



 *hello*  
**2021**

Wishing you a healthy, happy, and prosperous  
New Year!!

We realize that 2020 was a difficult year, between a global pandemic, riots, and political unrest, this year threw us a lot of curve balls. We know first hand the distress, pain, stress, and struggle that was felt across the world. Which is why more than ever, our resolve to create a place of peace for those most in need of healing, our Veterans, First Responders, and Active Duty Service Members, is stronger than ever.

As we look to 2021 with hope, the BRBR will continue to offer programming designed to change the narrative for those that are struggling from Post Traumatic Stress to Posttraumatic Growth. We are committed to giving Veterans, First Responders, and Active Duty Service Members the training and practices that allow them to live a life worth living full of joy, connection, and purpose.

Our plans for 2021 will include introducing new programming as well as expanding upon current programming! Check out the list of programs being considered for 2021 at the Big Red Barn Retreat.

-Farm to Table Cooking Classes with our very own Warrior PATHH Guide and Culinary Chef, Jason Dersch

-Gardening Volunteer Days

-Music Group Therapy

-Art Group Therapy

-Warrior PATHH Guide lead Archery Days, Fire side Chats, Nature Walks, and Labyrinth Walks for Warrior PATHH Alumni

-Yoga/Tai Chi (continue weekly classes + add individual sessions)

-Equine Assisted Psychotherapy (group sessions + individual sessions)

-Continue Friday's Peer to Peer Support Groups, and add additional peer to peer support groups for combat veterans and female veterans

Please sign up for our newsletter and like our Facebook page to be the first to know about new events and programming. We are excited about all to come this in 2021!!!

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## **Warrior PATHH 2021**



The Big Red Barn Retreat has completed it's Warrior PATHH training by executing three Warrior PATHH classes in 2020 under the guidance of Boulder Crest. With training complete, our team of Warrior PATHH Guides are set for the official launch of the Big Red Barn Retreat's Warrior PATHH program on January 15th. With the official launch scheduled, we are ready to hit the road running in 2021 with 12 Warrior PATHH scheduled class dates in 2021.

### **IS WARRIOR PATHH RIGHT FOR YOU?**

Are you an active, retired, or separated combat veteran; or an active, retired, or separated certified first responder who has been involved in a critical incident who is struggling? Do you have a passion to live fully, but not sure how to get there?

Are you determined to win your personal battles in 2021, have a willingness to accept coaching and a desire to embrace a innovative process that could deliver

you the life you desire?

If you answered YES to the above questions, then consider applying for Warrior PATHH at the Big Red Barn Retreat and attend one of the 12 WP classes being offered in 2021.

If you are interested in applying, take a look at the dates below and fill out an application TODAY!!

January 22nd -January 28th, 2021  
February 19th - February 25th, 2021  
March 19th - March 25th, 2021 (All Female)  
April 9th - 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)

[Click Here to Apply](#)

## Volunteers, We Need Your Help!!!

There are many different VOLUNTEER opportunities (individual and group) to help at the Big Red Barn Retreat and with Warrior PATHH.

**INDIVIDUAL OPPORTUNITY:** Each day of Warrior PATHH, participants are served three, home cooked meals prepared by our chefs. If you enjoy helping in the kitchen, please consider signing up to volunteer.

Kitchen volunteers help by preparing, serving, and cleaning up after each meal.

**GROUP OPPORTUNITIES:** The participants of Warrior PATHH stay on-site in an 8 bedroom lodge. After the Warrior PATHH 7-day initiation, we need 5-9 volunteers to help clean the lodge, top to bottom, in preparation for the next Warrior PATHH class.



Click the interest link below to let us know your availability and we will be in contact with you soon with a date, time and instructions for your volunteer time!!

[Volunteer Interest Form](#)



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## The Healing Power of Horses...

This spring, we will be offering two Equine Assisted Psychotherapy groups. These groups provide opportunities for connection, to learn skills for dealing with trauma, and to discover new possibilities in your life.



### **What is Equine-Assisted Psychotherapy? (EAP)**

EAP is a distinctive approach to professional mental health treatment designed to empower the individual through experiential learning. The model prescribes a hands-on approach where clients are given the space to project and analyze their situation, make connections and find their own solutions. The Veteran, with the support of professional facilitators, is allowed time to reflect on the process and discover new ways to handle stressors in their lives. Since the participant's solutions are founded on his/her intellectual understanding and experienced in the present, they tend to be deeper, more profound, and longer lasting.

### **Upcoming Groups in 2021:**

**Post 9/11 Male Veterans Group:** In the aftermath of trauma, Veterans are often told to accept living a diminished version of their life. This group will help participants develop the skills to move from struggle to strength. By focusing on Post-Traumatic Growth, Veterans will develop the skills to experience deeper relationships, discover personal strength, see new opportunities. This 8-week group will begin in February and will be for 8-10 male veterans.

**Female Veterans Group:** This group will focus on finding healing from trauma. Participants will learn coping skills for anxiety, ways to improve communication, set effective boundaries, discover personal strength and form healthy relationships. This 8-week group will begin in the Spring and will be for 6-8 female veterans.

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Ways to give to  
**B R B R**  
IN 2021

- MONETARY DONATIONS
- AMAZON SMILE
- AMAZON WISHLIST
- CORPORATE GIVING
- IN-KIND DONATIONS
- VOLUNTEERING

There are so many ways you can support The Big Red Barn Retreat even after the giving season is over. Whether using Amazon Smile to generate donations, or signing up to volunteer, you are giving back to those who gave so much for our country. Thank you for your generosity as we work to provide a place of healing and peace for our nations heroes.

[Sign up to Volunteer](#)

[Supporting BRBR](#)