



# Stepping Up

Stepping Stones Agencies Newsletter

JUNE 2025

## 45 YEARS OF POTENTIAL

Many families have come through our doors and had the opportunity to change their lives to be free from abuse. It is often years later that we hear a follow up of how they reached their potential with the help of what they learned at SSA.

Former resident Joann (name changed) recently shared: *"I am now living in a different state, completely out of that relationship, with no connection or contact and enjoying a healthy, sober environment. I continue to attend meetings regularly, work with my sponsor, and am actively working towards becoming a sponsor myself. Thank you for believing in me and for being a vital part of my journey to freedom and recovery."*

We are grateful for the potential for true, lasting change!

**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**



## DISCOVERING YOUR POTENTIAL THROUGH ACTION AND SUPPORT

Discovering our potential often starts with a seed that is placed by someone who helps us see our worth. For families at Stepping Stones, it takes time to rebuild their self-confidence and self-worth before they are able to truly take steps toward lives free from abuse.

For 45 years, we've seen families do this hard work to rebuild their lives and begin to see their potential for their future. Julie (name changed), a former resident, shared:

*"This is by far the best program that I have ever had the opportunity to attend, and I learned more here than all other programs combined. The advocates are very knowledgeable and genuinely care about people. They hold you accountable and to your highest*

*potential as a self-standard. I now feel like I can go back into the world and actually move forward because I've had the chance to heal and grow in a safe place."*

Like Julie shared, when others around you believe in you and hold you accountable to yourself and your goals, it helps you begin to believe in yourself and accomplish the big and little things ahead. Discovering your potential takes action, reflection, and feedback. This combination allows for your potential to be tested and revealed, while allowing you to grow into the best version of yourself!

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.



# POTENTIAL FOR FUTURES FREE FROM ABUSE

Every day at Stepping Stones is a new chance for families to see the potential their future holds when they are able to do the hard work to break free from abuse. It takes dedication to their healing along with educational and therapeutic support to truly change their lives and discover what they can become!

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

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

100% reported they know how to plan for their continued safety.

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

100% reported their child acquired skills that will enable them to keep themselves safe.



## POTENTIAL FOR CONTINUED SAFE HOUSING

Transitional housing is an extended chance for families to live in safety while growing in their independence and self-sufficiency. At Stepping Stones, transitional housing also gives families a chance to save money, gain a rental history, and plan for their futures free from all forms of abuse.

When someone completes their time in our emergency shelter services, they have opportunities to move into our transitional housing (depending on availability). This housing option allows them to live more independently but still access support services with our advocates at any time. This could be for one-on-one support, educational groups, or lay legal support. Healing from abuse is a not an easy, straight line, and sometimes families really need more support when a difficult situation pops up in their life - and that's what our advocates are here for! Transitional housing is an important part of Stepping Stones' work to support local families right here in our West Yavapai County communities!



*Stepping Stones has nine safe transitional apartments for families. These nine apartments provide them with more time to work with our advocates and building their independence, all while living in a safe environment.*

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



# POTENTIAL FOR TACOS AND SHOPPING!

Ever had a craving for a good taco while wandering around Stepping Stones Thrift? Now there's potential for tacos AND shopping!

If you haven't heard the news - our friend Ana from Carlito's Cafe has a new food trailer parked at Stepping Stones Thrift!

Ana's Breakfast 2Go is open Tuesday through Saturday from

9 am - 4 pm and is located right inside our main gates at the thrift store.

Menu includes breakfast and lunch items including burritos, tacos, sandwiches, nachos, quesadillas, and more!

Located at 2651 N. Industrial Way in Prescott Valley. Questions? Contact Ana at 928-458-3056.



Ana's Breakfast 2Go is open Tuesday - Saturday from 9 am - 4 pm onsite at Stepping Stones Thrift Store - 2651 N. Industrial Way in PV.



STEPPING STONES THRIFT IS  
***CLOSING EARLY***  
**ON SATURDAY, JUNE 7**  
FOR A SPECIAL ASSOCIATE EVENT

**DONATION DROP-OFF CLOSSES AT 1 PM**  
**STORE CLOSSES AT 2 PM**



# STEPPING STONES' BOOK OF THE MONTH: ANOTHER CHANCE

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.

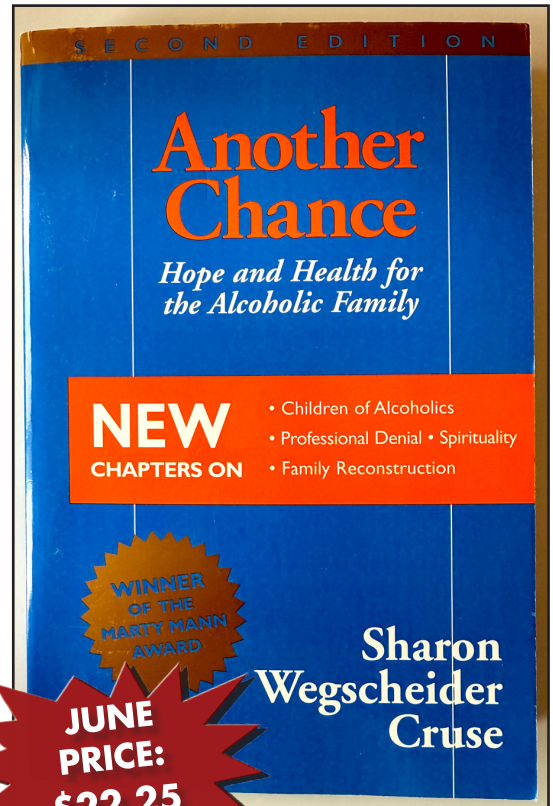
## ANOTHER CHANCE HOPE AND HEALTH FOR THE ALCOHOLIC FAMILY BY SHARON WEGSCHEIDER CRUSE

Another Chance is a guide that provides steps toward recovery, not only for the alcoholic but for the whole family. The author gives an overview of understanding alcoholism, family roles and dynamics, intervention, treatment, and more.

Another Chance helps set the stage and provide practical steps for families to take through recovery. The author shares, *"Everyone whose life touches the alcoholic's is in one way or another affected by his disease, but its direct consequences fall on the members of his immediate family, those who in a most literal sense share his life and*

*eventually his illness"* (pg 76). This idea is why Another Chance provides a whole family treatment and recovery plan in order to support each person and the role they have within the family unit. She further says, *"Family treatment may be our best hope for preventing alcoholism and drug dependency in the next generation"* (pg 31).

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



## 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