



SAMARITAN CENTER



Change Lives



TREATMENT WORKS. WHY WAIT?

Get support. Give support.

Not all wounds are visible. During the month of June, we are bringing awareness to post-traumatic stress disorder or PTSD. PTSD is a mental health concern that some people develop after they see or experience a traumatic event.

7-8% of the U.S. population will have PTSD at some point in their lives.

This month, we will explore [what is PTSD](#), how to get and give help, [what treatments work](#), and more. Be sure you are following us on social media!



Congratulations Ethics in Business Winners

Illuminating Exemplary Ethical Practices

[RecognizeGood's](#) 19th Annual Ethics in Business Awards was virtually held last week on Thursday, June 3rd to honor Central Texas businesses, nonprofit organizations, and individuals for their exemplary ethical standards and behavior. As the founding host, [Samaritan Center](#) was proud to be a part in this celebration again this year. Congratulations to all the finalists and award recipients this year!

INDIVIDUAL

Ryan Coaxum, [Guaranty Bank & Trust*](#)
Emlyn Lee, BRAVE Communities
Chris Siebenthaler, Redbud Plumbing
Ellen Wood, vcfo

NONPROFIT

Austin Community Foundation
Big Brothers Big Sisters of Central Texas
[Well Aware*](#)

SMALL BUSINESS

Bloom Communications*
Genesis Wealth Management
Monkee-Boy

MID-SIZE BUSINESS

Goodwin & Company
JE DUNN Construction*

vcfo

LARGE BUSINESS

A+ Federal Credit Union*
Samsung Austin Semiconductor
Shop LC

*AWARD WINNERS

Thank you to everyone at RecognizeGood for making this event possible. As usual, Bobby Jenkins was a fabulous emcee, and we appreciate everyone who attended and supported Samaritan Center's mission by [making a donation](#). See you next year!

Veterans Helping Veterans



Building Community Wellness and Resilience

This group provides an additional layer of support during these awkward and unusual times. In addition to that, it provides the opportunity for us to build community as Veterans with men and women who are in different areas of the state and nation.

Veterans Helping Veterans will be using the Dimensions of Wellness as topics of discussion so that we can either improve ourselves or help one another improve in those areas of life. For the purposes of this group, the Dimensions of Wellness are as follows: Environment, Physical, Social, Emotional, Intellectual, Vocation, Financial, and Spiritual.

WHEN: Mondays, 6:00 PM via Zoom

COST: FREE with proof of military service

CO-FACILITATORS: Manny Gonzalez and Blake Holbrook are Veterans and Certified Peer Mental Health Specialists

[Learn more](#)

Pilates for Pain Relief



Free Pilates every Friday at 2:30 PM

Are you suffering with pain in your daily life?

If your answer is “yes,” this class is for you!

In this class, [you will learn fascial release techniques](#), neurological hacks, Pilates and corrective movements you can practice daily to eliminate or significantly reduce pain.

This class will provide valuable tools for everyone.

There is no movement pre-requisite. These techniques can be used for anyone from people in wheelchairs to professional athletes.

You will leave class feeling taller, lighter and less stressed.

WHEN: Fridays, 2:30 PM via Zoom

COST: Free

INSTRUCTOR: Dawn Chouman has been teaching for more than 15 years. She has helped soldiers transform their bodies from war injuries, brain trauma and PTSD and has worked successfully with amputees and individuals with MS, fibromyalgia, knee, hip and shoulder replacements, cerebral palsy, herniated discs, fused spines, and shoulder impingements – to list a few. She has helped clients who are pregnant have better deliveries and helped professional athletes qualify for Ironman competitions. She has trained car accident victims and pre- and post-surgery clients to live pain-free lives.

REGISTER: To register, [email Kim](#) or call 512-451-7337, opt. 8.

[Learn more](#)

Thank You May Donors



H-E-B TOURNAMENT OF CHAMPIONS

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Jenny Daniels Freese

Leanne McGee
Lori & Brian Feldman
Mary & James Bixler
Microsoft
Sabrina Mikan
Stephen & Cynthia Elkins
Steve & Carolyn Crownover

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](#)