



SAMARITAN CENTER



Change Lives

NEW Run, Walk, & Hike Group



Starting Saturday, July 3rd

Our Barton Springs Run Walk, & Hike Group bridges the gap between civilians, veterans, and service members through healthy physical activities, focusing on mental health for overall wellbeing. **Runners, walkers, and hikers of all levels are invited to join this trails group.** Healthy social gatherings can build long lasting positive relationships to fulfill our sense of belonging. The [benefits of exercise](#) include enhanced mood and energy, reduced stress, improved mental clarity, and more.

Participants will have two trail routes to choose from:

1. **Barton Springs Greenbelt Trail** - More technical with some elevation. Recommended for moderate to well experienced trail runners and hikers. (moderate to difficult)
2. **Ann Roy Butler Hike and Bike Trail** - Flat trail recommended for all levels. (easy to moderate)

Join us for a brief meeting to go over safety and the different routes, then participants will be released to the trails. All are welcome to join us to cool off at **Barton Springs Pool** afterwards.

WHO: Anyone who wants to support mental health, through self-care, for themselves and our veterans.

WHEN: 1st Saturday of every month at 7:00 am

LOCATION: West side of the Zilker Hillside Theater, [2206 William Barton, Drive, Austin, TX 78746](#)

COST: Free to run/walk/hike. Veterans also receive free access to Barton Springs Pool; non-veterans must pay their own pool entrance fees.

REGISTER: Call 512-451-7337, opt 8 or email manny@samaritan-center.org

GROUP LEADER: **Manny Gonzalez** is an Operation Iraqi Freedom/Operation Enduring Freedom Marine veteran, a certified mental health peer specialist at [Samaritan Center](#), and an avid trails and long-distance runner.

GROUP CO-LEADER: **Rev. Christian Hawley** is an Operation Iraqi Freedom/Operation Enduring Freedom Air Force veteran, associate rector at St. Matthew's Episcopal Church, and a pilgrimage guide for Threshold Expeditions.

Life After Trauma: Understanding PTSD

Fresh Blog: Symptoms and Treatment

June is PTSD Awareness Month! Anyone can go through a traumatic event, or trauma. In fact, about half of all men and women will experience at least one trauma, like combat, a natural disaster, a car accident, or sexual assault, in their lives. It's normal to think, act, and feel differently than usual after a traumatic experience, but if those reactions don't improve after a few weeks or months, it may be post-traumatic stress disorder (PTSD). If you or someone you know is having a difficult time moving past a trauma, take the steps to learn about PTSD and how to...

[Read more](#)



Annual Report Released

2020 In Review

"Looking back at 2020, like many people, I have a timeline of memories stamped in my mind about how the COVID19 pandemic swiftly changed our lives. I remember our wonderful 2020 Veterans Ball on March 7, 2020, where we did a lot of hugging and hand shaking. We weren't using the term social distancing, and hand sanitizer available at the event went mostly unused.

Twelve days later, on March 19, I was packing up my office to begin working from home. Those days in between are kind of a blur, as we were forced to shut down some programs, quickly develop safety protocols for in-office work, and then swiftly pivot to developing systems and solutions for telehealth and remote

work. I am still amazed that we did not miss a single day of providing services to our clients."

Read the summary of the year from Cindy Long, CEO, and about our strategic initiatives in the latest Annual Report.

[Read the Annual Report](#)



2020 ANNUAL REPORT

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.

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