

HOPE ANEW THANKS TO YOU!

"I was almost hopeless and Stepping Stones brought me to believe in miracles. This place is a God sent. It is safe, warm, caring, and non-judging. They are able to make the impossible happen on such short notice. Truly amazing!"
- J, shelter resident

Starting a new life after violence and abuse is challenging all on its own, but not being able to find an affordable place to live adds more stress.

We knew Stepping Stones could help ease that stress with our transitional housing

options.

At the end of 2023, we were able to increase our total number of transitional housing units to 9 two-bedroom two-bathroom units! This allows for up to 18 families (depending on size of family and specific needs) from our safe emergency shelter to continue living with us for up to two years while they work hard to get back on their feet, gain a rental history, and get more support from our advocates. Thank you for making a difference! Take a look at a few photos from our newest unit!



Our newest transitional housing units! If you need support, call our 24/7/365 Helpline at 928-445-4673.

HOPE FOR A SAFE, BRIGHT FUTURE



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

Finding hope in the middle of trauma and chaos can often be impossible for the families we serve. But when they come to Stepping Stones, they have the opportunity to take a breath, debrief, and begin to work toward a life filled with hope and freedom from all forms of abuse. Adults complete an anonymous survey upon exit to provide feedback. From January 1 through March 31, 2024, they reported:

- 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 know how to plan for their continued safety.
- 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

HOPE THROUGH 12-STEP RECOVERY SUPPORT

The 12-step community helps individuals find fellowship and support in recovery from their addiction. This community helps people experience hope as they see others who have successfully stayed sober for years while also being in a safe environment where they are able to take their own journey one day at a time. Below are notes from two individuals who shared what sobriety means to them, what they are hopeful about, and how community fellowship has played a part in their path to sobriety. Want to read more reflections? Visit www.steppingstonesaz.org and head to News & Events to read more!

REFLECTIONS FROM JEFF

SOBRIETY, IN MY EYES, IS LIVING MY LIFE TO THE FULLEST, WITHOUT THE WEIGHT OF MY PAST TRAUMAS, MISTAKES, AND BAD DECISIONS. I HAVE FINALLY RECOVERED FROM A 20 PLUS-YEAR OPIATE ADDICTION, AND THIS WAS ONLY POSSIBLE THROUGH GOD, WHO GAVE ME STRENGTH AND THE DESIRE TO FORGIVE MYSELF AND TO LET GO OF ALL OF MY PAST INDISCRETIONS. TURNS OUT, "IT WAS THE EASIEST DECISION I'VE EVER MADE."

I FEEL HOPEFUL ABOUT...

TODAY. AND WHEN I HAVE HOPE TODAY, IT PAVES THE ROAD FOR A GREAT TOMORROW. IF I FEEL HOPEFUL ABOUT TODAY, THERE IS A MUCH GREATER CHANCE OF STAYING ON TRACK TO SUCCESS.

MY EXPERIENCE IS A LITTLE DIFFERENT THAN MOST. I HAD TO DIG DEEP DOWN INTO ALL ASPECTS OF MY PAST AND NEEDED PERSONAL DISCOVERY TO ATTEST TO CHANGE. THE FELLOWSHIP IS ALWAYS THERE, HOWEVER, WHEN I NEED PEOPLE WHO WILL LISTEN AND UNDERSTAND EXACTLY WHAT I'M GOING THROUGH, WHETHER GOOD OR BAD, AND THEY WILL ALWAYS OFFER UP A SOLUTION. ORIGINALLY, I SOUGHT COMMUNITY FELLOWSHIP THROUGH LIKE-MINDED ADDICTS IN THE NA/AA MEETING ROOMS. ~~THESE~~ ~~THESE~~ THESE DAYS

I FIND FELLOWSHIP AT STEPPING STONES, MY CHURCH, AND MY FAMILY. EVERY DAY I AM GRATEFUL TO NOT ONLY HAVE MY LIFE BACK, BUT EVERYTHING I HAVE, ARE ALL THE THINGS I'VE EVER WANTED

REFLECTIONS FROM DEB

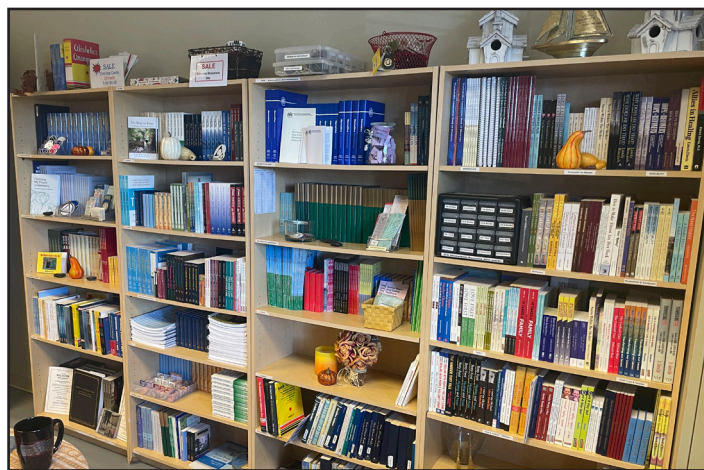
TO BE ALIVE AND ENJOY LIFE NOW AND SEE WHAT THE FUTURE HOLDS FOR ME AND NEVER GO BACK TO THAT PAST THAT DOOR IS SHUT AND I NEVER WANT TO GO BACK WORDS I HAVE A WONDERFUL LIFE NOW BEING CLEAN IS THE BEST CHOICE I DID, AND I FEEL GREAT.

I FEEL HOPEFUL ABOUT...

ABOUT WHAT MY FUTURE HOLDS I HAVE A GREAT JOB NOW AND I GOT TO SEE MY DAUGHTER GROW UP AND NOW I WANT TO HELP OTHERS TO MAKE GOOD CHOICES LIKE I DID. BEING SOBER IS A WONDERFUL FEELING

THE PEOPLE WHO HELPED ME TO RECOVERY AND SHOW ME THERE HELP OUT THERE AND SUPPORT AND MY FAMILY WAS THERE ALSO HELPING TO GET BETTER AND STRONGER. IF I CAN DO IT SO CAN YOU. AND I'M GOING TO KEEP REACHING MY GOALS

12-STEP RECOVERY SUPPORT TWO WAYS!



There are two ways you can find recovery support at Stepping Stones. First, you can find 12-Step recovery books, medallions, jewelry, key chains, and many other inspirational items inside our Recovery & Inspirational Bookstore located inside our Administration office. Second, there are 12-step recovery meetings held daily in our meeting room here in Prescott Valley. To find the schedule, visit: <https://steppingstonesaz.org/recoverymeetings/>

SPRING CLEANING BRINGS HOPE FOR FAMILIES

When the weather warms up, it's time to clean out those closets and give your home a refresh. Our awesome donations team is here to help! Located at 2651 N Industrial Way in Prescott valley and open Tues - Sat from 9 am - 4 pm, you can stop by Stepping Stones' donation drop off area and share with us the items you no longer need or want.

If you have large furniture items, give our Donation Center a call and they can help schedule a pick up and answer questions about what we can accept at this time - 928-759-0225. You can also find our what our current pick up schedule is (sometimes we are up to two weeks out!).

Donating at Stepping Stones Thrift means you are supporting local families who are working hard to live free from all forms of domestic violence and abuse. Proceeds stay right here in our community!

Thank you for making a difference for families in our 24/7/365 advocacy services and safe shelter! More at www.steppingstonesaz.org.



You never know what you may find on our shelves at Stepping Stones Thrift Store in Prescott Valley! Stop by and visit us at 2651 N. Industrial Way in PV!



CUSTOMER APPRECIATION DAY COMING MAY 17!

STEPPING STONES
THRIFT
YOUR GIVING GIVES BACK!

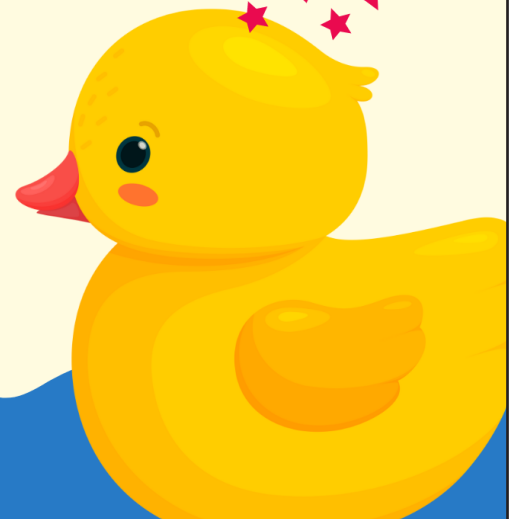
Customer APPRECIATION DAY

Join us as we celebrate YOU and all your support at Stepping Stones Thrift Store! We'll have games, snacks, and a QUACKIN' good time!



Friday, May 17 9 am - 5 pm
2651 N. Industrial Way in Prescott Valley

Games,
snacks,
&
FUN!



For More Information:

info@steppingstonesaz.org

www.steppingstonesaz.org

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

STEPPING STONES' BOOKS OF THE MONTH: CULTIVATING HOPE

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 Savannah at 928-772-4184 to learn more.

CULTIVATING HOPE BY KAREN CASEY

"It is hope - the ability to push past fear and open our minds to new possibilities - that empowers us to bring positive change to our lives. Yet, amid personal tragedy and world events, many of us struggle to sustain a sense of hope for tomorrow."

Cultivating Hope is a monthly guide offering insight to the awesome power of hope. This book includes opportunities to heal and gain understanding of how hope can direct us toward lives of potential and change. Life can bring us many ups and downs, but the ability to shift our focus from fear to hope,

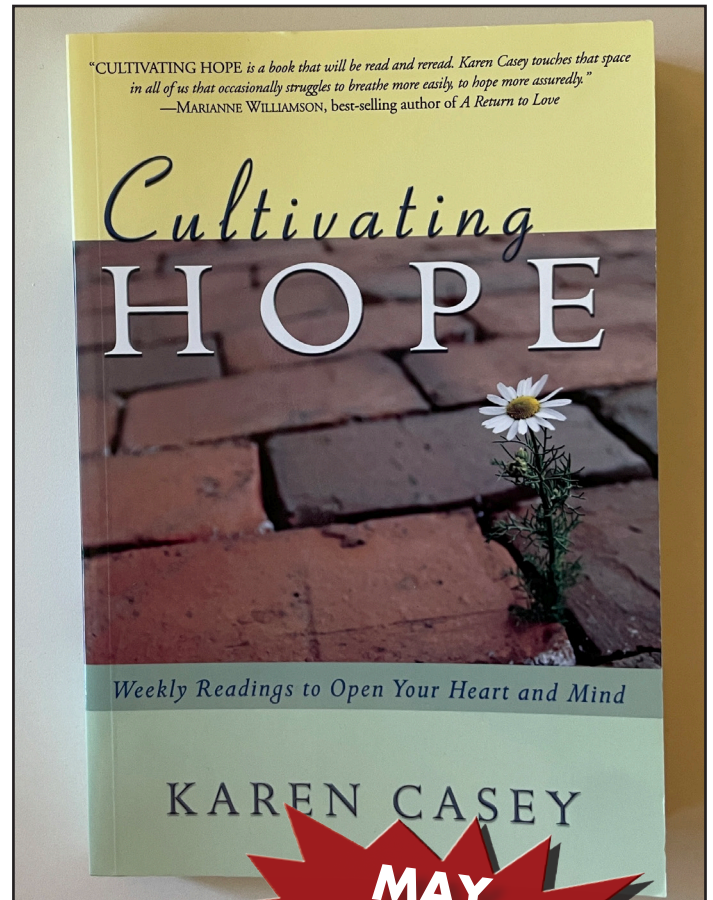
we are able to work through challenges and see potential for the future.

As the author shares in her May chapter: *"Hope changes our hearts as it informs our minds. Sharing the wisdom of hope with another person is a mighty offering to both of us."* (pg. 74).

What hope can you share with someone today?

This book is available for purchase in our 12-Step Recovery Bookstore located inside our office at 2651 N. Industrial Way in Prescott Valley.

Questions? Contact Savannah at 928-772-4184.



**MAY
PRICE:
\$13.95**

**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