



SAMARITAN CENTER

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Update from Cindy Long, CEO

[Remembering Memorial Day](#)

"Memorial Day was one of those special times in my hometown of Jefferson City, Missouri, and I remember going downtown in the morning to watch the parade. I would be wearing a red paper poppy that the American Legion sold every year, attached to.."

[Read Cindy's Full Memorial Day Article Now](#)



The latest post to Samaritan Center's Blog

[Quite The Insight, vol. 2](#)

One of our clients wrote an **insightful poem about the darkness of PTSD**. Here, for the first time publicly, they generously share their verse with you.

"P.T.S.D.
is it all in my head?
this Perpetual Terror and
State of Dread

the weight of chains
is heavy on my soul
how can so much weight
make me feel un-whole?..."

[Read the entire poem here](#)



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.

