



SAMARITAN CENTER



[Samaritan Center Blog - Quite the Insight](#)

Join us for a very special blog today with a guest writer, one of our very own clients. We can't wait for you to read it!

"Our identities can flex to encompass who we were before a global pandemic, who we are during a global pandemic, and who we will be when we are not right in the middle of a global pandemic. Maybe what we're all experiencing isn't quite grief, or not just grief, maybe what we're experiencing is also growth."



[Read the Blog Now](#)

[Practicing Mindfulness with Erin Peace, LCSW, LMSW](#)



So often our brains take us into the past or the future, two things which we have no control over. Mindfulness helps us practice staying aware and grounded in our bodies in this moment in time in this place, which we do have control over.

I recommend you gently try out this practice sometime this week. The more you practice, the stronger your mindfulness muscle will grow.

[What is Samaritan Center Doing During COVID-19?](#)

Have you seen us in the news? Samaritan Center was [recently featured in an article by KVUE](#). We converted to 100% telehealth appointments in March in response to the COVID-19 pandemic. Our highly trained, compassionate therapists and integrative medicine providers are able to offer services through telehealth appointments. Telehealth appointments are through a safe, secure, and HIPAA-compliant online platform. It is simple and easy to use, and we can schedule appointments quickly – in some cases, the very same day.



We have low cost, sliding scale appointments and there are no waitlists right now. For our veterans and military, we have free appointments through our Hope for Heroes and peer support programs. Take advantage of our services for a one-time call, just to chat, or for ongoing treatment.

It's Free Pilates Friday!

Join us at 2:00 pm today for Pilates with Dawn. [Email us](#) or call 512-451-7337, ext. 210, to be on the student sign-up sheet.

[Sign me up!](#)

****FREE, NOW ONLINE**
 Pilates & Fascial Release
 for Pain Relief!**

**Are you suffering with pain in your daily life?
 If your answer is "yes," this class is for you!**

In this class, you will learn fascial release techniques, neurological hacks, Pilates and corrective movements you can practice daily to eliminate or significantly reduce pain.

This class will provide valuable tools for you!


There is no movement prerequisite. These techniques can be used for anyone from people in wheelchairs to professional athletes.

You will leave class feeling taller, lighter and less stressed.

**Fridays, 2-3 p.m.
 Online**

Via Google Duo

Please contact
 Kim Layne for details
kim@samaritan-center.org
 or
 (512) 451-7337, ext 210



Deah Oberman has been teaching for more than 15 years. She has helped others transform their bodies from war injuries, back trauma and PTSD and has worked successfully with veterans and individuals with MS, fibromyalgia, knee, hip and shoulder replacements, central and/or lateral disc, hand trauma, and shoulder impingement. It is her hope that she has helped others who are preparing for better futures and help professional athletes qualify for various competitions. She has trained our excellent veterans and peer support staff to be pain-free too. [There's a chance here.](#)

www.samaritan-center.org

Who You Gonna Call? Resources!

We've put together a handy list of resources and would like to give it to you for free. It has numbers for local services that you may need during this time.

[Please share it with your friends, family, and colleagues.](#)

Our 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.

SAMARITAN CENTER
 The Path to Wellness

COVID-19 RESOURCE GUIDE

Food Bank:
 The Texas Benefits and Knowledge Network (TBKN) has a special request for food bank referrals. We are currently in need of:
 • Supplemental Nutrition Assistance Program (SNAP)
 • Food Bank Referrals
 • Weekly Food Bank Referrals
 • Food Bank Referrals for Children
 If you are unable to provide referrals, we are happy to help you with referrals.
www.foodbankbenefits.com/our-services

Call 411 Heat Line:
 Although most heat pumps have shut their doors, there are still some for emergency use. Call 411 for heat pumps in the Austin area. We are currently working on getting more heat pumps in the Austin area. Call 411 for heat pumps in the Austin area.
www.austinfoodbank.org

Unemployment:
 Texas workforce commission provides a list of programs and services. Visit www.twc.state.tx.us for more information.

Substance Abuse and Recovery:
 For information regarding recovery and 12-step groups please call the following numbers:
 • Fellowship of Christians and Muslims (FCM)
 • Fellowship of Christian Men (FCM)
 • 12-Step Online Meetings
www.fcm.org

Mental Health Support:
 The Texas Benefits and Knowledge Network (TBKN) has a special request for mental health referrals. We are currently in need of:
 • Supplemental Nutrition Assistance Program (SNAP)
 • Food Bank Referrals
 • Weekly Food Bank Referrals
 • Food Bank Referrals for Children
 If you are unable to provide referrals, we are happy to help you with referrals.
www.foodbankbenefits.com/our-services

More Resources:
 Visit www.samaritan-center.org for more information and follow us on Facebook, Twitter, LinkedIn, and YouTube for ongoing resources. We also have a blog.

Hope for Heroes:
 The Hope for Heroes program is a free, confidential, and anonymous support line for veterans and their families. Call 1-800-273-8255 for more information.

Peer Support Network:
 The Peer Support Network is a free, confidential, and anonymous support line for veterans and their families. Call 1-800-273-8255 for more information.

Samaritan Center | 612-451-7337 | 850 Research Blvd., Bldg. 2, Austin, TX 78738 | www.samaritan-center.org

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.



[Donate Now](#)

