



MIDLANDS GIVES

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Community Foundation

EARLY GIVING
STARTS APRIL 1

BRBR April 2021 Newsletter

SCHEDULE YOUR MIDLANDS GIVES DONATION TODAY!

Midlands Gives, a day dedicated to giving across the Midlands, is scheduled for MAY 4th this year! We need your help to spread the word about the good works of The Big Red Barn Retreat and Warrior PATHH so we can reach our GIVING GOAL of \$25,000. Your donations will help us serve our military and first responder community that are struggling.

Ways you can help:

1) Become a champion -- champion pages are a way to connect your passion and network by creating your own personal campaign to raise money for the BRBR. You choose the donation goal, get the word out and become a champion for the BRBR.

2) Consider scheduling a donation NOW -- early giving opens April 1, so you don't have to wait until May 4 to donate! You can visit our page and schedule a donation or donate today.

3) Share our posts on social media and with friends -- join our team and help us reach our GIVING GOAL of \$25,000 by following us on Facebook and Instagram @thebigredbarnretreat and sharing our posts!

Be one of the first to donate! Click the link below to visit our page and don't forget to join us on May 4 for the 18-hour online giving challenge!

[MIDLANDS GIVES PAGE](#)

Gardening Volunteer

The Big Red Barn Retreat now offers volunteer opportunities for our outdoor garden! Working in the garden allows people to get outdoors and get their hands dirty while connecting with others -- plus, the food grown in the garden is used to feed Warrior PATHH participants during their training.

Our next Garden volunteer day will be a **Spring Planting Day** Monday, April 19 from 10 AM to Noon.



During the Spring Planting day, we will be planting our crops for the Spring

and Summer to include tomatoes, cucumbers, bell peppers, squash, zucchini, and much more. Learn about the many ways in which these vegetables can be prepared and included as part of your at-home menu planning.

Fresh vegetables are good for your health because they include many vitamins and minerals. Vitamins like, vitamins A (beta-Carotene), C and E, magnesium, zinc, phosphorus and folic acid can be sourced from Fresh vegetables.

To register, click the link below!

[REGISTER FOR SPRING PLANTING DAY IN THE GARDEN](#)

First Saturday Series

The Big Red Barn Retreat will continue its First Saturday Series through the summer! These classes are FREE and open to the public. Coming May 1, 2021 will be a Yoga class for anxiety with Vicky outside at the Pond Pavilion overlooking the pond at the BRBR. More information below.



Yoga for Anxiety Relief

Saturday, May 1st

9:00-10:30 a.m.

Vicky Saye Henderson, RYT-200

An in-person, outdoor self-regulating experience

Class capacity: 8

What is Yoga for Anxiety Relief?

Anxiety can manifest itself in a variety of ways--physically, mentally and emotionally. Proven and helpful means of coping with anxiety include breath work, mindful movement, progressive physical relaxation, meditation and visualization. Yoga is a practice that employs all of these techniques.

Registration is Required.

As space is limited, class capacity is 8. Be sure to register to reserve your spot. COVID protocols observed. Register with the link below.



Yoga for Anxiety Relief

An in-person, outdoor self-regulating experience

Saturday, May 1 9:00-10:30 AM

Yoga for Anxiety

Yoga for Back Strength with Jessica

There will be another Yoga class offered on June 5, 2021 at 11 AM for back strength with Jessica. The class will have a steady-paced flow with an emphasis on powering up the core, especially the back half. Learn to stabilize your back as you move dynamically through balance and lower body stretches while building grounded strength. Register by clicking the picture below.



Transcendental Meditation Training

Congratulations to our February TM class participants!

Transcendental Meditation™ is a cornerstone activity at Warrior PATHH and a technique that allows those struggling with stress and anxiety to calm their nervous system and reconnect the mind, body, heart, and spirit. We are honored



and humbled to partner with Maharishi Foundation to offer TM Training once a quarter in 2021 to Veterans, Active Duty Service Members, and their spouses.

Because TM works by reducing stress, it simultaneously reduces all stress-related conditions including alcohol use, depression, emotional numbness, insomnia, and PTSD. It is easy to learn and practice, has no negative side effects, can be practiced anywhere, and improves resiliency.

Our May and September classes are full, but there are still spots available for November. Register below to reserve your spot!

NOVEMBER TM

Shaw Air Force Base First Sergeant Training

We were honored to host a day of Posttraumatic Growth training for the First Sergeants from Shaw Air Force Base!



Doko Rib Fest



Thank you Chamber of Blythewood for hosting the RibFest and to everyone who came out to enjoy the day's events! The day was an absolute success and we hope you enjoyed all the delicious ribs. The Big Red Barn is proud of our Veteran Team who placed THIRD in the veteran category, and more importantly, we made lots of new friends in the process.



Thank you to all our volunteers

We love sharing the success stories of our Warriors and the exciting news at The Big Red Barn. It's beyond rewarding to see our veterans, active duty service members and first responders train to turn their struggle into profound growth -- but it would not be possible without our amazing volunteers.



It's the dedication, kindness and generosity of our volunteers that allow us to serve our community. The time you take out of your day to make programs like Warrior PATHH into a reality is what allows us to serve our community, and we can't thank you enough. Whether it's helping with the garden or preparing meals, the time you take out of your day to help is essential to the training our warriors complete during Warrior PATHH.

Just as our warrior community has served us and our country, your altruism helps us return the favor. If you have volunteered -- thank you. We hope to see you again. If you haven't and would like to, click the link below to sign up for our volunteer list and follow us on Facebook for future volunteer opportunities.

[Volunteer Interest Form](#)



Congratulations to the BRBR WP Class 006! Welcome to the beginning of your journey toward Posttraumatic Growth.

To sign up as a volunteer to help prepare meals for our warriors, click [here](#).
To apply for future Warrior PATHH classes, click [here](#).

Warrior PATHH Dates:



April 9nd - April 15th, 2021

April 23rd - April 29th, 2021

May 14th - May 20th, 2021

June 4th - June 10th, 2021 (All Female)

September 10th - September 16th, 2021

October 1st - October 7th, 2021

October 22nd - October 28th, 2021

November 5th - November 11th, 2021

December 3rd -December 9th, 2021 (All Female)

