



August Newsletter

2022



August with the BRBR

Greetings BRBR Family!

Welcoming August means we are inching closer and closer to some of our most beloved and anticipated events, programs, and services. Coming up this Fall, we will be hosting our first ever Charity Golf Tournament at Charwood Golf Club, the annual Fall Jam at the Ballpark, and the UofSC Veterans Day 5k Charity Run. We are also proud to host Music Therapy in the Barn once again this year, as well as introduce our brand new Farm-to-Table cooking classes with PATHH Guide Jason Dersch! Additionally, Warrior PATHH classes are back in session beginning in September, so don't miss out on your opportunity to volunteer! Of course, Form Up Fridays is still going strong with equine-assisted learning continuing to work its magic with our participants each month.

We're keeping busy here at the Barn and we're so excited to welcome you all back for so much fun soon. Keep in mind, FREE weekly Yoga and Tai Chi are still being held every week (check our calendar for individual class times), as well as Friday morning peer-to-peer coffee groups for Veterans. We'd love to see you there! In the meantime, keep reading to learn more about our upcoming events and services.

Sincerely,
The Big Red Barn Retreat

[Link to our Event Calendar](#)



My Life Since PATHH

Learning to Love the Itty-Bitty Things: Lenny Hyland's Story

Lenny Hyland originally had his reservations about going through the Warrior PATHH program. Sure, he had tons of friends, had good times at the BRBR, and saw changes within his wife after she finished her PATHH class, but he wasn't completely set. However after a particularly notable reality check, he knew he had to do something. Lenny attended PATHH through Gratitude America in Florida last year and it has made all the difference. Now, he notices all the little things in life and is grateful for everything around him - all the itty-bitty things.



Soon, Lenny will be co-facilitating this year's Music Therapy classes with Laura Theismann, MT-BC. Read his story of struggle to strength by clicking the button below!

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

"I didn't allow people to know who I was - the real me. Now, the person you see on the outside, is the person that is happy and loves the person on the inside. That's the main difference, I like the person I am now - on the inside."

Programs & Services

Form Up Fridays



Form Up Fridays allows Veterans and First Responders to learn and apply skills through Equine Assisted Learning (EAL) and is based on the principles of post-traumatic growth. EAL is an experiential approach to learning that leverages the unique qualities of horses to enhance self-awareness, facilitate emotional regulation, and improve interpersonal relationships.

The goal is to facilitate personal growth and develop life skills that enhance relationships in all areas of the participant's life. Veterans who participate in EAL programs experience noticeable improvements

in physical, mental and emotional health.

Use the Buttons Below to Sign Up for August, September, and October Form Up Fridays!

[August Registration](#)

[September Registration](#)

[October Registration](#)

Beyond Music: Music Therapy 2022

Beyond Music: Music Therapy is back for 2022! Music helps to reconnect us to our identities. It also helps us, as all the arts do, to pursue an otherwise inexpressible search for meaning. In so doing, it helps bolster our resilience in the face of difficulty.



Taught by Key Changes facilitator Laura Theismann MT-BC and co-facilitated by Veteran/PATHH Alumni Lenny Hyland, this course will teach how music can be used as a regulation practice, even if you don't have any experience with formal music training. If you like music, music therapy is for you!

Classes will be held every Monday for eight weeks from 12:30 pm-2:00 pm beginning Monday September 12th, 2022.

Registration is open NOW, click the button below to register today!

[Register for Music Therapy](#)

Farm-to-Table Cooking Classes Coming Soon!



The BRBR is proud to introduce our brand new Farm-To-Table Cooking Class facilitated by one of our very own Warrior PATHH Guides, Jason Dersch.

Thanks to a grant awarded by Colonial Life @coloniallife, our organization will soon hold group cooking classes focusing on the importance of healthy living and the power of food as a medicine. Recipes will come from all around the world, so there will be something for everyone to enjoy!

Dates and times TBD, stay tuned for the latest info

Warrior PATHH Volunteer Opportunities

Our summer break is almost over!
Beginning September 9th, Warrior PATHH

classes are back in session, which means we need our amazing volunteers! When you volunteer for food preparation, you will assist our chefs with creating delicious and healthy meals for our Warriors.

When you sign up to volunteer, expect a confirmation email about one week before your expected volunteer dates/time. Please keep in mind we try our hardest to make sure everyone gets their time to help out, so you are not guaranteed a spot until you receive your confirmation email or text.



Use the buttons below to sign up for the Oct. 7th-13th and Oct. 21st-27th class.

October 7th-13th

October 21st-27th

Opening for September TM!



We have an opening in our September TM Training class for anyone interested in learning Transcendental Meditation for FREE at the Barn. We are also accepting registrations for our November TM training NOW! TM is a form of meditation that removes distracting thoughts and produces a state of restful alertness to help alleviate symptoms of depression, anxiety, PTSD, and other mental disorders/illnesses. It's not a religion or philosophy. Instead, it is simply a

method of stress relief to improve your health and wellbeing, starting with the mind.

Normally, TM Training can cost thousands of dollars. Here at the BRBR, we offer this life-changing course completely for FREE for our Veterans, Active-Duty, First Responders, and their families. Please message us at info@thebigredbarnretreat.org if you're interested in filling this spot, or use the button below to sign up today! We will contact you with further information if you are selected.

September TM Training

November TM Training

Events

The Charwood Charity Golf Tournament

On Monday, September 26th 2022, the Charwood Golf Club will host its charity golf tournament benefitting The Big Red Barn Retreat! Featuring a low-country shrimp boil prepared by one of our very own Warrior



PATHH Guides Jason Dersch, this event will not be one to miss. Using a "Captain's Choice" format, there are plenty of opportunities to let loose, win some amazing prizes like Yeti Coolers, participate in our raffle giveaways, and have tons of fun all while supporting the BRBR.

We are still accepting sponsors!
Use the button below to register your team and/or your company today, check or PayPal accepted.

Sponsor the Golf Tournament!

Register your Team to Play!

The UofSC Annual Veteran's Day 5k Race

Each year, the University of South Carolina hold's its Veterans Day 5k Running Race throughout downtown Columbia. On November 13th 2022, join UofSC in supporting the BRBR during this year's race! All proceeds go directly toward funding the BRBR's programs and services so we can provide free tools to cultivate thriving lives for our Veterans, Active-Duty Service members, and First Responders.



Stretching through the heart of downtown Columbia, there are several sites to see along the way, such as the UofSC campus and The Horseshoe, the State House, historical landmarks and statues, and more.

Use the Button Below to Register to Run Today!

Register to RUN!

JOIN US AT THE FALL JAM!

DON'T MISS OUR HEADLINE ACT CHRIS LANE on OCTOBER 8TH 2022 AT SEGRA PARK



The 2022 Fall Jam is right around the corner... On Saturday, October 8th in Segra Park: Home of the Columbia Fireflies, come see our headline act -- multiplatinum country music artist CHRIS LANE!!! From hits like his 3X platinum "I Don't Know About You", platinum hit "Big, Big Plans", and 2X platinum "Take Back Home Girl", this NC native is going to rock the stage this upcoming autumn. Joining Chris as opening act is rising star Alana Springsteen and the BRBR's own singing sensation Carter Lybrand!

Don't miss your chance to get the best seats in the house, all proceeds directly benefit the BRBR's programs and services for Veterans, Active-Duty service members, and their families.

Tickets on Sale Now Using the Button Below!

[BUY TICKETS HERE!](#)

BIG RED BARN RETREAT
FALL JAM
AT THE BALLPARK
★ ★ ★
BENEFITTING VETERANS AND FIRST RESPONDERS

Multi-Platinum, Award Winning Country Music Artist
Chris Lane
in concert
Saturday, October 8th

★ ★ ★
Segra Park: Home of the Columbia Fireflies
★ ★ ★

Tickets on sale now at
thebigredbarnretreat.org/fall-jam

Presented by:
SONIC