



Stepping Up

Stepping Stones Agencies Newsletter

MAY 2025

45 YEARS OF HOPE

Nearly 20 years ago, a resident wrote, "I came here so scared, but now I have strength and hope again." Over our 45 years of advocacy support, we know that families are able to regain hope. It isn't easy or fast, and sometimes it takes a couple tries before they are able to truly move forward and live free from abuse, but it is possible.

This edition of our newsletter is all about HOPE and how powerful it can be when hope takes root and empowers someone to move toward a life free from abuse.

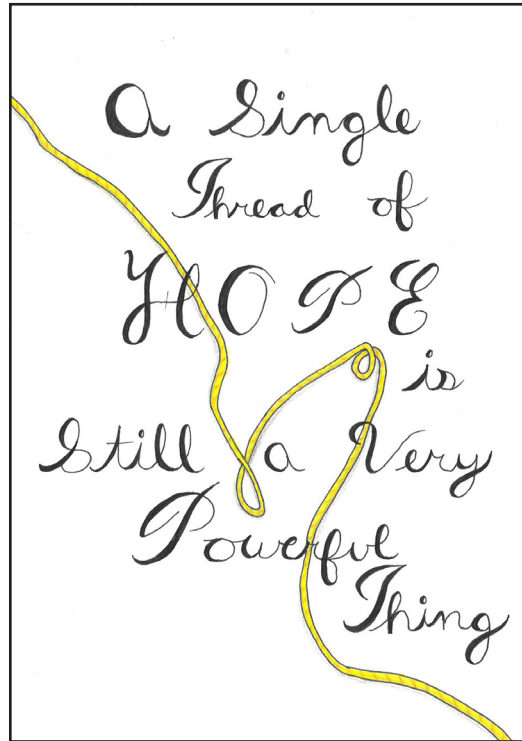
Stepping Stones knows that with gratitude and hope, families in our safe shelter and community advocacy services can find freedom from all forms of abuse. And we are grateful to continue cheering them on for another 45 years!

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

WWW.STEPPINGSTONESAZ.ORG

**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**



Left: artwork from shelter resident; Right: advocate leads educational support group.

A MOTHER FINDS HOPE AGAIN: MY KIDS' HOPE HELD ME UP

This note is from a former shelter resident who shared about finding hope at Stepping Stones:

"To me, hope is that one little string I hung on to with all my being. Hope is now my solid foundation I stand on. It has given me the strength to start loving myself again. Hope was there for me, even when it was very weak, beaten down to almost nothing. But it was there.

Today, my hope, my foundation is strong. It proudly holds my children and I safe and secure. It is so strong I am learning to help others find it, too.

Living without hope is a dark place. A lonely place. I am sure I would have given up if it wasn't for the

hope that lived in my children's eyes. Their hope held me up. Their hope gave me the hope I needed to try one more time. With that hope and God, I sit and write this today. Hope is a very powerful thing. Thank you Stepping Stones for helping me find hope again. And thank you to my children for never giving up hope in me."

For 45 years, Stepping Stones advocates have been helping support local families finding freedom from all forms of abuse. If you or someone you know needs support because of domestic violence and other forms of abuse, call our 24/7/365 Helpline at 928-445-4673.

LIVING IN ABUNDANT HOPE AND SAFETY

For families who come to Stepping Stones for safety, it often takes time for them to feel like they are hopeful about their lives again. As they work with our advocates, receive therapeutic support, and decide what their next steps are, adults are able to finally begin to see what their future looks like.

Adults complete an anonymous survey upon exit to provide feedback. From January 1 through March, 31, 2025:

100% reported they have increased knowledge of domestic violence and its effect on their life.

100% reported they are regaining control in their life.

100% reported they feel their safety has improved, even after leaving Stepping Stones.

100% reported they felt safe and believed at Stepping Stones.

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

100% reported they are completing their goals.



HOPING FOR A SUMMER OF SERVICE? VOLUNTEER!

Summertime is almost here! For some, summer means more free time for fun and relaxation. But all that free time is also a great opportunity to get involved in the community and give back!

Stepping Stones has many volunteers who give their time and talents to help support our mission to serve families working hard to live free from abuse. Volunteering with us means you can give as much or as little of your time as you want! Whether you want to volunteer once a week or just one time this summer, we have a job for you!

Most of our volunteer opportunities are in our thrift store or administration office. We occasionally have volunteer opportunities in our advocacy services, but those require a much bigger commitment with background checks, training, and much more.

If you or your business/group are interested in joining our amazing community of volunteers, contact our Volunteer Coordinator Khrystyna at 928-772-4184 or Khrystyna@steppingstonesaz.org. We can't wait to have you serve with us!



Our amazing volunteers help with projects all across the agency. From helping at the cash registers to unloading donations, volunteers make a difference and help us serve the community!

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

HOPING FOR A BIG WIN!

Vote for Stepping Stones Thrift Store!

We are in the running to win Best Thrift Store in The Daily Courier's Readers' Choice Awards, and we need your help. And brand new for this year - you only have to vote one time and you're all done!

How to vote:

1. Scan the QR code to the right to go directly to our voting page.
2. Click the green VOTE button, and follow the directions when you enter your email.
 - If you've voted before, they will send a verification link! Click the link and vote, and you're all done!
 - If you haven't voted before, fill out the info and verify your email, then vote!

You can also go to: www.dailycourierchoice.com, choose the Local Shopping category, and scroll to find the Thrift section to find us and vote.

Help us bring home the win for the 8th year in a row by casting your ONE vote for us!

THANK YOU for supporting local families with us.

TheDailyCourier
2025 READERS' CHOICE
AWARDS

**Vote
Stepping Stones
Thrift Store
for Best Thrift!**

**New this year:
You can cast
just one vote
per category!**

Voting ends May 23
dailycourierchoice.com

THANK YOU!



CELEBRATING THE HOPE YOU BRING TO FAMILIES



**STEPPING STONES
THRIFT**
YOUR GIVING GIVES BACK!

**CUSTOMER
APPRECIATION DAY**

Friday, May 16
9am - 5pm
at Stepping Stones Thrift Store

**Discounts, games,
snacks, and fun!**



2651 N. Industrial Way in Prescott Valley
928-499-3206 - www.SteppingStonesAZ.org

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

STEPPING STONES' BOOK OF THE MONTH: HOPE FOR TODAY

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.

HOPE FOR TODAY BY AL-ANON FAMILY GROUPS

Hope for Today is a collection of daily thoughts and meditations based on the sharings of Al-Anon members who grew up with the family disease of alcoholism. - from preface

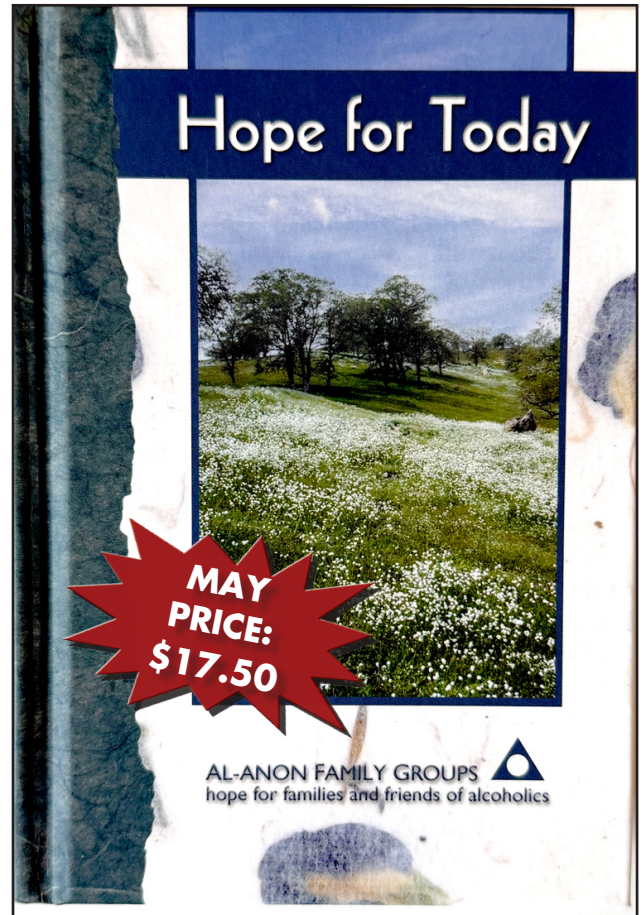
Each day there is a short meditation or examples to help anyone who is seeking out support and insight to living with family members living in alcoholism.

"Today I know I was the perfect enabler. My autocratic behavior deprived my husband of responsibility. I tried in vain to control him, and to keep him 'dry.' Eventually I felt only hate and disgust toward my husband and alcohol. My life seemed

totally worthless, and I felt deprived of a shoulder to lean against, a safe place to cry.

Then I was led to Al-Anon, where I learned to do something just for me -- recover. I learned I wasn't responsible for my husband's actions, so I didn't have to feel ashamed. I learned I couldn't save him, but I could save myself." - May 1 daily meditation

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? Please contact Savannah at 928-772-4184.



LOOKING FOR OTHER 12-STEP RECOVERY AND SUPPORT GROUP MEDALLIONS, BOOKS, GIFTS, AND MORE? CALL US - 928-772-4184



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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