name changed)

Because of you and the Arizona Qualifying Charitable Tax Credit program, Sarah has discovered the support she needed to break free and make a change in her life for the better. Thank you for helping Stepping Stones provide that safe place for her and other local families in West Yavapai County.

Arizona offers a dollar-for-dollar tax credit on your AZ state return by making a monetary donation to a qualified charitable organization of any amount (new for 2023 - up to \$421 filing single or \$841 filing joint). When you claim the credit, you will reduce your tax liability or increase the amount you receive in a refund. To take advantage of the tax credit, make your donation by April 15, 2024.



**DONATE ONLINE AT: [STEPPINGSTONESAZ.ORG/DONATE](https://steppingstonesaz.org/donate)
OR FILL OUT & MAIL WITH DONATION TO:**

**STEPPING STONES AGENCIES
2651 N. INDUSTRIAL WAY, STE A
PRESCOTT VALLEY, AZ 86314**

I AM EXCITED TO SUPPORT FAMILIES IN OUR COMMUNITY BY DONATING

- \$421 tax credit (filing single) \$100
 \$841 tax credit (filing joint) \$50
 Other: _____
 Please send me information on how I can help local families for years to come through a Charitable Legacy Gift.

Please send acknowledgment & tax receipt to:

Name: _____

Mailing Address: _____

City/State/Zip: _____

E-mail: _____



**TO LEARN MORE ABOUT DONATIONS
OR OTHER WAYS TO HELP,
CALL ALEXIS AT 928.772.4184.
READY TO GIVE? SCAN QR CODE!**

Please check with your tax professional for information regarding donations and your specific tax situation.

Stepping Stones' official Qualifying Charitable Tax Credit code from the State of Arizona is: 20034.

SHOP LOCAL • DONATE LOCAL • SERVE LOCAL

TREASURES AND TRAINING - STEPPING STONES THRIFT STORE PROVIDES SUPPORT FOR LOCAL FAMILIES



25 YEARS!

Since 1998, Stepping Stones Thrift Store has consistently provided unique treasures, great prices, and awesome customer service from our associates. We are excited to celebrate 25 years of supporting local families through our thrift store social enterprise.

When you shop and donate at Stepping Stones Thrift Store, you help us ensure that the lights stay on and the doors open for our 24/7/365 advocacy services. Proceeds stay right here in our community and support our mission.

Beyond that, our thrift store also provides emergency clothing for those in need and paid on-the-job training for adults in our advocacy services and others

in our community who need a second chance to get back on their feet. From cashiering and customer service to pricing and merchandising, thrift is more than just a great discount, it's a place to learn and grow.

You can find it all under one roof in Prescott Valley! Shopping hours are Tuesday - Saturday 9 am - 5 pm, and donations are accepted Tuesday - Saturday 9 am - 4 pm (store is closed Sunday and Monday).

Thank you for shopping, donating, and supporting Stepping Stones Thrift Store for 25 years! It's because of you that we are able to provide our around-the-clock advocacy services to local families who are looking for freedom from domestic violence and other forms of victimization. Thank you for making a difference in our community!



Stepping Stones Thrift Store features gently used items donated by the community from clothing to home goods to furniture and more. Our associates accept donations, sort and price items, and fill the shelves for you to shop. Thank you for supporting families with us!

VISIT OUR HUGE THRIFT STORE LOCATION IN PRESCOTT VALLEY!



WE PICK UP FURNITURE IN THE QUAD-CITIES!
CALL OUR DONATION CENTER: 928.759.0225

Call Mon - Thurs 9 am - 4 pm to learn more about our current donation schedule and what we can pick up. Schedule can be up to two weeks out during busy seasons.

STEPPING STONES THRIFT STORE
2651 N. Industrial Way, Prescott Valley | 928.499.3206

STORE HOURS: Tues - Sat 9 am - 5 pm
DONATION DROP OFFS: Tues - Sat 9 am - 4 pm
CLOSED SUNDAYS & MONDAYS

12-STEP RECOVERY & INSPIRATIONAL GIFTS AVAILABLE

Did you know we have a 12-Step Recovery and Support Group bookstore located inside our Administration Office? We have a variety of 12-step recovery and inspirational gifts including books, medallions, coffee mugs, jewelry, t-shirts, stickers, cards, and more! And, if you're looking for something special, we can place a special order for your specific items.

Open Monday - Thursday 9 am - 4 pm, and Friday by appointment at 2651 N. Industrial Way, Suite A in PV. For questions, please call Savannah at 928-772-4184.



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, genetic information, gender identity, sexual orientation, 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 llama a Cori Burke, 928.772.4184.