



## 45 YEARS OF HARD WORK

Families at Stepping Stones work hard to heal from the trauma they experienced and live free from abuse moving forward. But what do we mean when we talk about this hard work?

Over our 45 years of service, we know that it takes more than a roof over your head, a car, and a job to live free from abuse. It takes educational and therapeutic support to address the areas in life that we can control. That could mean taking a look at your own substance use or spending habits that are keeping you vulnerable to future victimizations. With the support of advocates, therapists, and peers, families can begin to address areas in their lives that they want to change AND begin to take steps toward healing. It is not easy, but it is worth it!

**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**

# Stepping Up

Stepping Stones Agencies Newsletter

SEPTEMBER 2025

## NOTE FROM A RESIDENT: I NOW KNOW MY WORTH

When I first came to Stepping Stones, I didn't see how my life could improve, other than having a roof over my head. Since then, my life has improved ten-fold! Not only have I gone from just a crew member at work to a shift manager, but my outlook on life & how I feel about myself has drastically improved. I believe that a lot of that can be attributed to the support of my advocates, & also to all of the "self-love" groups they provide weekly! I now know my worth, & know better than to settle for anything less than I deserve, which is anything less than, powerfully amazing!

- Jamie (name changed)

## COMMUNITY SUPPORT HONORS LOCAL FAMILIES



Stepping Stones associates presented at and received a \$3,300 donation from the event.

Stepping Stones was honored to be a part of the 100 Men Who Care and Prescott Area Women Who Care event in August. We were able to share about our 45 years of safety, healing, and hope for local families work are working so hard to live free from abuse!



# 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.

## CAME TO BELIEVE BY AA WORLD SERVICES

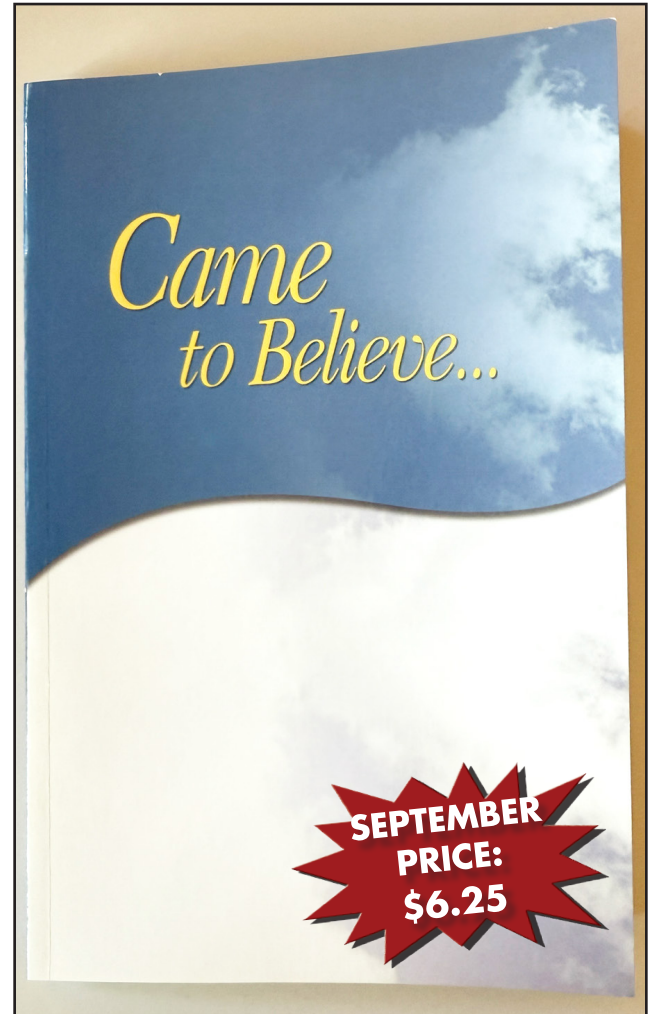
*"In the late stages of our drinking, the will to resist has fled. Yet when we admit complete defeat and when we become entirely ready to try A.A. principles, our obsession leaves us and we enter a new dimension -- freedom under God as we understand Him." - Bill W. pg. 27*

*experience I think, is what God does for a man when the man is completely helpless to do it for himself. A spiritual awakening is what a man does through his willingness to have his life transformed by following a proven program of spiritual growth and this is a never-ending venture."*

"Came to Believe... is designed as an outlet for the rich diversity of convictions implied in 'God as we understood Him.'" Came to Believe from A.A. World Services takes a look into Step 2 and shares stories from individuals about their own sobriety journey and the spiritual awakenings they experienced. In the letter "Drowning," the author writes: "A spiritual

If you're looking for inspiration for your own spiritual awakening through the program or know someone who is, this book will help do the job.

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