



SAMARITAN CENTER



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Change Lives

Honoring 9/11



COTA Tower Climb

WHEN: Saturday, 9/11/21, 8:00 am

COST: \$30

WHO: Open to everyone

WHERE: [Circuit of the Americas, Observation Tower](#)

RSVP: [Register online](#)

In honor of the 20th anniversary of 9/11, Samaritan Center will be having a special tower climb at Circuit of the Americas (COTA). We invite first responders, veterans, and others to participate in this unique and fun event.

The event will be on Saturday, September 11, 2021, at COTA's Observation Tower. You're invited to climb or participate as a spectator.

Register

Immediate Openings for Acupuncture

Healing Mind, Body, Spirit

We have immediate openings for [acupuncture](#) appointments.

Some Aetna or Blue Cross Blue Shield insurance plans cover acupuncture.

Call us to schedule an appointment:
512-451-7337, option 8

Curious about acupuncture? [Learn more](#)



***NEW* Veterans PTSD Support Group**



Group Starts in August

Coping with PTSD is a lifelong effort. This support group offers a space for relaxed sharing about your PTSD symptoms in the company and support of your brother and sister veterans who share your courage to confront this challenging illness. The group will meet for 10 weeks and will focus on the disruptive symptoms that frequently accompany PTSD. The group facilitators will use the Seeking Safety Workbook and the lived experiences of group members to guide these discussions. Group members need not feel obligated to share any of their life experiences, but sharing in a supportive environment can be one of our greatest tools to release the burden of PTSD.

WHO: Veterans or Active Duty from all Military Branches

WHEN: Tuesdays, 5:00 – 6:30 pm

LOCATION: Virtual, link will be sent to participants

COST: Free

CO-FACILITATORS: Delia Esparza, PhD, LMFT, PMHCNS-BC, Manny Gonzalez, Angela M McCree

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

[Learn More](#)

Winners of The Hope for Heroes Awards

Going Above and Beyond for Veterans

Congratulations to the recipients of the Hope for Heroes Awards!



Honorary Veteran Award - Kim Layne, nominated by James Lambert



On the Spot Award (June) - Josie Geck, nominated by Jenny Daniels Freese



On the Spot Award (July) - Alondra Choi, nominated by Erin Peace

Ongoing Groups & Wellness Classes



2020 Impact Recovery Group - \$25/individual

1st & 3rd Wednesdays, 1:30 - 3:00 PM via Zoom

[Learn more](#)



Barton Springs Run, Walk, & Hike Group - FREE

1st Saturday of each month, 7:00 AM at Barton Springs

[Learn more](#)



Clergy Support Group - \$20/individual

2nd & 4th Wednesdays, 1:30 - 3:00 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](#)



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](#)



Veterans Helping Veterans - FREE

Mondays, 6:00-7:00 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 | [Donate Now](#) | [Join Our List](#)