



SAMARITAN CENTER



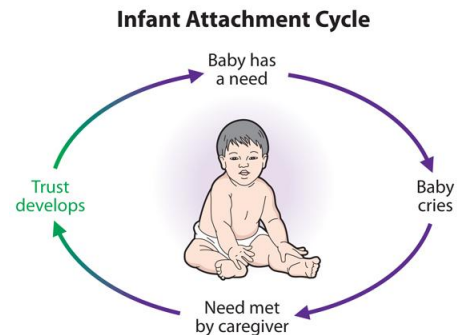
Change Lives

Parenting In A Pandemic

Connecting with Yourself and Your Child

by Kamini Verma, LCSW-S, RPT-S, Therapist

As we have been stuck at home or with our families during this pandemic, **it can feel hard to feel motivated to connect with others**. Sometimes you just want a break! Thinking of connection in terms of meaningful interactions that assist in decreasing behavioral instances is a helpful step to feel safe, heard, and valued.



Briefly, attachment is formed in infancy by the way your needs are met by your caregiver. When your needs are met consistently **you develop trust that you are safe, seen, heard and loved**. When your needs are not met consistently, or met in ways that are frightening, trust is not developed. You do not feel safe, seen, heard or loved. Take this a step further and think about how you express needs in your adult relationships. How do you want your partner, friend, co-worker, etc. to respond? Bottom line, children need to feel safe and know that their caregivers will meet their needs. As do adults.

Your own history influences your patterns of attachment throughout your lifespan. Your ability to self-regulate develops from attachment as this was your first experience in using your voice to be heard. **Your understanding of your own history, how it influences your behavior, and how you interpret the behavior of others, is part of being a mindful parent**. You can then understand what behaviors “push your buttons” and why, so it will become easier to understand how to be proactive about managing them. You develop the ability to be attuned to yourself and to your child’s signals. Your core reflection in those tough moments of parenting could be “Is this about my child, is this about me...”

[Read the rest of Kamini's blog here](#)

NEW 4-Week Group Parenting Workshop



4-Week Group Parenting Workshop
Empower, Connect, & Correct: TBRI®
Tuesdays, 5:30-7:00 pm
Samaritan-Center.org

Tuesdays, 5:30 to 7:00 PM, starts April 20th

The **Trust-Based Relational Intervention (TBRI®)** Introduction and Overview Class Series is an introduction to principles that enhance your understanding about how to interpret behavior and respond appropriately. At this training, you will learn and practice:

- **Empowering Principles** to address physical needs
- **Connecting Principles** for attachment needs
- **Correcting Principles** to disarm fear-based behaviors

Facilitated by [Kamini Verma, LCSW-S, RPT-S](#).

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

[Learn More](#)

Meet An Advisory Board Member

Jim Hoover

Since 1987, Jim has provided seed-stage capital to entrepreneurs in diverse industries, and has led companies from ideation to profitability as business partner or Board advisor. Jim was a co-founder of Alchemy Systems, a leading-edge, global training platform for employees in multiple industries.



In the companies Jim has been involved with, he has been influential in creating a culture of giving back to the community and caring about people first.

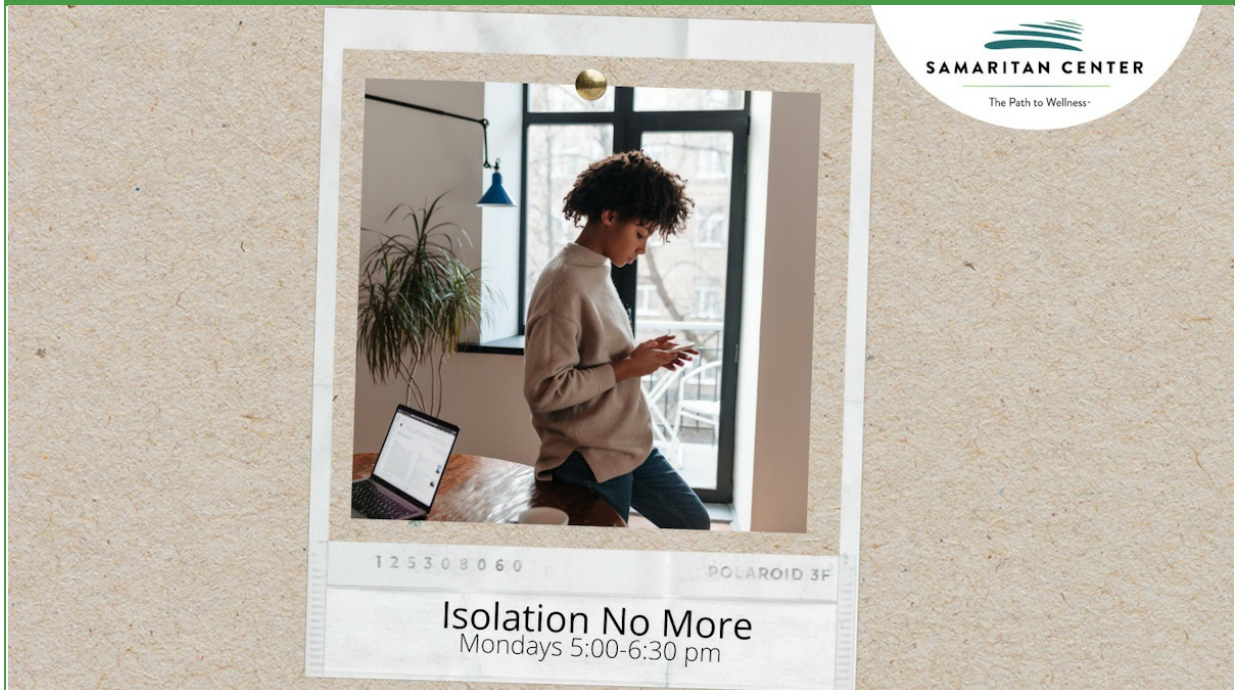
Jim has served on numerous charitable boards including Heart Gift, First Tee, and Accion Texas, and currently serves on the Samaritan Center's Advisory Board.

Jim served as an officer in the U.S. Navy from 1967-1972 including service aboard a Westpac destroyer and as a member of Underwater Demolition Teams. He is a Vietnam veteran.

Jim holds a BA from the School of International Service, American University and an MBA from The University of Texas. He resides in Austin with his wife Jan, and his son Colin lives in Boston with his wife and new baby girl.

Interested in Volunteering?

NEW Isolation No More



Mondays, 5:00 to 6:30 PM, starts April 12th

Are you feeling isolated? You are not alone! Humans are social beings and feeling isolated leads to increased feelings of depression and anxiety. This group is here to help us connect and feel less isolated during COVID.

Facilitated by [Dee Esparza, LMFT, PMHCNS-BC](#) and in partnership with [NAMI Central Texas](#).

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

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.

