



# SAMARITAN CENTER

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## [Mental Health Awareness Month by Shawna Moss, LCSW-S](#)

Every person is going to have their own unique experiences with how the pandemic is affecting their life and emotional state, and many are having some level of difficulty. Here is a nugget of information that, when you embrace it, can be life changing: **There are things you can do to make yourself feel better when you feel distressed.** How empowering is that?



[Read the Blog Now](#)



## Free Classes, Groups, and More!

While we continue to serve everyone through our secure telehealth system, we have [free services to support our community](#). For first responders in law enforcement in Central Texas communities, we are offering individual and couples counseling, wellness services including acupressure, corrective exercise, nutrition counseling, and Tai Chi, and a process **group that is just for first responders**.

As always, we continue to offer **free services for veterans, service members, and their families**. This includes counseling, peer support and wellness services. [Some great new groups are being offered](#) including:

- Grief Support Group,
- Self-Care for Women Veterans,
- Military Spouse Support Group,
- a Seeking Safety group that addresses PTSD and substance abuse,
- a Navigating the New Normal, a group for veterans,
- and free services for frontline workers, service providers, and [First Responders in Georgetown](#) through a partnership with Georgetown Health Foundation.

In addition, **online peer support groups are available to provide some opportunity for socializing, sharing and helping to support other veterans.**

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.



The Path to Wellness



### SUPPORTING FIRST RESPONDERS & THOSE ON THE COVID-19 FRONT LINES

We honor our first responders, and medical personnel in their commitment to caring for our health and basic needs during this unprecedented time in our country and in our community.

Counseling sessions and support groups provide first responders with tangible and practical tools and strategies to promote self-regulation, balance, stability, self-confidence, and a sense of calm and peace. Just need someone to listen? We can do that, too.

<b>Individual Telehealth Counseling &amp; Integrative Medicine Sessions</b> Free Sessions Include: Meditation/Mindfulness/Breathwork, Acupressure, Nutrition, Tai Chi, & Prayer	<b>Weekly Virtual Telehealth Process Group for First Responders</b> Free Group Meets Every Friday Time: 10:00 - 11:00 am Begins: April 24th   Group size is limited.
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Call 512-451-7337, option 8 to schedule an individual counseling or integrative medicine appointment or to join the First Responders Group.

All services provided via telehealth. Telephone counseling also available.

New groups have opened up. Be sure to [check the events page on Facebook](#) for dates and times. Register by calling 512-451-7337, option 8.

Please help spread the good news and [download and share the flyer pack](#) with your network!

## Save the Date! May 21

[Support for faith leaders](#). Join us in an interactive webinar with clergy around the country, discussing the stress of COVID-19 and re-opening dilemma.



## 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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