



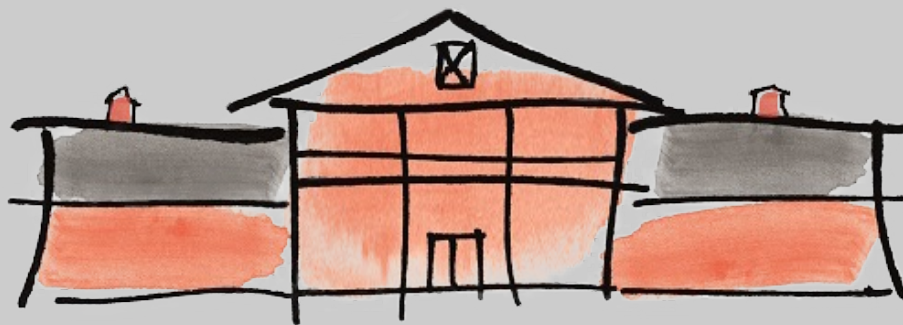
April at The Big Red Barn Retreat

Good Morning from the BRBR! I hope this email finds you well. Moving into April, we are looking forward to continuing some of our ongoing programs and services to provide for our nation's Warriors. From Form Up Fridays to our upcoming Fall Jam at the Ballpark, so many exciting things are coming up and we just can't wait.

In the meantime, have a look at how you can support our organization this month, like in **Midlands Gives Early Giving**. Every little bit donated will go directly to providing for our heroes so they have the ability to gain tools to live life to it's fullest.

As always, thank you so much for your ongoing support. Our mission would not be possible without you and your generosity.

Sincerely,
The Big Red Barn Retreat



Midlands Gives EARLY GIVING:

Don't miss out!

Midlands Gives Day is right around the corner, but you don't have to wait until May 3rd to donate to the Big Red Barn as part of the event. **EARLY GIVING IS OPEN NOW!** So far, 126 donations to 56 organizations, totaling over \$30,000 donated so far. By donating to the Big Red Barn, you become a part of something so much greater. Your donation provides us the ability to give our nation's heroes the tools to live the lives they wish to have -- lives that are *thriving*.



This year, Midlands Gives will take place online on **May 3rd from 6:00 a.m. to 11:59 p.m.**, Eastern Time. Make sure to search "The Big Red Barn Retreat" and help support our mission, we couldn't fulfill our goals without your generous support.

Don't wait until the day of to donate, embrace your inner philanthropist TODAY! Click the buttons below for more information and to donate.

Participate in EARLY GIVING here!

Have a business? Fill out our Matching Funds form here!

Set up a FUNDRAISING page here!

My Life Since PATHH

David Pelley's Story

When David Pelley was introduced to the Warrior PATHH program as an intern at the BRBR, he thought it would just be another punch in his card of things to do while working here. Instead, he found the PATHH program to be a life-changing experience, giving him new tools to tackle the stress of life. From going through the labyrinth, to learning Transcendental Meditation, David's experiences here have truly shaped him in ways he didn't expect before. Read his full story using the button below.



"It has been one of the best things that has happened to me besides meeting my wife. It has absolutely, hands down changed my life, the way I look at struggle, the way I look at opportunities, and the way I look at opportunities that we have to help other veterans" -David Pelley

[Read David's Full Story Here](#)

Form Up Fridays

Form Up Fridays is new to 2022 and it's been a blast! Warrior PATHH alumni now have the opportunity to revisit the barn and the horse module of Warrior PATHH to practice regulating emotions and reducing stress levels. Through working with the horses, our Warriors find that they must calm their inner being to be able to make the horse listen to them. If you're holding onto any anxiety, stress, or hesitance the horse will know, so you HAVE to let go of those negative feelings! Interested? Click the button to the right to sign up for May 20th session.



[May 20th Form Up Fridays](#)

Warrior PATHH Volunteer Opportunities

We would first like to say thank you to all of our dedicated, caring, and kind volunteers. Without your ongoing support and assistance, our goals would not be fulfilled. One of our main volunteer opportunities here at the BRBR is the Warrior PATHH program, where volunteers assist our chefs in preparing meals for our Warriors.

Not only are you providing a hero with a meal, you also establish close relationships with both our participants and staff. From the beginning of the week to the end, considerable difference in our participants has been noted by our volunteers.. We have a few available spots open for our May 20th-May 26th class, and plenty of space available in June. Volunteer slots are assigned on a FIRST COME FIRST SERVE BASIS. Please keep in mind that we try our best to make sure as many people get to volunteer as possible. Click the links below to sign up and we hope to see you at the cabin soon!



[Volunteer for May 20th - May 26th Warrior PATHH](#)

[Volunteer for June 10th - 16th Warrior PATHH](#)

Thank you to the Rotary Club of Spring Valley!

We would like to say a big **THANK YOU** to our friends at the **Spring Valley Rotary Club** for their kindness in granting our organization \$2,500 to go towards our upcoming *Beyond Music* program. This program will allow 10-12 veterans, first responders, active-duty members, and reservists to enhance their self-expression skills and improve individual coping skills. The healing benefits of music have been shown to reduce depression, anxiety, and stress as well as encourage creativity and strengthen coping skills.



We are so grateful for the kindness and generosity of the Spring Valley Rotary Club for this grant. We couldn't achieve our goals without our supporters. Again, thank you so much!

Interested in **funding** our organization? Please visit our website using the button below or email us at info@thebigredbarnretreat.org for more information on how to support our organization.

Visit our
Website

Coming Soon: Fall Jam at the Ballpark

We have picked our featured artist for our annual **FALL JAM AT THE BALLPARK!**

He is a country artist, a veteran of the United States Army in the 101st and 82nd Airborne Divisions. He's been nominated for two Academy Country Music Awards, has produced 26 singles, 7 studio albums, and has 1.9 million listeners on Spotify. Can you guess who it is?

Interested in **sponsoring** our Fall Jam? Please email us at info@thebigredbarnretreat.org for sponsorship levels and more information.



[Unsubscribe info@thebigredbarnretreat.org](mailto:info@thebigredbarnretreat.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by info@thebigredbarnretreat.org in collaboration
with



Try email marketing for free today!