



February 2021 Newsletter

The New Year has just started and GREAT things are in the works at the Big Red Barn Retreat. After over a year of planning, training, and building, We had the official ribbon cutting to celebrate the launch of the Warrior PATHH program at the Big Red Barn Retreat.

In addition, we are back full time with our yoga, tai chi, and peer to peer Veteran mentoring group on Friday mornings. More Programs to come in 2021, so stay tuned!

[Visit our Website](#)



It was our honor to have Governor McMaster and Peggy, Secretary Will Grimsley & many other distinguished guests join us for the official launch and ribbon cutting of the Warrior PATHH program at the BRBR!



WHAT IS WARRIOR PATHH?

Warrior PATHH is an 18-month program with seven days of intensive and immersive training for combat veterans, active duty and first responders. Warrior PATHH is unique because it focuses on Posttraumatic Growth so that warriors can transform times of deep struggle into profound strength and lifelong growth. Warrior PATHH *educates* warriors about the impacts of stress and trauma on the

mind, body, heart and spirit; trains them to *regulate* their thoughts, feelings and actions; encourages them to *disclose* their stories to make peace with their past; and helps them create a new, positive *story* to continue their service to their families, PATHH Teammates, community, country, and themselves.

We have 12 Warrior PATHH classes scheduled in 2021

January 22nd -January 28th, 2021 (in progress)

February 19th - February 25th, 2021

March 19th - March 25th, 2021 (All Female)

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)

To learn more about Warrior PATHH, visit our website below.

[Visit our website](#)

GIVING VETERANS A SECOND CHANCE

We are humbled and honored to partner with the 6th circuit court Veterans Court Program, which includes Chester, Lancaster and Fairfield counties. Veterans that enter the Veterans Court Program have the opportunity to apply for the Warrior PATHH program as a diversion program resulting in a possible sentence reduction or dismissal.



If you would like more information about the Veterans Court Program or contact information, click below:

[Veterans Court Program with 6th Circuit Solicitors Office](#)



Get your Appetite ready, RIB FEST Cook Off in Blythewood is March 13th at DOKO Meadows Park. Proceeds from the event will benefit the Big Red Barn Retreat. Like last year, there will be three competitive divisions (pro, amateur, veteran teams), each with entry fees. Trophies & prize money will be distributed to the top 3 winners in each division. Sign up TODAY! Space in each division is limited. For more information or to sponsor the event, email info@blythewoodchamber.com or visit the website below.

DOKO RIBFEST

The Big Red Barn Retreat is excited to introduce Transcendental Meditation training!

Starting in February, the Big Red Barn Retreat will be offering Transcendental Meditation (TM) training. The training is FREE to veterans, active duty and first responders. The first training class will take place from Feb. 26th to March 1st.

TM is a powerful form of meditation and regulation practice. It is a cornerstone of the wellness practices taught at Warrior PATHH. It is by far, the the most studied



"THE MIND ONCE
ENLIGHTENED CANNOT AGAIN
BECOME DARK."
—THOMAS PAINE

form of meditation.

The class is limited to 6-9 Participants. The training will take place over 4 days, a Friday- Monday. Participants in the training will need to commit to a time span of only two hours on each of the four days. Specific times during the day are to be determined based on the schedules of participants.

For more information on TM, take a moment and watch the following video

How Transcendental Meditation Works

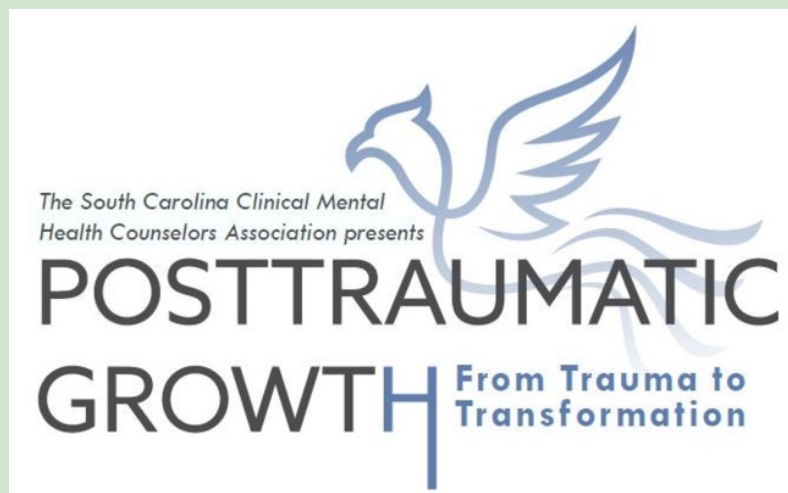
TM Training Dates

TM Training session 1: February 26 - March 1, 2021 (class is full)

TM Training session 2: May 14 - 17, 2021 [REGISTER HERE](#)

TM Training session 3: September 17 -20, 2021 [REGISTER HERE](#)

TM Training session 4: November 12 - 15, 2021 [REGISTER HERE](#)



THE SOUTH CAROLINA CLINICAL MENTAL HEALTH COUNSELORS ASSOCIATION PRESENTS POST-TRAUMATIC GROWTH

Join us to learn more about Post-Traumatic Growth and Warrior PATHH on March 5, 2021 at SCCMHCA's virtual conference. The featured speaker is Dr. Richard Tedeschi, co-founder of the Post-Traumatic Growth theory and a key contributor to the Warrior PATHH Program. The Big Red Barn Retreat is the Diamond Sponsor for this conference. The program is based off of the science of Post-Traumatic Growth, which proves that one can experience stronger and deeper relationships, new possibilities, a renewed sense of

personal strength, and an increased sense of gratitude for life after a personal battle. The conference will also be available on demand. Click the link below to learn more.

[Post-Traumatic Growth](#)