



# July Newsletter



## July with the BRBR

Dear BRBR Family,

It's hard to believe we are already halfway through 2022! We have already had such a great and successful year thus far, and its thanks to all the BRBR's wonderful participants, donors, and supporters. So far, we have had 336 Yoga and Tai Chi participants, 390 peer-to-peer participants, 139 EAP participants, and 221 volunteers for our Warrior PATHH program!

Thank you all for your generous support of our organization. We are so proud to be able to continue providing our nation's heroes with some of the tools they need in order to grow, heal, and thrive the way they deserve.

Sincerely,  
The Big Red Barn Retreat



## My Life Since PATHH: Bobby and Nikki's Story

Every relationship has its ups and downs, and no relationship is perfect. That's just a fact of life. Bobby and



Nikki Allmann found themselves facing this reality not even a year into their marriage.

However, when this police and Air Force veteran combo found out about The Big Red Barn Retreat and the Warrior PATHH program, everything changed. After both going through PATHH, they are now excited and optimistic about their future together. So much so, they had their vow renewal right here on the BRBR property.

To read Bobby and Nikki's full story, please click the button below.

[READ THE FULL STORY HERE](#)

**"To walk out together, hand in hand, it was renewed hope. I felt that way getting out of PATHH, and I felt even stronger about that when I walked with her."**

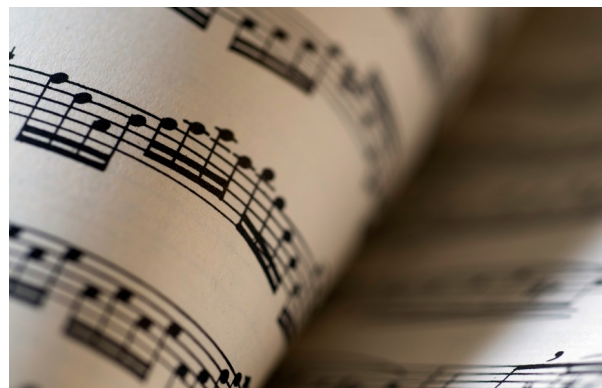
-Bobby Allmann

## **PROGRAMS AND SERVICES**

### **Music Therapy is back for 2022!**

Join us for "Beyond Music" taught by Key Changes Music Therapy! Back for 2022, this eight week course teaches how to use music for your mental well being. Group members will experience a variety of music based activities designed to deepen their understanding of music and self-care, develop skills for developing resiliency, and use music to grow through and past experiences that may still be impacting their lives. No musical skills are required for participation.

Groups will meet on Monday evenings from 6:30 PM to 8:00 PM, dates TBD. Class caps at 10 participants, so be sure to sign up and secure your spot today!



[REGISTER HERE](#)





## Form Up Fridays

So far, the turnout for Form Up Fridays this year has been great, let's keep it up!

Form Up Fridays is a monthly day retreat program that allows PATHH alumni to revisit a fan favorite of the program, the horse module. Equine-Assisted Learning is an experiential approach to learning that enhances self-awareness, facilitate emotional regulation, and improve interpersonal relationships through the unique experience of working with horses.

Please use the buttons below to sign up for our August and September sessions today!

**August 22nd Form Up Fridays  
Registration**

**September 23rd Form Up Fridays  
Registration**

## EVENTS

### **The Charwood Charity Golf Tournament**

This year The Charwood Golf Tournament will be holding its first charity golf tournament on September 26th, 2022 benefitting The Big Red Barn Retreat! Featuring a low-country shrimp boil prepared by one of our very own PATHH guides, Jason Dersch, this event will not be one to miss.

The tournament will using a Captain's Choice format and offers a variety of amazing prizes, including the 1st place prize of Yeti coolers, a raffle for a ReqTeq Wood Pellet Grill, and more!

Use the buttons below to sign up your team to compete or to sponsor this event. Sponsorship Opportunities are being sold fast, so don't miss out! All proceeds will go towards supporting the BRBR. Hope to see you there!

**TEAM REGISTRATION**



**SPONSOR THE GOLF  
TOURNAMENT HERE**

### **The UofSC Veterans Day 5k Race**

Each year, the University of South Carolina



holds its annual Veterans Day 5k Running Race. 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.

Proceeds will go directly towards funding the BRBR's programs and services, offering new opportunities and experiences for our Veterans and First Responders, as well as their families. Click the button below to register to RUN today!!

[REGISTER HERE](#)

## THE FALL JAM AT THE BALLPARK

### TICKETS ON SALE NOW!!!

A promotional graphic for the Fall Jam. On the left is a circular logo with an American flag background. The logo contains the text: 'BIG RED BARN RETREAT FALL JAM AT THE BALLPARK' and 'BENEFITTING VETERANS AND FIRST RESPONDERS'. Below the logo, it says 'Multi-Platinum, Award Winning Country Music Artist Chris Lane in concert Saturday, October 8th Segra Park: Home of the Columbia Fireflies'. At the bottom, it says 'Tickets on sale now at thebigredbarnretreat.org/fall-jam' and 'Presented by SONIC'. On the right side of the graphic is a photo of Chris Lane, a man with a beard and curly hair, wearing a white t-shirt and khaki pants, leaning on a wooden fence.

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 autumn.

Don't miss your chance to get the best seats in the house! All proceeds directly benefit the BRBR's programs and services. Tickets on sale now using the button below!

[BUY TICKETS HERE](#)

[Click here for more information about the FALL JAM](#)

Follow us on Facebook and Instagram for the most up-to-date news on what's happening around the Barn!

