



Stepping Up

Stepping Stones Agencies Newsletter

AUGUST 2025

NOTE FROM A RESIDENT: MY SON AND I FEEL HAPPY & VERY SAFE HERE

45 YEARS OF FINDING HAPPINESS AGAIN

Over 45 years, we have learned that freedom from abuse creates space for authentic happiness to emerge. Small victories become monumental—sleeping peacefully or making decisions without fear. Rebuilding involves patience and self-compassion. Professional counseling, support groups, and trusted friends provide essential foundation for a future free from all forms of abuse. Many survivors find purpose in their pain, eventually helping others navigate similar struggles through our mentor advocate support. True happiness after abuse isn't about forgetting the past, but rather integrating those experiences into a stronger, more resilient identity.

**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**



Once upon a time I was a victim to abuse and now I am a survivor helping others along the way by sharing my experience and providing them a safe place to be themselves and find their voice like how Stepping Stones helped me find mine.

I honestly don't remember how it all happened, but it was years of abuse and heartbreak. I was the provider and caretaker for our son, and he just used drugs and hurt me. It never mattered if I was holding my son or if he was asleep, he would beat me up.

Eventually, one argument led me to walk away with my son and I called the cops. She found a place for me at Stepping Stones, and I was ready for my healing process. I instantly felt at home.

My son and I feel happy and very safe here. The staff has supported me finding a new Job and they've helped me with other resources.

The support groups they provide here and the AM meetings help me maintain a schedule and have structure in my life. I am now able to look back and see how my past was always rocky and where things went wrong. I'm able to share my story with others and feel like they understand where I am coming from. Of course, I still struggle with a few things, but if it wasn't for Stepping Stones I wouldn't even know where to begin. I have found a family within the walls and I've built friendships along the way.

Thank you for all the help and support that I have received. Thank you for letting me gain back my independence and strength, not only for myself but for my son as well. - Sarah (name changed)

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.

TAKING STEPS TOWARD HAPPINESS



For families finding freedom from abuse, happiness can be a difficult emotion to feel when they have been living in chaos and trauma. Add in the fear of the unknown moving into a shelter, it can be hard to find happiness. But, each day they continue to make progress in their healing, we can see happiness return to their lives!

Adults complete an anonymous survey upon exit to provide feedback. From April 1 - June 30, 2025:

100% reported they have increased feeling of well-being.

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 they felt believed.

100% reported they are completing their goals.

NOTE FROM A RESIDENT: A HAPPINESS IN MY LIFE I'VE NEEDED

Throughout my life I've had a lack of support and family which has been a barrier on my happiness. I am currently going through huge obstacles in my life where support and happiness are much needed. I recently moved into Stepping Stones Shelter and not only do I have very strong women as a support system emotionally but I have them to advocate for me when I need. The best part is that when I arrive home every evening, I've come home to all that and a small family that I didn't have before and a happiness in my life that I've needed for quite some time.

HAPPINESS IS BEST THRIFT 8 YEARS IN A ROW AND ORGANIZATION OF THE YEAR!

Stepping Stones Agencies was honored with two awards in July: The Daily Courier's Readers' Choice Award for Best Thrift Store and Prescott Valley Chamber of Commerce's Organization of the Year!

Stepping Stones Thrift Store was voted Best Thrift Store for the EIGHTH year in a row by our amazing customers! The thrift store serves as a special part of our community focused support by not only providing a place to donate and shop, but also providing paid on-the-job training for families in our services and others who need a helping hand to get back on their feet.

We are so grateful for the support from our community -- it is truly

because of you that we are able to serve families 24/7/365 when they need safety and support because of domestic violence. Whether

you shop in thrift or make your tax credit donation each year to support our shelter, we wouldn't be able to be here without YOU!



National Thrift Shop Day!

Join us:
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!



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

STEPPING STONES' BOOK OF THE MONTH

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 NEXT HAPPY BY TRACEY CLEANTIS

"If you believe, you can do anything. Although well-meaning, these intended words of inspiration can make us feel like failures. The reality is that no matter how positive our outlook or how tenacious our approach, our dreams simply do not always come true." - back cover

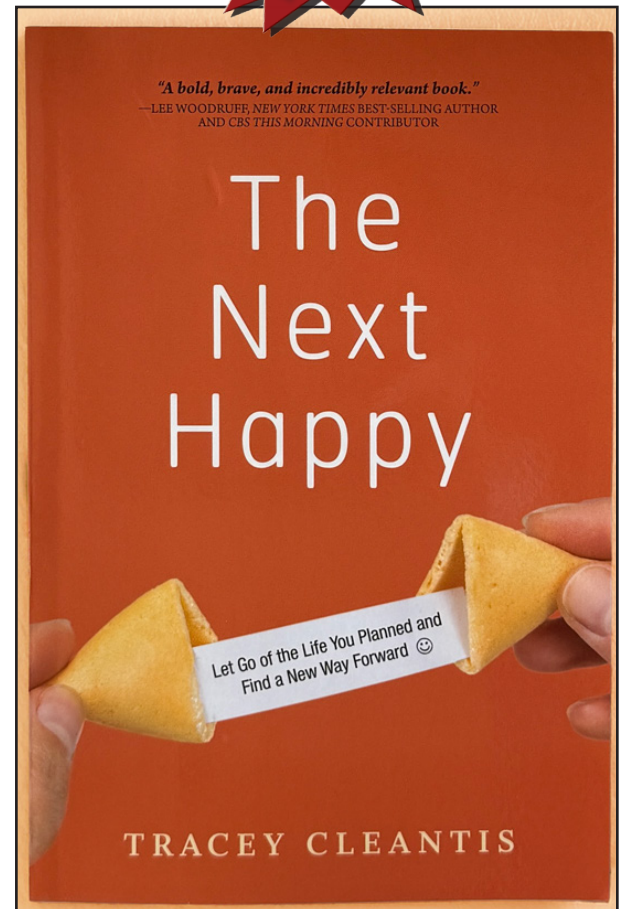
The Next Happy by Tracey Cleantis is all about the idea that sometimes we need to take a deeper look at our dreams and plans. Cleantis' own journey of infertility helped her to realize that "sometimes the smartest and healthiest thing to do is let go of the original plan in order to find a new direction toward happiness." Our best plans and dreams may

not be what we can actually achieve, and how we move forward after that realization can help impact what our future does look like. "Here's a newsflash: deciding to stop pursuing something that is not working for you, and that may in fact be destructive for you, does not mean you are a quitter or a loser." pg. 5

Like 12-step recovery fellowship, support groups can help bring people together to realize that they are not alone in their pain and process how to move forward.

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.

**AUGUST
PRICE:
\$14.95**



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