

It is with heavy hearts, great distress, and an overwhelming amount of uncertainty that many of us are starting off this Monday morning. You might be trying to process the tragedy that occurred in Kerr County and surrounding area while actively seeking ways to support your patients, loved ones, and community. It is in times like this that we can come together as a community to support one another and those we serve throughout our great state of Texas. Below are some resources that are available throughout the week. If you are offering any additional support to our community, please let us know so we can share with all.

**Monday, July 7th:**

4:00 PM

Free Community Support Group for children, teens, and adults

[Conative Group](#)

5:00 PM- 8:00 PM

Free In-Person Family Grief Support Group

Games, activities, snacks, and refreshments available

[Luna Integrative Care](#)

8:00 PM

Topic: Camp Mystic Parent Support Zoom (Rescued Children Only)

Join Zoom Meeting

<https://us06web.zoom.us/j/81699879172?pwd=LabXsvNI6a25htXvbQnYCLx8rjfaUQ.1>

Meeting ID: 816 9987 9172

Passcode: 961500

**Tuesday, July 8th:**

11:00 AM

Virtual Adolescent Support Group

[Daylight Therapy](#)

Contact: [allison@daylighttherapygroup.com](mailto:allison@daylighttherapygroup.com)

call/text 281 884 2548

6:00 PM

Free Virtual Support Group for Everyone

[JEM Wellness and Counseling](#)

Email: [contact@jemwellnesscenter.com](mailto:contact@jemwellnesscenter.com)

**Wednesday, July 9th:**

11:00 AM

In-Person Adolescent Support Group

[Daylight Therapy](#)

Contact: [allison@daylighttherapygroup.com](mailto:allison@daylighttherapygroup.com)

call/text 281 884 2548

6:30 PM

In-Person Adult Support Group

[Daylight Therapy](#)

Contact: [allison@daylighttherapygroup.com](mailto:allison@daylighttherapygroup.com)

call/text 281 884 2548

6:00 PM - 9:00 PM

Evening of Family Support Resource (Activities and breakouts for children, teens, and adults)

Students Stomping Stigma

[Chifly Hotel](#)

Contact: Ashley Le Grange ([info@studentsstompingstigma.com](mailto:info@studentsstompingstigma.com))

**Thursday, July 10th**

9:30 AM- 10:30 AM Walking Through Tragedy: How to Speak to your Children, Notice Symptoms of PTSD, and Manage Separation Anxiety

10:30 AM- 11:00 AM Space with Counselors

Hosted by [Nick Finnegan Counseling](#)

Location: [St Luke's United Methodist Church Fellowship Hall](#)

6:00 PM- 7:00 PM  
Free Support Groups for children, teens, and adults (all separate)  
[Heritage Behavioral Health Consultants](#)

6:30 PM  
Virtual Adult Support Group  
[Daylight Therapy](#)  
Contact: [allison@daylighttherapygroup.com](mailto:allison@daylighttherapygroup.com)  
call/text 281 884 2548

The following practices are offering Pro Bono therapeutic services for Camp Mystic girls and their families:

- [Modern Therapy](#)
- [Well Mind Body Integrative Psychotherapy](#)
- [Houston Therapy for Girls](#) \* Dr. Lauren Saporito is a Camp Mystic Alum
- [Dr. Emily Jamea](#)
- [Heights Family Counseling](#)

Dallas:

**[The Grounded Group:](#)**

FREE support groups for parents/adults and children and teens

Email: [info@groundeddallas.com](mailto:info@groundeddallas.com)

Directories:

**Trauma Focused-CBT (TF-CBT)** - one of the gold standard trauma treatments for kids/teens. Find a therapist [here](#).

**Child-Parent Psychotherapy (CPP)** - trauma therapy for young children (ages 0-5) and their parents/caregivers. Find a therapist [here](#).

**EMDR Directory** - find an EMDR therapist for adults and children [here](#).

**Brainspotting Directory** - find a BSP therapist for adults and children [here](#).

**Trauma Therapist Network** - search a directory of verified trauma therapists [here](#).

Strong Star Training Initiative with Rostered CPT and PE providers -  
<https://strongstartraining.org/network/>

### **Fundraising -**

#### Kerr County Flood Relief Fund

Organization: Community Foundation of the Texas Hill Country

Purpose: Supports local rescue, relief, and recovery efforts.

Website: [CommunityFoundation.net](http://CommunityFoundation.net)

#### Charitable Organizations

##### American Red Cross

Purpose: Provides shelters and emergency assistance.

Donation Options: Visit [RedCross.org/donate](http://RedCross.org/donate) or call 1-800-HELP NOW (1-800-435-7669).

##### Salvation Army

Purpose: Offers meals and hydration to affected individuals.

Donation Options: Visit [HelpSalvationArmy.org](http://HelpSalvationArmy.org) or call 1-800-SAL-ARMY.

Drop-off Location: [855 Hays Street, Kerrville.](#)

#### Supply Drives

##### Southern Oaks Church

Items Needed: Hygiene kits, baby essentials, clothing, food.

Drop-off Location: [122 Valley View, Kerrville.](#)

Online Donations: Available on their website.

##### Austin Pets Alive!

Purpose: Provides medical care and transport for animals.

How to Help: Volunteer or donate supplies like pet food and carriers.

Website: [AustinPetsAlive.org](http://AustinPetsAlive.org).

#### Other Options

##### GoFundMe

Purpose: Lists verified fundraisers for flood victims.

Website: Search for "Texas flood relief" on [GoFundMe.com](http://GoFundMe.com).

##### TEXSAR

Purpose: Nonprofit specializing in emergency response.

Fundraising Goal: \$250,000 for ongoing efforts.

Website: [TEXSAR.org](http://TEXSAR.org).