



REBUILDING TOGETHER: STRENGTH THROUGH COMMUNITY

Leaving an abusive relationship is a courageous step, and no family should have to walk the path forward alone. Here at Stepping Stones, we know that healing happens in safe, compassionate communities where families are supported, heard, and empowered to move forward with hope. Here are three important steps of rebuilding after abuse:

1. **Reach Out for Support:** Connecting with trusted community resources can help families get connected to counseling and practical help like identifying childcare and housing. Stepping Stones Advocates provide support through one-on-one debriefing and help families get connected to other resources in the community that will help in their healing journey.
2. **Learn and Grow:** Participating in therapeutic support and educational opportunities helps families better understand healing, healthy relationships, and available resources. Stepping Stones offers daily educational support groups

where families can share their stories, learn from others, and begin rebuilding. These groups allow them to build confidence and knowledge about parts of their lives they have the power to heal.

3. **Build Meaningful Connections:** Families need supportive fellowship in order to move forward after abuse. These fellowship communities can be found through 12-step support, churches or faith communities, gyms, and more! Finding ways to engage with others can help create the community foundations needed to support long-term healing and stability.

With a lot of hard work and supportive community, families can rediscover lives free from abuse. No one has to rebuild alone.

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.



2025 SHELTER OUTCOMES

Adults complete an anonymous survey upon exit to provide feedback. Outcomes reported from January 1 - December 31, 2025 include:

96% reported they have increased knowledge of domestic violence and its effect on their life.

100% reported they are confident they will be free from abuse, even after leaving Stepping Stones.

97% reported they know how to plan for their continued safety.

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

WWW.STEPPINGSTONESAZ.ORG

BRAND NEW DISCOUNT DAYS COMING MARCH 2026!

ATTENTION SENIORS, MILITARY, AND FIRST RESPONDERS!

NEW

DISCOUNT DAYS

BEGINNING MARCH 4, 2026

FIRST WEDNESDAY OF THE MONTH
20% OFF FOR SENIORS (55+)

BEGINNING MARCH 5, 2026

FIRST THURSDAY OF THE MONTH
20% OFF FOR MILITARY, VETERANS,
AND FIRST RESPONDERS
(ID REQUIRED)

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.

IT TAKES A FAMILY BY DEBORAH JAY

It Takes A Family by Deborah Jay is tool that helps “families and friends who want to step beyond the initial intervention and reinvent their relationships to prevent relapse and support lifelong sobriety.” The book provides a model for a whole family recovery team and provides easy strategies and tools to help build accountability.

This book is available for purchase in our 12-Step Recovery Bookstore for \$16.95 located inside our office at 2651 N. Industrial Way in Prescott Valley. Questions? Please contact Savannah at 928-772-4184.

