



# SAMARITAN CENTER

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## The Butterfly



Dr. Dee Esparza demonstrates the Butterfly. The Butterfly is a technique used to reduce anxiety in times of trauma. It's also a great breathing exercise. Follow along as Dee explains how to do this great, relaxing, and soothing technique. Step back, as Dee says, from the stuff that's going on.

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## Kendra Scott Gives Back



KENDRA SCOTT

# Shop for Good

*Support Samaritan Center*

May 2-3, 2021

At KendraScott.com use code:  
**GIVEBACK-1GH4**

Samaritan Center is thrilled to be partnering with Austin-based jewelry company **Kendra Scott** to raise funds that will support affordable mental health services for children and adults.

Shop all day **May 2 and 3** on [kendrascott.com](https://kendrascott.com).

Make sure to enter the code **GIVEBACK-1GH4** at checkout and 20% of the proceeds will benefit Samaritan Center.

## Meet A Trustee

### Keith Walker, Senior Vice President, Business Development, PCSI

Keith Walker joined PCSI in 2008 as Vice President of Operations and Business Development, bringing with him 19 years of prior experience in managing federal service contracts.

Mr. Walker was promoted to Sr. Vice President of Business Development in July 2020. Previous employers include NISH (now SourceAmerica), Raytheon Technical Services Company, and L-3 Communications. At PCSI, Mr. Walker develops and executes strategies to expand employment opportunities for disabled Americans and oversees Public Affairs.



Mr. Walker holds a Master's Certification in Federal Government Contracting through The George Washington University School of Business and is a Certified Federal Contracts Manager (CFCM) through the National Contract Management Association (NCMA).

Mr. Walker currently serves on the Board of Trustees for the Samaritan Center and on the Austin Mayor's council on veteran suicide prevention. As a U.S. Air Force veteran, he is passionate about placing service-disabled veterans in meaningful jobs that will bring dignity and respect.

## 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 - \$10 per session

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](#)

Donate



## 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.

