



March 2023 Newsletter

"May your pockets be heavy and your heart be light, may good luck pursue you each morning and night."

~ Traditional Irish Blessing

Spring is just around the corner so let's shake off those winter doldrums by getting involved here at the Big Red Barn Retreat. Whether you are interested in one of our programs- Art and Music Therapy start soon - or just want to give back we have just the thing for you!

Events



Midlands Gives

CENTRAL CAROLINA
COMMUNITY FOUNDATION

Be a hero for our HEROES on Midlands Gives Day - May 2, 2023

BRBR is excited to once again be a part of Midlands Gives. The 10th annual Midlands Gives Day is scheduled for Tuesday, May 2nd! We need your help to spread the word about the good works of The Big Red Barn Retreat and Warrior PATHH so we can reach our GIVING GOAL of \$25,000. Your

donations will help us serve the military and first responder community who are struggling with trauma.

Ways you can help:

- **Become a champion** -- champion pages are a way to connect your passion and network by creating your own personal campaign to raise money for the BRBR. You choose the donation goal, get the word out and become a champion for the BRBR.
- **Schedule a donation** -- early giving opens April 1st, so you don't have to wait until May 2nd to donate! You can visit our page and schedule a donation.
- **Share our posts on social media and with friends** -- join our team and help us reach our GIVING GOAL of \$25,000 by following us on Facebook and Instagram @thebigredbarnretreat and sharing our posts!
- **Set up a matching fund** - Organizations and business's can create excitement and show support for the Big Red Barn Retreat and the Military and First Responders we serve by creating a matching fund for Midlands Gives Day.

Be one of the first to donate, early giving begins April 1st! Click the link below to visit our page and don't forget to join us on May 2, 2023 for the 18-hour online giving challenge!

Click here to Become a Champion or Donate Early Beginning on April 1st!

Sign Your Business Up for Matching Funds Here!



Yoga and Tai Chi Schedule

Restore your feeling of well-being and build confidence within the mind and body to make you feel better and live a full life, try our FREE Meditative Yoga & Tai Chi classes for Veterans, Active Duty Service members, and First Responders and their immediate family members. Registration is

NOT required at this time, Please note

time, location, and instructor of classes. Arrive at least 10 minutes to 830 Lorick Road, Blythewood, SC 29016, and sign in before class time to participate.

Schedule

Mondays Mindful Movement 6:30PM at the Cabin Garage Jessica Barnes Smith

Tuesdays iREST Yoga Nidra 5:30PM at the Cabin Garage Vicky Saye Henderson

Wednesdays Tai Chi 5:30PM at the Cabin Garage Bill Patterson

Thursdays Flow and Restore Yoga 5:30PM at the Cabin Garage Liza Estes (sub Vicky)

**Event
Schedule**

**Join Our Garden Manager, Hannah,
for Planting Day!**



Join us on April 1st for a special garden volunteer day with our garden manager, Hannah Monroe! In this volunteer day, Hannah will be showing participants how to plant their garden for the most success! Feel free to bring your friends and family as well, garden volunteering is open to everyone!

Please click the link below to sign up. You will receive a confirmation email around 1-2 weeks before the class. See you in the garden!

April 1st Garden Volunteering

Programs and Services

Art Therapy with Mary How

Create MORE Mindfulness and Intuition with board certified art therapist and emotional wellness coach Mary How, MA, ATR-BC. This 8-week art therapy group will meet for two hours each week. Through the use of Mandala's group participants will learn about combining art-making and coping skills to create more mindfulness and intuition in their lives.

The class will be held March 30 - May 25, 2023 from 12-2pm and is for veterans and first responders only. All materials will be included and participation is on a first-come first-serve basis.

Create MORE Mindfulness and Intuition

Join board certified art therapist and emotional wellness coach Mary How, MA, ATR-BC for this 8 week art therapy group on mindful mandala making.

Mandala, meaning "magic circle", is a useful tool to understand and practice mindfulness. Mindfulness is a set of skills that helps us stay in the moment in order to decrease suffering.

The group for veterans and first responders will meet in person for two hours weekly. Group participants will learn about combining art-making and coping skills to create more mindfulness and intuition in their lives.

**March 30-May 25, 2023
12-2pm**

8 week Art Therapy group
Funding provided by a generous donation from Lululemon

Meets weekly at the Big Red Barn
Facilitated by Board Certified art therapist, Mary How
Free group for veterans & first responders
Materials included
Limited space!

Want more information? Contact mary@fullcircleprograms.com or 803-269-8730

8024 Winnsboro Rd, Blythewood, SC 29016 (803) 716-9097 www.thebigredbarnretreat.org

The Big Red Barn Retreat, a 501(c)(3) located in Blythewood, SC is dedicated to providing a place of peace for those most in need of healing. Established in 2015, the retreat helps 1,200 military personnel annually.

Sign Up Today!



Financial Wellness Training

The Big Red Barn Retreat is proud to offer a Financial Wellness Training Program for Veterans, Active Duty service members, First Responders, and their spouses (couples are encouraged to attend! Presented in 2-hour modules, we will address: Principles of Financial Wellness, Common Mistakes people make, Building a

Solid Budget, Getting out of Debt, Short-term and Long Terms Savings, Understanding Interest and Debt, Military Benefits, Insurance, Legal Documents (Wills and Power of Attorney) and Long-Term Planning (Retirement, College Funds and Wealth Management).

Join us on **Tuesday, April 18 from 6-8pm** for Session 2 on Budgeting and Becoming Debt Free. Presented by Stephanie Czeresko, Director of Programming and former CPA, and Scott Mewborne, LTC, US Army retired, MBA, Financial Advisor with First Command. This class session will be held at the BRBR Log Cabin; please see registration form or contact info@thebigredbarnretreat.org for more information.

**Sign Up
Today!**

Combat Veteran Peer to Peer Group

Are you a Veteran who has seen Combat? Do you miss the camaraderie you once felt when deployed? Do you struggle with things you have seen and done during wartime? Do you feel isolated and alone? The Big Red Barn Retreat is pleased to announce the start of a new Peer-to-Peer Combat Veterans group. This group is specifically targeted for Veterans who have seen or been in Combat. It will be confidential and limited to Combat Veterans Only.



The Combat Veteran Group will meet on the 2nd and 4th Monday of the month from 6 – 7 P.M. at the Big Red Barn Lounge. This is a Peer-to Peer group, meaning there are no psychologists or psychiatrists, only other Veterans who have struggled with similar experiences. The meeting will be facilitated by Combat Veterans and will focus on communication, sharing, and practices geared to assist with struggling well.



Form Up Fridays

Form Up Fridays allows Veterans and First Responders to learn and apply skills through Equine Assisted Learning (EAL) and is based on the principles of posttraumatic growth. EAL is an experiential approach to learning that leverages the unique qualities of horses to enhance self awareness, facilitate emotional regulation, and improve interpersonal relationships. The goal is to facilitate personal growth and develop life skills that enhance relationships in all areas of the participant's life.

Veterans who participate in EAL programs experience noticeable improvements in physical, mental and emotional health. Use the buttons below to sign up for our upcoming

**March 24,
2023**

**April 28,
2023**



Warrior PATHH Food Prep Volunteering

We have lots of volunteer opportunities for our upcoming Warrior PATHH's! When you volunteer with the Warrior PATHH program, you take part in preparing and serving meals at breakfast, lunch, or dinner for our Warrior PATHH participants during their 7-day initiation. By volunteering on a regular basis, you will be able to see the

extraordinary day-by-day changes that happen within in our PATHH participants as they advance through the program and create positive transformations in their lives.

Be sure to sign up ASAP, these volunteer opportunities get taken quickly! We always try our best to make sure everyone receives a volunteer opportunity, but we cannot promise you will be scheduled. Spots are first come, first serve. Please note, you are not guaranteed a volunteer spot until you have received a confirmation message from the BRBR. Please use the buttons below to sign up for March and April Classes.

**March 24th -
30th**

**April 7th -
13th**

Farm to Table Interest Form

Farm to Table Cooking Classes: Sunday, April 16, 2023. Our Farm To Table cooking classes, taught by PATHH Guide Jason Dersch, are helping the Warrior community connect with each other through the power of nutrition.

These classes give participants a wellness practice that they can take home and use to strengthen the bonds and deepen the relationships within the walls of their own homes by tapping into old memories to create new ones.



Veterans and First Responders are eligible to participate in this class. Non-veteran spouses may also attend, as long as they fill out their own registration form and attend the class with the Veteran or First Responder. If you are interested in signing up, please fill out the Interest Form using the button below, then we will be in touch with you regarding your registration. Farm to Table cooking classes fill up quick, so please be advised that you may be asked to participate in a later course due to capacity.

**Register
Today!**



This Farm to Table program is thanks to the support and grant funding from Colonial Life. Thank you!



The Big Red Barn Retreat | 8024 Winnsboro Rd., Blythewood, SC 29016

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