



SAMARITAN CENTER

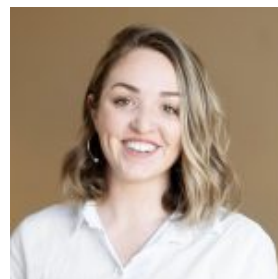


Change Lives

Forgiveness, Part Three

By Erin Peace, LCSW

In [Parts 1 and 2](#) of this blog series on forgiveness, we explored both the benefits as well as struggles of forgiving based on [The Book of Forgiving](#) by [Archbishop Desmond Tutu](#) and his daughter [Reverend Mpho Tutu](#). We also provided a framework on the fourfold path of forgiveness, and in this blog post we will break down what to expect in the first step.



The First Step: Tell The Story

In order to begin the healing process, the authors describe the need for detailing the events of the situation needing forgiveness: the good, the bad, and the ugly. **By narrating the story, we begin to make meaning of the suffering that has occurred.**

Next Steps

The authors provide a variety of ways to tell the story of the hurt: 1) Write out the entire story in a journal entry or a letter to...

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

Donate

Heroes Night Out



We will have two booths at the [Heroes Night Out BBQ](#) on Saturday, May 29 at [Reunion Ranch in Georgetown](#). The event is free to attend and will be from 10:00 am – 3:00 pm. Several staff from the Samaritan Center and MVPN will be there throughout the day, please stop by our booths and say hello!

Military Appreciation Month



It's Military Appreciation Month!

We recognize both active and former members of the U.S. Armed Forces.

Thank you to those in the Army, Navy, Air Force, Coast Guard, Marines, Space Force, and National Guard.

We are honored to serve [veterans, service members, and their families](#) through our [Hope for Heroes](#) program.

Ethics in Business

People Over Profits

You are invited to join us, along with the Austin business and philanthropy

community, for an uplifting and positive focus on some of Austin's best.

The purpose of **RecognizeGood**'s Ethics in Business program is to illuminate those businesses, individuals and nonprofits who believe that doing GOOD is good business.



2021 Ethics in Business Awards

Thursday, June 3rd
11:00AM-12:00PM

This year is a virtual event and **tickets are free.**

RSVP

Ongoing Groups & Wellness Classes



Veterans Helping Veterans - FREE

Mondays, 6:00-7:00 PM via Zoom

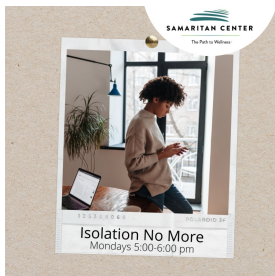
[Learn more](#)



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

[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

Every other Tuesday, 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.

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