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

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**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.