



JUNE NEWSLETTER

Summertime with The Big Red Barn Retreat

Greetings from The Big Red Barn Retreat,

We hope this newsletter finds you well. With the weather getting hotter by the day, we're so excited to let you know about all the wonderful things our organization has coming up.

As usual, Form Up Fridays is right on schedule for June 24th and July 22nd and we would love to see more and more of our amazing Warrior PATHH alumni come participate in this beloved program. Warrior PATHH takes a 2 month break after June, so be on the lookout for volunteer opportunities for our upcoming September PATHH class. In the meantime, we have plenty of events coming up soon, like our 2022 FALL JAM at the Ballpark, the UofSC Veterans' Day 5k Race, and the Charwood Golf Tournament!

As always, thank you for your ongoing support of our organization. That generous support is the reason we are able to provide healing environment for some of those needing it most, our Veterans, Active-Duty Service members, and our First Responders. We appreciate you all so much, and look forward to seeing you around the Barn or Cabin soon.

Sincerely,
The Big Red Barn Retreat



Programming

My Life Since PATHH: Daniel Navarro's Story

When Daniel Navarro first heard about the Warrior PATHH program, he didn't think it was meant for him. He didn't view himself as a struggling Veteran. Originally joining the program in order to provide better leadership to his friend, family, and community back at Fort Jackson, he says the program changed his entire life and mindset instead. Now with stronger personal relationships and a new tribe of fellow Warriors, Daniel describes just how grateful he is for the PATHH program. Read his full story today by using the button below!



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

"It's going to be forever, this PATHH program. That's one thing I'm so grateful for, that I belong to a team even after the military."

-Daniel Navarro

Form Up Fridays

Calling all Warrior PATHH Alumni!

Come join our monthly Form Up Fridays sessions for June and July! Form Up Fridays is a chance for WP alums to revisit the horse module and get a nice refresher on some of the regulation practices taught here at the BRBR. In equine therapy, also known as equine-assisted therapy or horse therapy, our mental health professionals work with veterans to create meaningful bonds between participants and the horses, decreasing symptoms of depression and anxiety while increasing personal strength and calming intrusive thoughts.

Use the buttons below to sign up today!



[June 24th Form Up Fridays](#)

[July 22nd Form Up Fridays](#)

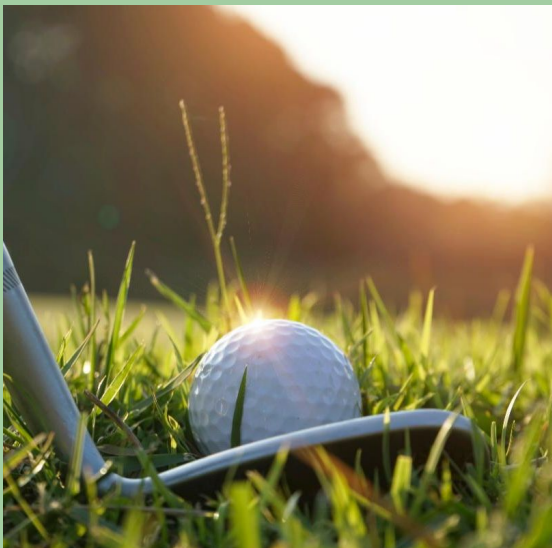
Upcoming Events

Veterans Day 5k Race

This year, the 5th annual UofSC Veterans' Day 5k Race will be held on Sunday, November 13th. Over the past four years, the UofSC Veterans' Day 5k has raised over \$52,000 with over 1,200 Midlands residents participating each year. The BRBR is this year's benefactor, with a goal of raising \$5,000 to benefit the BRBR's many programs and services for our Veterans and Active-duty service members. Friends, family, and pets are all welcome to walk, run, and ruck their way across Columbia in the name of proudly supporting our nation's heroes.

Want to participate? Use the button below to register now!

[Register to Run!](#)



The 2022 Charwood Golf Tournament

On Monday, September 26th 2022, the Charwood Golf Club will hold 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, 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, participate in raffles, and have tons of fun all while supporting the BRBR. Use the buttons below to register your team or to claim sponsorship opportunities!

[Team Sign-Ups Here!](#)

[Sponsorship Opportunities Here!](#)



Scan this QR Code with your phone's camera to be redirected to the Golf Tournament Page on our website!

We have some
BIG, BIG PLANS

COMING SOON



**The Annual FALL JAM at the BALLPARK:
at SEGRA PARK: HOME OF THE COLUMBIA FIREFLIES**

WHEN: Saturday, October 8th 2022

CONCERT TICKETS ON SALE JULY 1ST, 2022

