



DISCOVERING INDEPENDENCE AFTER ABUSE



“Looking back I am stronger woman and independent now. Before I was stressed to the max, exhausted beyond reason, hopeless, and floundering. But now, the door is open. I got this. I can and I will do it!!”

*- Amanda, shelter graduate
(name changed)*

Leaving a domestic violence relationship is a huge step toward freedom and independence for many adults. The first step begins with the courage to reach out for help, and Stepping Stones’ advocates are always available for support through our 24/7/365 helpline.

Once someone finds safety and support, they can begin to do the hard work to find freedom from the chaos and violence. This work includes a mix of both therapeutic support for the experiences they had, as well as practical steps toward self-sufficiency.

A therapeutic support includes one-on-one debriefing with advocates, seeing a licensed therapist, educational support groups, and other supportive fellowship. This allows time to work through the trauma and begin to address the areas in their lives that they have

the power to control. Educational support and fellowship groups help provide a sense of community and encouragement from others who have walked similar paths.

For families at Stepping Stones, practical needs may include navigating the legal system for orders of protection, divorce, or child custody challenges, along with all the necessities of housing, income, and medical care. Advocates provide resources to help families find the best solutions to the challenges they face in these areas. This practical support empowers adults to make decisions for themselves and their children that will help them continue to live free from abuse.

If you or someone you know wants to find freedom from abuse, please call our advocates 24/7/365 at 928-445-4673.

WORKING TOWARD INDEPENDENCE AND FREEDOM

Every day, families at Stepping Stones are working toward lives that are filled with safety, hope, and independence. Adults complete an anonymous survey upon exit to provide feedback. From 1/1-3/31/2024:

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

100% reported they are completing their goals.

100% reported their child has improved emotional/behavioral status from their time at SSA.

100% reported they felt confident they would be free from abuse even after leaving Stepping Stones.



**2651 N. INDUSTRIAL WAY, SUITE A
PRESCOTT VALLEY, AZ • 928-772-4184**

**STEPPING STONES THRIFT STORE: 928-499-3260
DONATION PICK-UP: 928-759-0225**

**ADVOCATES AVAILABLE
ON OUR 24/7/365
HELPLINE 928-445-4673**

WWW.STEPPINGSTONESAZ.ORG

STEPPING STONES' BOOK OF THE MONTH: CODEPENDENT NO MORE

Each month we'll feature a book or item from our 12-step recovery and inspirational bookstore!
These items are 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 Savannah at 928-772-4184 to learn more.

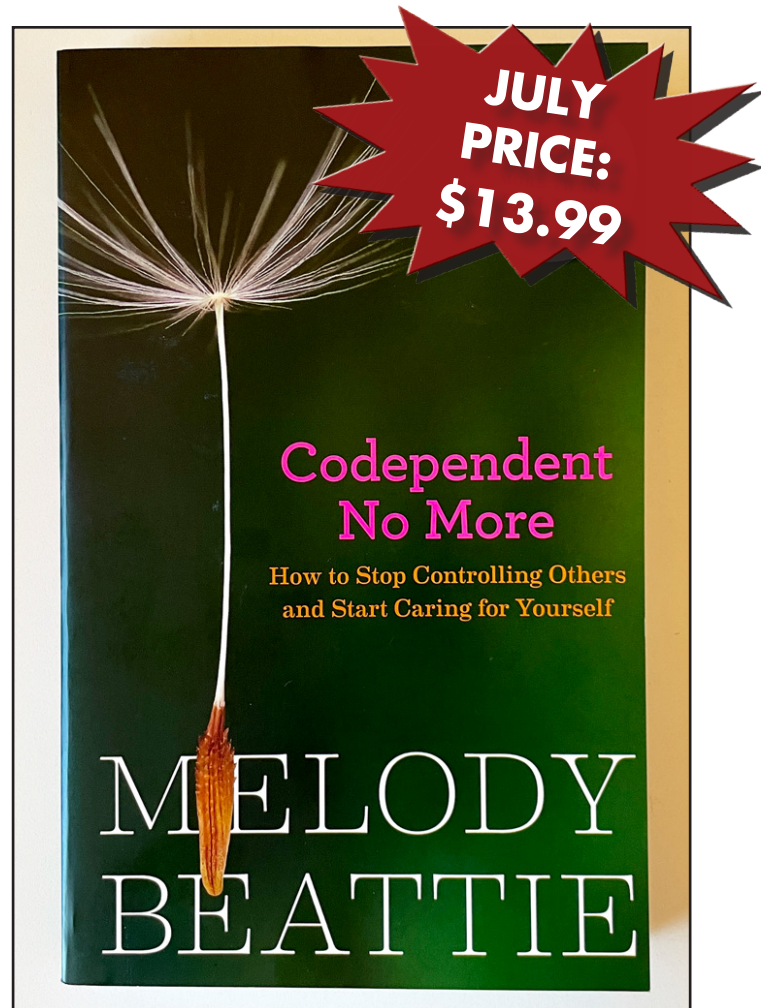
CODEPENDENT NO MORE HOW TO STOP CONTROLLING OTHERS AND START CARING FOR YOURSELF BY MELODY BEATTIE

"The words vary but the thought is the same. 'I'm not happy living with this person, but I don't think I can live *without* him (or her). I cannot, for some reason, find it within myself to face the aloneness that every human being must face or continue to run from: that of being ultimately and solely responsible for taking care of myself. I'm not sure I *want* to. I need a person, any person, to buffer the shock of my solitary condition. No matter what the cost.'" - pg. 97-98

Codependent No More by Melody Beattie is a book that covers the struggles many people face when they enter into a codependent relationship. The difficulty they face in believing they can live independently from another person keeps them from coming back to relationships that are not healthy.

At times, they can't see how this behavior changes the way they live their lives. Melody explains how change is possible and offers both stories and activities to help the reader in claiming their independence.

Available this month in our 12-Step recovery bookstore for \$13.99. Questions? Contact Savannah at 928-772-4184.



**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!)
QUESTIONS? CALL SAVANNAH 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