

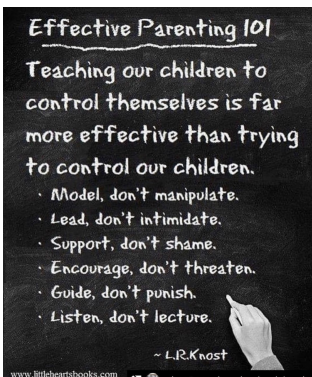


SAMARITAN CENTER



Change Lives

Parenting In A Pandemic



by Kamini Verma, LCSW-S, RPT-S

Parenting can be hard. Pandemics are hard. **Parenting in a pandemic is hard!** Naming our struggles can be the first step in acting. I want to start by telling you to take a breath. You are not alone. You are doing the best you can with what you have

and that is good enough!

The good news is the core parenting advice I have for you is not that different than what I would tell you if we were not in a pandemic. The bad news is that we are in a pandemic and everything can feel harder. We have additional challenges and less breaks with the added anxiety of social distancing expectations when we do venture into the world. We are balancing school and work expectations. We are distanced from support systems in ways we have not been before. All of this can make parenting be and feel tougher...

Read the rest of [Kamini's blog here](#)

Last Chance for **TBRI® Parenting Workshop** in 2020

Back by popular demand, we are offering our **Trust-Based Relational Intervention (TBRI®) 2-day parenting workshop** one last time in 2020. This is for any parent that has a child that struggles with behavioral outbursts and non-compliance.

Parents will leave armed with tools, knowledge, and new ideas to implement at home and enhance the parent-child relationship. Class will meet via Zoom on Friday, Nov 6th and Nov 20th, 10:00 am – 2:00 pm. To register call 512-451-7337, option 8 or email frontoffice@samaritan-center.org. Registration deadline is Nov 3.

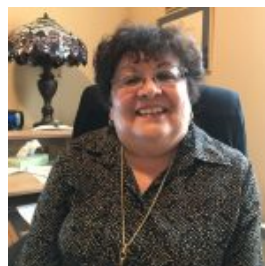
Meet Our New Therapists!

Staff Spotlight: Araceli Escamilla, LPC



Araceli Escamilla is a licensed professional counselor experienced in working with children, adolescents,

Staff Spotlight: Dee Esparza, LMFT, PMHCNS-BC



families, and adults speaking Spanish or English. She uses a strengths-based, client-centered approach in therapy, working in collaboration with the client and support system to achieve healing and growth. Araceli has been trained in trauma informed evidence-based interventions, such as TF-CBT (Trauma Focused-Cognitive Behavioral Therapy), EMDR (Eye Movement Desensitization and Reprocessing), and recently completed requirements to become a Certified Clinical Trauma Professional (CCTP).

[Read more about Araceli here](#)

Dr. Delia Esparza has more than 40 years of experience as a therapist including 23 years specialized in treating veterans with Post-Traumatic Stress Disorder (PTSD) from theatre of war trauma or from military sexual trauma. She is the wife of a Vietnam veteran and is fluent in Spanish. She is a part of our Hope for Heroes team providing counseling to veteran and military families.

[Read more about Dee here](#)

Samaritan Cup - Two Weeks Away!



[You can still register!](#)

The 21st Annual Samaritan Cup Golf Classic is happening in two weeks! Have you scheduled your tee time? [Purchased your Megaticket?](#) It's comes to a head on November 9 & 10 at Barton Creek Country Club. Don't miss this great opportunity to play the best course in Austin, naturally socially distanced, and in the great outdoors!

[Registration](#) includes your tee time, food, drinks, and entrance to the virtual awards party on November 11. The **Megaticket** gains you entrance to all oncourse contests.

The event is presented by [Metropolitan Partners Group](#).

We look forward to seeing you there!

Field of Honor® to Benefit Our Veteran, Military, and First Responder Services



Samaritan Center is a beneficiary of the Rotary Club of Georgetown's Field of Honor®.

The event features a display of 1700 U.S. flags in San Gabriel Park in Georgetown the week of Veterans Day, Nov 7th – 14th.

The flags honor active, reserve, retired, and deceased military members, first responders, K9 service animals, and new for this year – they have added COVID-19 Heroes. Flags sell for \$40 each. Be sure to select "Samaritan Center" as the designated affiliate at Check Out.

Save the Date



#GIVINGTUESDAY™

integrative care to those who need it most.

The international day of giving is
December 1 this year.

[Make a plan or schedule your donation](#) for
Samaritan Center now.

Samaritan Center programs benefit mental
health for children, families, and veterans.
Programs like our [Hope for Heroes](#) need
your support to continue. Donate on
#GivingTuesday to provide mental health and



Vision

We envision a healthy and compassionate community in which every individual achieves mental, physical, spiritual and social well-being.

Mission

We heal hearts, provide hope and enhance lives with a holistic approach to mental health for all ages, whole families and the military community.

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