



SAMARITAN CENTER



Change Lives

Donate

A Gift of Hope and Healing

YEAR-END GIVING

Donate by December 31



Support Affordable Mental Health Care

As this unforgettable year draws to a close, we are filled with gratitude and appreciation for you and every one of our amazing supporters.

We rely on donations from the community. These allow us to offer a sliding scale and free mental health services. There is really no other place in Central Texas for a whole family to receive affordable treatment.

Our work has never been more important, and raising funds has never been more essential.

If you haven't already, will you consider making a year-end donation to Samaritan Center to help families and veterans access mental health services and treatment for trauma, depression, anxiety, and grief? **Donate by Dec 31.**

Thank you and we look forward to 2021!

Donate

NEW Group Starts January 11th



Discovering Gratitude & Self-Care Practices: An 8-Week Group for Women to Nourish Mind, Body, & Spirit

WHEN: Mondays, 5-6 p.m. starting January 11th, 2021

WHERE: Meets virtually on Zoom

COST: \$10 per session, \$80 for the series* (Free to veterans and family members with proof of eligibility)

The field of **Positive Psychology** has shown that we can literally heal and change our physiology through the simple practice of gratitude, while it's a fact that we have more to give to others when we ourselves are nourished. Participants can join at any point during the series as we explore the many different, often overlooked, and sometimes surprising things for which we might feel gratitude – including simple ways we can care for ourselves, mind... body... and spirit.

Week 1: The Positive Effects of a Gratitude Practice

Week 2: Self-Compassion & Self-Care (It's more and less than you think!)

Week 3: Simple Breathing Techniques to Center and Soothe

Week 4: Mindful Movement to Re-set Your Nervous System and Take the Edge Off

Week 5: Nourish Your Body – Foods & Supplements to Make You Feel Whole

Week 6: Laughter IS the Best Medicine – Laughter Yoga & Its Brain Benefits

Week 7: Defining Purpose, Connecting to Something Bigger than Yourself

Week 8: Self-Expression IS Caring for Yourself... and Caring for Others, Too!

REGISTER: Call 512-451-7337, option #8 or email frontoffice@samaritan-center.org

[Learn more](#)

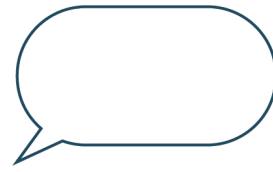
We Want To Hear From YOU!

If you received services from Samaritan Center in 2020, we are seeking your **feedback!**

The Samaritan Center is continuously exploring ways to improve the quality and variety of our services. This is an

opportunity for you to tell us how we are doing as an organization and how we might do better.

Your responses to this survey will be kept confidential. Nothing you say in this survey will affect your ability to participate in our services in any way. Thank you for your **feedback!**



Take Client Survey



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.

Samaritan Center | (512) 451-7337 | samaritan-center.org | [Donate Now](#) | [Join Our List](#)