

Change Lives



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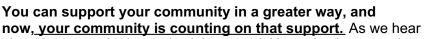


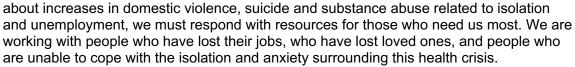
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### You Can Make A Difference From Wherever You Are

# How You Can Support Your Community In A Greater Way

Thank you so much for supporting the Samaritan Center. We could not do this critical work without you, and I want you to know how grateful I am.





## Please, if you can, support our community's mental health by making a donation today.

There is little doubt that this crisis will change our world forever. With your help, we can limit the emotional suffering and improve the mental health of Central Texas. Your support is critical to ensure that we can reach everyone who needs us. The long-term health and wellbeing of our community will depend on our ability to meet the building mental health crisis...

Read Cindy's entire message here

### The latest post to Samaritan Center's Blog

### **Charlie Mike**

One of my good buddies, Sergeant First Class Miguel (SFC) Wilson, would always say "Charlie Mike." The Charlie Mike concept offered that we had to continue our mission despite the dire circumstance and tragedy.

By adopting a positive mindset, we can be a positive energy for our friends, families, and community. We will undoubtedly face losses during this pandemic.



We need to bond with our network to not only avoid self-isolation but to serve as a base for support for our community. We can be a light for others to cope with unfortunate loss and grief...

Read our latest blog by Rajesh S. Harripersad, LPC, LCDC, Director of Military Programs











### **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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