

NEW BEGINNINGS AND NEW GOALS IN JANUARY

New beginnings after domestic violence are not about erasing the past, but about courageously choosing to move forward into a new future. For many survivors, simply imagining a safer, more hopeful future is a powerful first step to live free from abuse. Goal setting can feel overwhelming after abuse, which is why our advocates take time to debrief with folks before diving into the “what’s next” parts of healing. Often healing-centered goals focus on safety, stability, and rebuilding self-worth. These goals can be small, like making an appointment to get a new drivers license. Small goals can

also look like establishing a routine or practicing boundaries with others. This helps survivors begin to reclaim their voice, grow in their independence, and become confident in making their own choices.

Healing does not have to happen alone, and support systems are a big part of new beginnings. Advocates, therapists, friends, and community resources can walk alongside survivors as they work toward their goals.

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.



THANK YOU FOR MAKING SPIRITS BRIGHT



A HUGE THANK YOU to the many community friends, businesses, and volunteers who helped make the holiday season extra special for 46 people living in our safe shelter in 2025. Families were able to celebrate in safety and woke up to thoughtful gifts under the tree because of YOU! Thank you for bringing hope and joy to families throughout 2025. We are grateful for you!

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

ADVOCATES AVAILABLE
ON OUR 24/7/365
HELPLINE 928-445-4673

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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.

TWENTY-FOUR HOURS A DAY

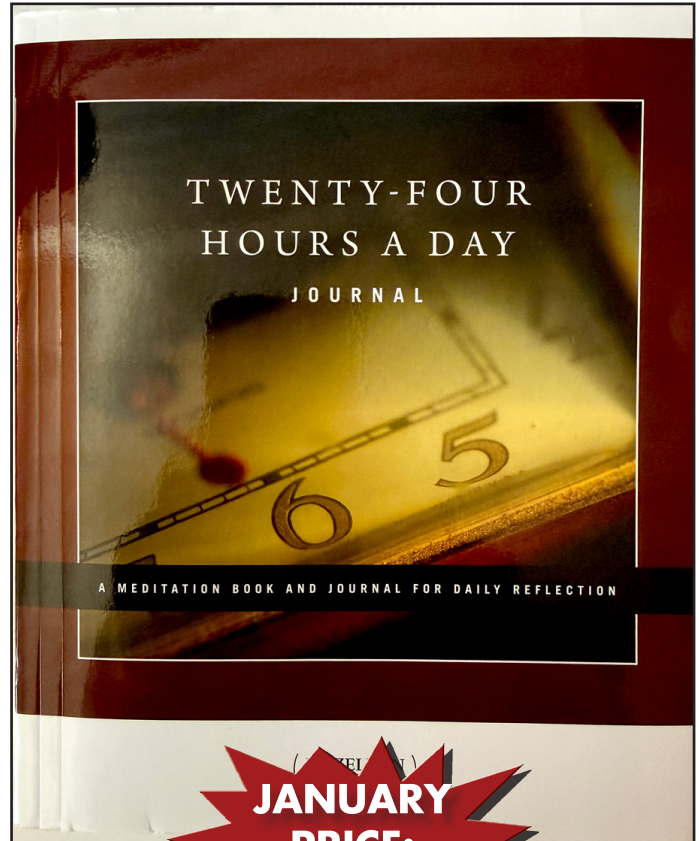
BY HAZELDEN MEDITATIONS

"In the new year, I will live one day at a time. I will make each day one of preparation for better things ahead. I will not dwell on the past or the future, only the present. I will bury every fear of the future, all thoughts of unkindness and bitterness, all my dislikes, my resentments, my sense of failure, my disappointments in others and in myself, my gloom and my despondency. I will leave these things buried and go forward, in this new year, into a new life." - January 1, Meditation for the Day

Twenty-Four Hours A Day by Hazelden Meditations is a

daily journal with thoughts, meditations, and prayers for those taking their recovery one day at a time. Each day provides space to write down your thoughts. This book provides an all-in-one opportunity to begin each day with a time of reflection. January 15's Thought for the Day reminds us, *"The A.A. program is a way of life. It's a way of living and we have to learn to live the program if we're going to stay sober."*

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.



**JANUARY
PRICE:
\$20.95**

NEW YEAR, NEW MILESTONES



With the start of a new year, many in the recovery community are reaching new milestones in their own journey. At Stepping Stones, we have medallions for everyone taking steps in their sobriety. From 24 hours to 45 years (and beyond!), our bookstore has options for you to celebrate the success of living a sober life.

Want to place a special order? We can help with that, too! From books to jewelry to medallions, stop by and see what special items we have on our shelves. Our 12-step recovery bookstore is open Mon - Thur 9 am - 4 pm; on Fridays by appointment only. Call Savannah at 928-772-4184 if you have questions or would like to learn more.

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