

Calling All Volunteers!

Here are the upcoming Warrior PATHH volunteer opportunities for the remainder of 2021! Sign Up NOW!!!



Oct. 1st -
7th

Nov. 5th - 11th

Dec. 3rd - 9th

Oct. 22nd -
28th



Our 2022 Warrior PATHH classes are NOW OPEN for REGISTRATION! We will be hosting 6 female classes and 6 male classes. Interested participants can submit an application by clicking on the links below.

[First Responder Application](#)

[Combat Veteran Application](#)

WARRIOR PATHH 2022 DATES

January Jan. 14th - Jan. 20th (All Female)	June Jun. 10th - Jun. 16th (All Female)
February Feb. 18th - Feb. 24th	September Sep. 9th - Sep. 15th
March Mar. 11th - Mar. 17th (All Female)	October Oct. 7th - Oct. 13th (All Female) Oct. 21st - Oct. 27th
April Apr. 8th - Apr. 14th Apr. 22nd - Apr. 28th (All Female)	November Nov. 11th - Nov. 17th (All Female)
May May 20th - May 26th	December Dec. 9th - Dec. 15th

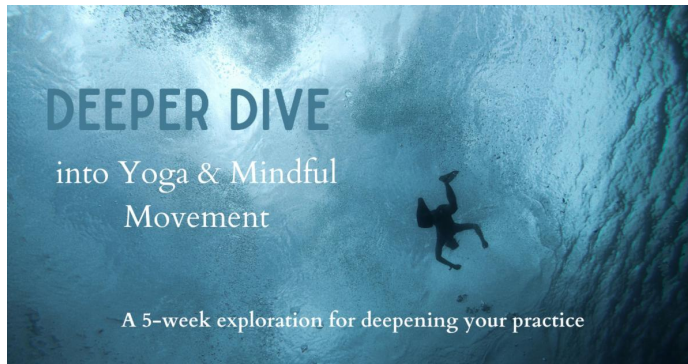
"They say experience is the best teacher" says Dayne Peterson, a recent Warrior PATHH Graduate. He attended Warrior PATHH at the Big Red Barn Retreat in February. In his own words, Peterson explains why he attended the PATHH program and how his life has been changed since finishing his 7-day initiation.

"I knew I wasn't being honest with myself. I knew I was not presenting my best self to my wife and my family. I knew I wasn't leading Airmen the way they deserved to be led. I used the same excuses that many of you are using, I'm tired I haven't been sleeping well, I just need to refocus, I'm in a funk etc. Thankfully for myself, my family, friends, and the Airmen I lead, the PATHH guides called me on my bullshit."

After "checking out" Warrior PATHH, Dayne left with more than he could have ever expected. His relationships improved with his family, friends, co-workers and especially with himself. He is now a Warrior PATHH Guide, training Warriors how to maximize their potential and live a life in which they are THRIVING!

The Warrior PATHH won't eliminate the struggle of life but it will teach you that struggle is where we grow and to struggle well!"

Programs



New Pilot Program coming this Fall!

We are so excited to announce the launch of a pilot program coming this Fall. Funded through a generous grant from **The Dorothy Smith Foundation**, 'A Deeper Dive into Yoga and Mindful Movement' is a 5-

week program designed to give Warriors a chance to dive deeper into the mindfulness that results from the routine practice of yoga.

During this program, Warriors can expect to see an increase in self-awareness, improved self-regulation strategies and an increased sense of community. The program will include:

- 5-min Self-led daily practice
- Mid-week 'buddy checks'
- Journaling: Reflection, Self-inquiry and Chronicling
- Group Book Read
- Full exploration into yoga and mindful movement

Each 5-week session will host 6 Warriors. The upcoming session is FULL, but another session will be offered later in the season. Interested Warriors must be regular attendees of the BRBR yoga and tai chi classes and have spoken to and have applied through Vicky Saye Henderson.



Fiber Healing Arts Program: Quilting

Join us on September 22nd for our inaugural Fiber Healing Arts: Quilting Workshop. Co-Facilitated by 22 Year ARMY Veteran Jeannie Hurlburt and Donna Royson, the workshop is meant to give Veterans a creative outlet in a learning environment. Quilting, as a wellness practice, teaches patience, focus and

connection. Tangled knot of threads, struggle to connect pieces and behind-the-scenes negotiations are all a part of the journey when constructing a Quilt Of Valor.

If you are a Veteran, Active Duty Service Member or First Res looking for an artistic outlet, these workshops are a great opportunity to create meaningful art and meaningful relationships. Workshops take place once a month from 10-2 and include guided instruction with a specific project, applicable to a variety of materials and

projects. The workshops are not vocational in their purpose, but frequent attendance will increase the skill level of participants. Dates are listed below:

September 22nd

October 27th

November 15th

December 17th

Register for Fiber Arts [HERE!](#)

How can **YOU** help?



[myregistry.com](#)



In-Kind donations allow us to supply our Warriors with everything they need while they are at the Log Cabin. You can view our supplies registry below:

[MyRegistry](#)

[Amazon Wishlist](#)

Is your birthday coming up? Over 1 BILLION dollars were raised last year from Facebook birthday fundraisers! Create a birthday fundraiser on Facebook and choose BRBR as your charity!

When you use Amazon Smile, Amazon will give a percentage to the Big Red Barn Retreat. You shop. Amazon gives!! Make sure to shop through [smile.amazon.com](#) and to choose BRBR as your charity!

[Shop Amazon Smile](#)

Events



Fall Jam at the Ballpark

Get your tickets NOW!!



Soldiers & Vets Golf Tournament

Early Bird Pricing ends September 21st!

All of our Club Level Seating and Luxury Suites are **SOLD OUT** for FALL JAM AT THE BALLPARK! There are still some great seats available and for only \$25, \$15 with a military ID! Get your tickets NOW before they sell out, you don't want to miss this patriotic event!

[\\$25 Fall Jam Tickets](#)

Join us October 21st for All South Federal Credit Union's Annual Soldiers & Vets Golf Tournament. The Big Red Barn Retreat was chosen as this year's beneficiary. If you do not golf, you can chose to sponsor a soldier in the tournament. To learn more about the tournament or register a team, click below:

[Register a Team or Become a Sponsor](#)

Thank you to our supporters!

Program Supporting Grants

Aflac housed at Central Carolina Community Foundation, for rewarding us with a grant which will fund our Healing Art Programs, including art and music therapy.

Fall Jam at the Ballpark: Sponsors

THANK YOU to all of our amazing sponsors for FALL JAM AT THE BALLPARK! This event would not be possible without the support of these companies and their dedication to our mission - providing a place of peace to those who protect our country and community.



PRISMA
HEALTH.



CARRY THE FUTURE™



**Dominion
Energy®**

unum®

Colonial Life.

**WACH
FOX 57**

GRACE

TRUE COMFORT
OF THE CAROLINAS



TRUIST



South Carolina

G GREGORY
ELECTRIC
COMPANY, INC



LOCKHEED MARTIN



ALLSOUTH
Federal Credit Union

