



Stepping Up

Stepping Stones Agencies Newsletter

JULY 2025

ADVOCATES AVAILABLE 24/7/365 ON THE HELPLINE: 928-445-4673
2651 N. INDUSTRIAL WAY SUITE A PRESCOTT VALLEY, AZ
OFFICE: 928-772-4184 • WWW.STEPPINGSTONESAZ.ORG

RESIDENT REFLECTION: I AM STRONGER THAN I EVER REALIZED

This reflection is from a recent graduate who completed her time at Stepping Stones and moved into affordable, permanent housing!

My time at Stepping Stones has been a journey of deep healing, uncomfortable truths, and powerful self-discovery. The lessons I've learned here didn't come easily—but they've shaped me in ways that will last a lifetime. Here are just a few of them:

Victimhood Only Destructs Any Effort You Make to Heal
Acknowledging my pain was necessary—but clinging to the identity of a victim kept me stuck. I learned that while I wasn't responsible for what happened to me, I am responsible for my healing. Healing required courage, ownership, and the willingness to stop blaming others and start doing the hard internal work. Letting go of the victim mentality opened the door to real empowerment.

If You Keep Doing What You've Always Done, You'll Keep Getting What You've Always Gotten
This simple truth broke open everything for me. Patterns don't change unless I do. No amount of wishing or hoping could fix my life without action. I had to challenge my habits, my thoughts, and my coping mechanisms. Growth

came when I stepped outside my comfort zone and tried new ways of thinking, reacting, and living.

I Am Stronger Than I Ever Realized
I've survived things I never thought I could. But beyond surviving, I've learned that I am capable of thriving. My strength isn't just in what I've endured—it's in my ability to feel deeply, love fully, and keep going even when the road is hard. I don't need anyone else to tell me I'm strong. I know I am.

I Am in Charge of My Future and Responsible for My Life Choices
This is the most freeing and

terrifying truth of all. My future is mine to shape. No one else is responsible for my healing, my happiness, or my growth. And while that responsibility can be heavy, it is also sacred. I get to choose how I live, how I love, and how I rise. These lessons are not just reflections—they are my truth. They are the foundation I now stand on as I step forward into my life, one choice at a time. I am not the same person who walked into Stepping Stones. I am wiser, stronger, and more grounded in who I am, what I'm capable of, and what I am worth.



BUILDING INDEPENDENCE AND SELF-WORTH



After living for years in chaos and trauma, self-worth and independence are often destroyed. It takes time and therapeutic support to rebuild one's confidence in order to actually move toward independence. With the help of advocates and other community resources, families are able to begin to do the hard work it takes to change their lives. 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 are regaining control of their lives.

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

100% reported their safety planning sessions were helpful.

100% reported their child demonstrated improved emotional and behavioral status during their time in safe shelter.

Coming Soon: National Thrift Shop Day!

Save The Date

Saturday, August 16
9 am - 5 pm

*Help us continue celebrating our
45th Anniversary with a
discount game, snacks, & fun!*

STEPPING STONES
THRIFT
YOUR GIVING GIVES BACK!



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FINDING INDEPENDENCE THROUGH 12-STEP RECOVERY

Recovery through a 12-step program offers more than just sobriety—it opens the door to true independence. After 45 years of supporting families, we know that domestic violence and substance abuse can be linked together in many ways. Like victims of abuse, many who struggle with substance abuse often feel trapped, reliant on others or substances to manage life. But through the process of working the steps and connecting with a supportive fellowship, individuals begin to rebuild self-trust, stability, and confidence. This is why we often use the 12-steps to help adults find support during their healing.

Recovery from substances helps people gain emotional independence. By working through past harms and learning new coping skills, individuals no

longer need to rely on substances or unhealthy relationships to manage feelings. Next, it fosters financial independence. As the fog lifts and responsibilities are reclaimed, people often return to work, pay off debts, and manage their own lives with integrity. Finally, recovery leads to spiritual independence — the ability to find purpose and connection without relying on external validation or control. The Twelve Promises describe this transformation beautifully: “We will know a new freedom and a new happiness... We will comprehend the word serenity and we will know peace.” These aren’t just hopeful sayings—they are lived realities for people in recovery who find the courage to show up, one day at a time. Independence becomes not just possible, but sustainable.



Step One Community Center is located at 2651 N. Industrial Way and has 12-step support groups happening every day of the week. If you or someone you know is looking for a meeting, visit our website or share the schedule below for support opportunities in Prescott Valley.

LOOKING FOR A MEETING? STEP ONE COMMUNITY CENTER CAN HELP!

Every day of the week there is a 12-step meeting happening at Step One Community Center.

Meetings are held at 2651 N. Industrial Way inside the North building's Suite A meeting room. Questions? Please call 928-772-4184.

MONDAY

5:30-6:30pm Roadmap to Recovery - Open AA

TUESDAY

6:00-7:00pm Tuesday Night Reflections - Closed AA

WEDNESDAY

5:30-6:30pm 12 & 12 Step Study - Closed AA

THURSDAY

5:30-6:30pm Lushes T' Ladies - Closed - Women's AA
7:00-8:00pm Thursday Men's - Closed - Men's AA

FRIDAY

5:30-6:30pm Beginners/Plain Lang. Big Book - Open AA

SATURDAY

7:00-8:00pm Saturday Nite Live - Open AA

SUNDAY

8:00-9:00am Biscuits & Gravy - Open NA
9:30-11:30am NA AREA MEETING - Second Sunday of each month
12:00-1:00pm Sunday Nooners - Closed AA
7:00-8:00pm Sunday No Name - Open AA

Step One Center info:

- 16-18 year olds allowed ONLY if they are meeting participants
- No children under 16 years or pets allowed on the property

**For current list and information for other meetings check the website at:
<https://steppingstonesaz.org/recoverymeetings>**

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

STEPPING STONES' BOOK OF THE MONTH: THE NEW CODEPENDENCY

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.

THE NEW CODEPENDENCY BY MELODY BEATTIE

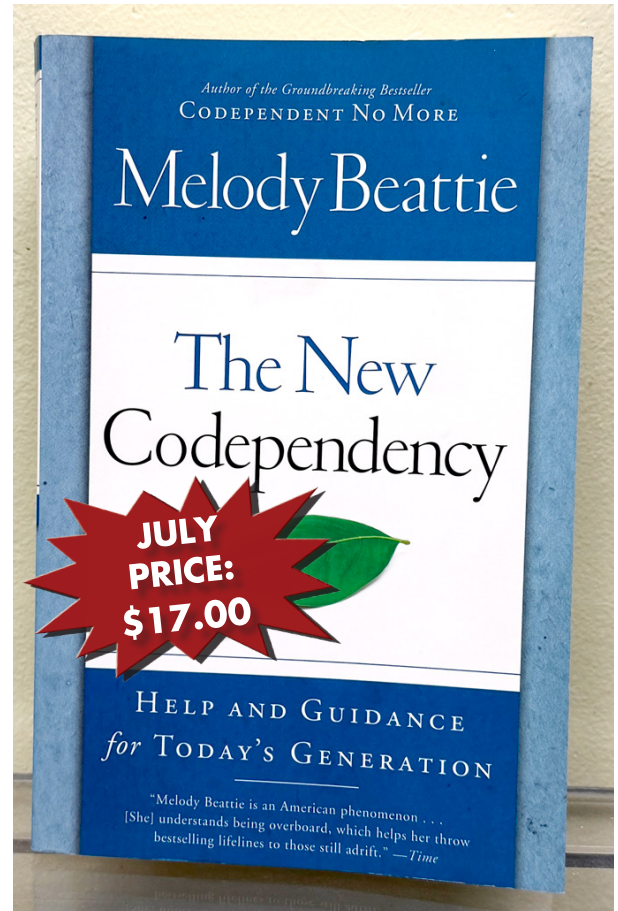
"I was the firstborn child, a woman said. Then my mother had three more children. It was my job to take care of them and take care of my mother. Then I got married and had children. They grew up, got married. Then my grandchildren moved in with me and I took care of them. Taking care of other people is all I've known. Nobody ever taught me how to take care of myself." pg. 40

The New Codependency by Melody Beattie is an overview of the misconceptions about codependency. "Codependency is about normal behaviors taken too far," Beattie writes. This handbook offers people at

all levels of understanding codependence the opportunity to reflect on their own lives and learn how they can grow into a better version of themselves.

The author shares stories, insights, and activities to help the reader through the journey. She shares, "Your experience was successful. You don't have to start over again. Keep going from where you're at."

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