



March 2022 Newsletter



Welcome Spring with the Big Red Barn Retreat!

I hope this newsletter finds you and your family well as we say goodbye to winter and welcome spring in South Carolina. Here at the Big Red Barn Retreat, we're beyond ready for the warmer weather! As the flowers are blossoming, so are our programs and services, fundraising, and events. We have so much going on these next few months, and we need you to help us grow them even more. From programs like Form Up Fridays, to Art Therapy, and plenty of volunteer opportunities, there is something for everyone to try this season.

As always, we greatly appreciate your ongoing support and we hope to see your smiling face at the barn or cabin soon!



My Life Since PATHH

Peter Hulme, former Marine and life-long artist had hit what he described as his "rock bottom" before coming to the Big Red Barn Retreat and the Warrior PATHH program. After coming to the program and learning new ways to thrive, he has found a new appreciation for life and the people around him. Now a PATHH alumni, he will join Mary How in our



2022 Art Therapy sessions later this Spring as a co-facilitator of the program to show other Warriors how they can use art as a medium for healing and growth. Click the button below to read more of Peter's story.

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

"There's a reason why I'm still here. I haven't figured it out -- maybe I will, maybe I won't – but as long as I continue to search for that reason to continue to try and benefit the lives of others, it gives me purpose."

-Peter Hulme, Warrior PATHH Alumni

Programs and Services

Art Therapy

Art Therapy is back for 2022! Later this Spring, the BRBR will offer a group-based art therapy program creating an "altered book". The Create MORE Art Therapy group will help participants tell a new story going forward, addressing motivation, owning the life you want, radically accepting your experiences, and embracing the present moment. By creating the "altered book", participants will be able to experience a new way of letting go of trauma, managing emotions, and rethinking the way you see yourself. If you're interested, please use the button to the right to sign up. Groups cap at 10 participants, so don't wait to sign up and save your spot!

[2022 Art Therapy Interest Form](#)





Form Up Fridays

Hey Warrior PATHH alumni, missing the horse module? Well, here's your chance to revisit! The BRBR is now offering Form Up Fridays to our previous Warrior PATHH participants so they can get a refresher on one of our most beloved programs. This monthly program will teach Veterans valuable life skills using equine-assisted learning (EAL) for a unique hands-on experience. Click the button below to sign up for our March and April classes today!

March 25th Form Up Fridays

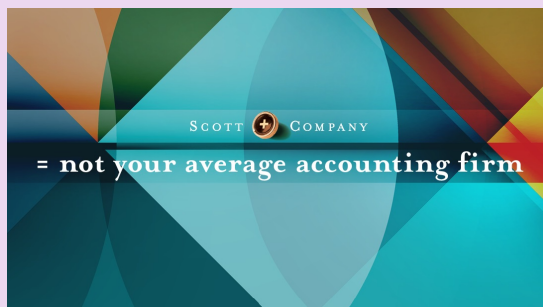
April 29th Form Up Fridays

Midlands Gives

Become a Matching Funds Donor organization for the Big Red Barn Retreat this MAY 3rd as part of the Midlands Gives Day of Giving, and encourage others to give as well! Matching Fund Donor Levels range from \$10,000 to \$1,000.

Be like SCOTT & COMPANY accounting firm or SOUTHLAND LOG HOMES and become a MATHCHING FUNDS DONOR TODAY!

If you're interested in signing your business up for matching funds, **please [click here](#) to fill out our interest form**, or email us at info@thebigredbarnretreat.org



Volunteer Opportunities with the BRBR!



Our 7-day Warrior PATHH program focuses on the post-traumatic growth of our Veterans, Active Duty, and First Responders so they can live with more room to be able to thrive in life. During those 7 days, we offer the opportunity to volunteer during our meals for the Warriors, assisting our chefs to put together delicious dishes and making sure they have the best experience in their time with us as possible.

In order to sign up, please click the buttons below and fill out the forms. **Your name, phone number, and email are all required** as we cannot give you your assigned spot if you do not include that information. Volunteer opportunities are assigned on a **first come, first serve basis**. You are not guaranteed a time slot until you receive a confirmation email for those dates and times.

April 22nd - April 28th Warrior
PATHH

May 20th - May 26th Warrior
PATHH

Thank You Warrior Axe Coffee!

We would like to make a special thank you to Bobby Allmann, a former First Responder and CEO of Warrior Axe Coffee Co. After touring our facilities here at the BRBR, Bobby actually applied to the Warrior PATHH program himself, as well as agreeing to serve Warrior Axe Coffee at all Warrior PATHH class sessions! Thank you for your generosity Bobby and we look forward to welcoming you to your tribe!



Learn more about Warrior Axe Coffee by visiting their website at <https://www.warrioraxecoffee.com/>

Fundraising

Car Wash for a Cause



Click the photo above for more information on The Mighty Car Wash & #carwashforacause

While we welcome Spring, its beautiful blooms, and awesome weather this month, we also recognize its that dreaded time of year again – POLLEN SEASON! If your car looks something like this, head on over to the Mighty Wash Auto Spa in Lugoff, SC. The Big Red Barn Retreat has been chosen as this March's #carwashforacause, meaning a portion of the proceeds from all car wash sales will help support our programs for our Warriors! Get that vehicle shining and ready for the sunny weather while helping out a great cause all month long! Click on the Mighty Car Wash photo to the right for more information and location.

Lake Murray Charity Boat Race

Get those boat engines revving! The Lake Murray Charity Boat Race is NOW open for 2022 registration! From June 24th-June 25th, the boat race will feature 75 boaters speeding as fast as they can across Lake Murray to declare a winner. This year, the Big Red Barn has been chosen once again to receive the profits from the race to help support our mission of helping Warriors THRIVE at life! In order to reserve your spot, you must click on the button below to register and the payment must be made in **full** to be approved. Spots are reserved on a first come first serve basis, so don't miss your chance to RACE! Register by clicking the button to the right.



[Register Your Boat Here!](#)

LMC Governor's Cup Road Race

You have another chance to sign up for the 2022 Governor's Cup Road Race! From April 21st-23rd, join runners in the annual race to promote health, fitness, and wellbeing. Including a half-marathon, 5-kilometer run/walk, the Main Street Mile, and a children's 1-mile run, there is something for everyone with



this mad dash to the finish line! Not only will runners be rewarded for their efforts, so will volunteers at the event! Registration to RUN and VOLUNTEER are available at the buttons to the left.

Registration is **required**, so don't miss out on your opportunity to sign up today!

Register to RUN!

Register to VOLUNTEER!

The Big Red Barn Retreat | 803.716.9097
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Follow us on Facebook and Instagram!

