Forgiveness

Forgiveness: Why We Resist It, and Why We Need It
by Erin Peace, LCSW

A few years ago, I gave a presentation at my workplace on the topic of **forgiveness**. When I let my co-workers know what I would be speaking about forgiveness, my peers let out a collective groan, indicating their discomfort on the topic. This response is indicative of most individuals’ relationship with forgiveness; in fact, if you paused in this moment and checked in with your emotions and body sensations, I imagine you might notice reactions within your internal system, possibly a part trying to protect you from pain or suffering.

In order to gain a better understanding on the process of forgiveness, I turned to *The Book of Forgiving: The Fourfold Path for Healing Ourselves and Our World* by Archbishop Desmond Tutu and his daughter, Reverend Mpho Tutu. Much has been written about the suffering endured by Archbishop Tutu, as well as his **extending of forgiveness** when he could have instead pursued revenge. As a leader and advocate for reconciliation in post-apartheid South Africa, he has gained first-hand knowledge of both the power and pain that comes with extending forgiveness to individuals and systems that have caused him harm.

Archbishop Tutu and Reverend Tutu define forgiveness as "a conscious, deliberate..."

Read the rest of Erin's blog here

Celebrating Women's History Month
Rosalynn Carter has been fighting for mental health for more than 50 years. Her work in helping to reduce stigma, fight for insurance coverage, and raise awareness have garnered her numerous awards. She received the Presidential Medal for Freedom from President Bill Clinton in 1999. As we celebrate Women's History Month, we want to extend a thank you to Mrs. Carter for her important work in mental health.

“For people in all walks of life, insurance coverage is a major barrier to getting care – if they're lucky enough to have coverage in the first place. Millions of people in the United States do not have coverage. These are people who are working hard, but do not earn enough to be able to buy health insurance on the private market. Or their insurance may provide only limited benefits for mental health problems.” -Rosalynn Carter, *Within Our Reach*

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**Meet A Member Of The Hope For Heroes Team**

**Talia Rice, LPC - Therapist**

Prior to joining Samaritan Center, I provided counseling to Service Members and their families with the National Guard. I am also a military spouse and understand the stress that military life can bring to the family. Being a spouse helps me understand the military culture and the struggles service members face on a daily basis.

Each of us has had experiences in our lives that have shaped us, whether good or bad. They shape how we respond to others, how we manage anger, how we communicate, and most importantly how we view ourselves. In exploring these experiences or difficulties, learning healthier coping skills, and improving communication skills, we can have the relationships we want, achieve our personal goals, and get back on that path towards a more fulfilling life.
Ongoing Groups & Wellness Classes

Healing Trauma: Group for Veteran Survivors of Military Sexual Trauma - FREE

Wednesdays, 4:30-5:30 PM via Zoom

Learn more

Isolation No More - A Partnership with NAMI Central Texas - $25 per group

Mondays, 5:00-6:30 PM via Zoom, begins March 29th

Learn more

Mothers of Adult Children with Mental Illness - A Partnership with NAMI Central Texas - $10 per session

Tuesdays, 1:00 to 2:30pm PM via Zoom

Learn more

Parent Support Group - $20/individuals, $25/couples

2nd & 4th Tuesday each month, 5:30 to 7:00 PM via Zoom

Learn more

Pilates - FREE

Fridays, 2:30-3:30 PM via Zoom

Learn more

TBRI Parenting Workshop - $200/individuals, $300/couples

Wednesdays, 5:30 to 7:00 PM via Zoom

Learn more
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.