

happy holidays

DECEMBER 2020 NEWSLETTER

No matter what holiday you celebrate, all of us at The Big Red Retreat would like to wish you a healthy and happy holiday season!!!

GivingTuesday is TODAY!! There are so many ways that you can help The Big Red Barn Retreat this holiday season but especially on this GivingTuesday.

GivingTuesday is a global generosity movement unleashing the power of people and organizations to transform their communities and the world. We would be honored for you to consider The Big Red Barn Retreat this GivingTuesday.



**Now more than ever
we are called to
make a difference.**

#GivingTuesday | December 1, 2020

Our newest program, Warrior PATHH, officially launched in October of 2020. We are grateful to be one of eight locations nationally to offer this FREE program and give Veterans and First Responders the tools they need to turn their deepest struggle into profound strength.

Below are many different ways for you to support Warrior PATHH and

ultimately, our nations heroes, this GivingTuesday.

For \$15, Feed A Warrior.....We have two certified chefs – veterans themselves -who cook three healthy meals a day for each student. You can sponsor one meal, or all seventeen!!

For \$20, Sponsor a Bonfire.....Each night of Warrior PATHH concludes around a fire. Bonfires foster camaraderie, physical achievements, and an overall healthy mindset. You can sponsor one bonfire, or all 6!

For \$10, Feed our Horse Team Members for a Day.....Horse-inspired therapy sessions trains students to develop wellness practices to regulate thoughts, feelings, and actions. You can sponsor one day of food, or even a whole month!

For \$85, Give our Warriors a Home for a Night.....During the 7-day initiation of Warrior PATHH, Warriors LIVE on property in their own private residence designed to make them feel relaxed, safe and at peace. You can sponsor one night of accommodations or a whole week of accommodations for a Warrior.

For \$100, Sponsor a Yoga or Tai Chi Class.....Yoga and Tai Chi are wellness practices that help those struggling to use their breath and body to respond.

For \$250, Sponsor an Art Therapy Class.....Art therapy involves creative techniques such as drawing, painting, collage, coloring, photography and sculpting. You can sponsor one class, or even an entire 10-week session!

For \$175, Sponsor a Equine Assisted Psychotherapy Session.....EAP is a distinct non-traditional mental health treatment that helps empower individuals through personal and physical experiences. You can sponsor one session, or even an entire 10-week session!

For \$1,000, Buy a Kayak..... Kayaking gives our heroes the opportunity to reflect on who they want to be and how to live a life that is congruent with that image

DONATE NOW TO SUPPORT WARRIOR PATHH AT THE
BRBR



An Update from Warrior PATHH....

We just completed our first FEMALE Warrior PATHH class in November!! Warrior PATHH is a program for Veterans and First Responders that focuses on changing the narrative from PTSD to Posttraumatic Growth (PTG).

"Thank you from the bottom of my heart. I never thought this would have such an impact on my life."
-BRBR Warrior PATHH Graduate

Warrior PATHH is PROVEN to make a difference...

-56% reduction in PTSD symptoms

-42% increase in a feeling of personal strength, the idea that nothing can knock them down.

-40% improvement in deeper, more supportive and rewarding relationships.

-56% increase in positive spiritual and existential change.

"Its a game changer," says Mark Mills, Warrior PATHH graduate. Take a moment to watch Marks story to truly see how big of an impact Warrior PATHH makes on the lives of our nations heroes....



DONATE A HOLIDAY WREATH

We are honored this year to be the recipient of Concerned

Veterans For America South Carolina efforts to support Veterans Events this Holiday Season! Join them as they lay wreaths at Fort Jackson on December 19th or donate a wreath... Every wreath donated via their group page will provide \$5 in support of the Big Red Barn Retreat Center in Blythewood, SC! **[Click here to get your wreath....](#)**



We are making a list if you want to check it...



Want to play Santa for The Big Red Barn Retreat??? Well... we made a list, if you want to check it... Check out our Amazon Wishlist here!!

[AMAZON WISHLIST](#)

Speaking of Amazon..... Did you know The Big Red Barn Retreat can receive a donation EVERY time you shop on Amazon with NO additional charge to you??

Visit smile.amazon.com and chose The Big Red Barn Retreat as your charity!!

help the big red barn retreat with your holiday shopping this year!



