

DISCOVERING POTENTIAL MEANS YOU "CAN"

"This has been the best experience I could hope for after the bad situation I was in. Having support while trying to get back on my feet, empowering me that I can do things on my own, and helping me take control over my life. During the times I didn't want to face things, the advocates helped motivate me. Stepping Stones taught me ways of coping, living, and succeeding in life for the first time." - M, SSA resident



Families find freedom from abuse and support day and night through Stepping Stones' 24/7/365 Helpline: 928-445-4673.

Discovering potential after experiencing abuse means reclaiming a sense of self and envisioning a future beyond the past trauma. For families at Stepping Stones, building self-worth and self-sufficiency helps them find ways to move beyond the abuse they experienced.

But, discovering potential isn't just about achieving goals. For adults who experienced years of abuse, chaos, and trauma, it often means they are realizing their value again and being empowered that they:

- CAN live free from abuse.**
- CAN be the best parent.**
- CAN accomplish their goals.**

CAN change their lives.

The future can be bright and full of potential after abuse through the hard work and dedication folks do as they become free from all forms of abuse. If you or someone you know needs support because of domestic violence, call our helpline at 928-445-4673.

POTENTIAL TO LIVE FREE FROM ALL ABUSE



Those first steps towards potential and freedom from abuse can be difficult, but it is empowering for a family when they begin to see the changes happening in their life. 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 have an increased knowledge of domestic violence and its effects on their life.
- 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

POTENTIAL FOR A FRESH START: IT STARTS WITH A PHONE CALL



Advocates answer our helpline 24/7/365 to ensure that families can always talk to someone when they need help because of a domestic violence crisis.

It can be scary when someone takes the first step to make the phone call and talk to our advocates. They may be scared to talk to a stranger about their problems or maybe they are afraid to finally say what has been happening out loud to someone.

But, that is exactly what our advocates are here to help with. Our 24/7/365 helpline provides direct support along with resources when someone needs it most. Advocates are available to help someone step forward into a life filled with the potential of never experiencing abuse again.

Every person's path is different, and our advocates can help each person move forward based on

their goals.

These fresh starts come with a lot of hard work and dedication to really changing their lives. Families spend a lot of time talking with our advocates, finding resources to help with the challenges they are experiencing, and celebrating wins of all sizes.

After 44 years of service, we know that it takes a lot of work to live free from abuse, but it is possible! A fresh start and a future filled with potential is possible for families receiving support.

If you or someone you know needs support, please call our helpline and speak with our advocates: 928-445-4673.

What happens when someone needs help?

1. First, call our 24/7/365 helpline at 928-445-HOPE (4673). You can always talk to a person right away when you call this number.



Our advocates will be able to listen to your situation and offer what resources we have available, as well as other resources in the community that may be helpful for you.

2. If we can provide safe shelter for your domestic violence crisis, advocates will coordinate with you to get you to safety.



If you have a safe place to live or we have no space available, advocates will help with other resources.

3. Once in our safe shelter, advocates take time to talk about what your needs and goals are and what the next steps will look like for you.



Sometimes it's a quick transition to help you get back to where you want to be (example like: my sister lives in Colorado and said I can come stay with her). Other times, you may not have supportive friends or family and need to stay longer - up to 4 months in our emergency shelter!

4. Services that you can receive (both living in shelter and if you have another safe place to live!) include:



- One-on-one debriefing and advocacy support
- Safety Planning and Danger Assessments
- Educational support groups
- Lay legal support (orders of protection, etc.)
- Resources and referrals for therapeutic support, mental health services, substance use support, and more!

5. Some families still need more time with us, even after their 4 months in emergency shelter, and that's where our transitional housing units help! We have 9 apartments where families can live for up to 2 years based on what they need!



www.SteppingStonesAZ.org



TheDailyCourier

READERS' CHOICE AWARDS

HELP US WIN BEST THRIFT STORE FOR THE 7TH YEAR IN A ROW!

Voting is open now through June 15, and you can vote for us daily!

We are so grateful to be in the running again this year for Best Thrift Store in The Daily Courier's Readers' Choice Awards. This is always a special honor because it's voted on by YOU, our awesome

customers, supporters, and friends.

Voting period is open now through June 15, and you can vote every single day to help us win the top spot.

Thank you for all the ways you support the families in our 24/7/365 advocacy services and safe shelter! We couldn't keep our doors open and lights on without YOU!

HOW TO VOTE:

SCAN QR CODE OR FOLLOW STEPS BELOW:



Go to www.dailycourierchoice.com
Click on "Local Shopping"
Scroll to find "Thrift" category
Click or tap on "Stepping Stones Thrift Prescott Valley"
Click "Vote" and enter your email



STEPPING STONES' BOOK OF THE MONTH: CLEAN: A NEW GENERATION OF RECOVERY SPEAKS OUT

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.

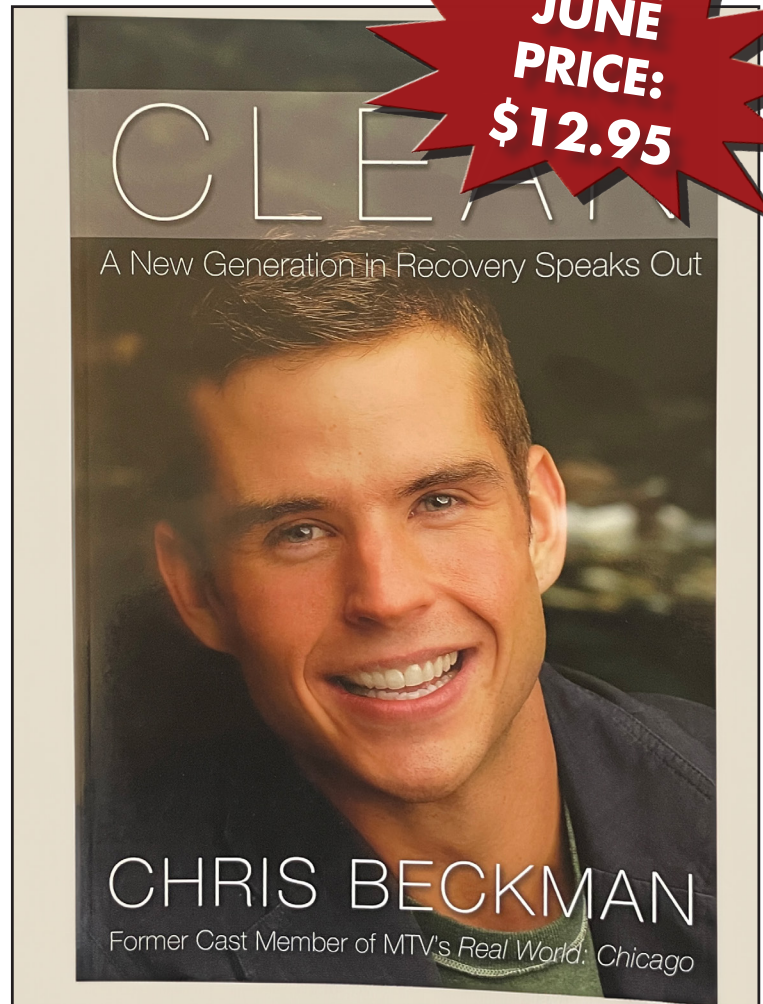
CLEAN: A NEW GENERATION OF RECOVERY SPEAKS OUT BY CHRIS BECKMAN

When we're young, the world likes to say we have a lot of potential. While this is true, we can very easily lose sight of that when the trials of life come our way.

Addiction doesn't care how much potential someone else says you have, and when it takes over, all that potential seems to fade away. While you may forget it exists, it can be an incredibly important tool to grab hold of during recovery. Potential never disappears entirely, it's never too late to pursue bettering yourself and allowing the real you to flourish.

This book follows the life, addiction, and recovery of Chris Beckman, an addict who began drinking at age 11 and couldn't see his full potential until embracing sobriety at 23. Clean includes Chris' story, along with other stories from others whose lives were affected by addiction. This book serves as a primer and wake-up call for addiction and substance abuse in the lives of young people.

Available this month in our 12-Step recovery bookstore for \$12.95. 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