



September Newsletter

Greetings BRBR Family,

As we move through September, we welcome many changes. As the leaves change and the weather cools, there is so much more going on with the Big Red Barn Retreat. From EAP and Form Up Fridays, to TM Training, our brand new Farm to Table program and a new Combat Veterans Peer to Peer group, we will have something for everyone this Autumn! Follow us on social media for the latest updates.

Of course, we have our amazing events coming up. On November 13th, join us during the annual UofSC Veterans Day 5k Running Race. This year the race will benefit the BRBR, so come out and support us! And finally, our annual FALL JAM at the BALLPARK will be held on October 8th, 2022 with headline act, country music artist Chris Lane!! Chris Lane is a multiplatinum award winning country music artists on his way to the top, so this event will not be one to miss!

Event Calendar



Remembering September 11th, 2001

On September 11th, 2001, the history of the United States was changed forever. Over 2,977 people lost their lives, and many more were forever changed. This month, we remember what happened that day and the ones we lost.

If you are a post 9/11 Veteran or First Responder feeling like you just can't get a grasp on life, we want you to know that you are not alone. The Big Red Barn Retreat is always here when you need a place of peace. Please reach out to us via info@thebigredbarnretreat.org



EVENTS

FALL JAM at the BALLPARK

CHRIS LANE

Country music fans, you're not going to want to miss this. On October 8th at Segra Park, join the BRBR for the FALL JAM AT THE BALLPARK featuring headline act multiplatinum country music artist CHRIS LANE!! Opening for Chris Lane are upcoming artists Alana Springsteen and our own Warrior PATHH alumni Carter Lybrand. All monies raised from this event will go directly towards funding the BRBR's programs and services for Veterans, Active-Duty service members, and First Responders. Tickets are selling fast, so make sure to grab your today using the button below!

Interested in sponsoring the FALL JAM?? Contact us at info@thebigredbarnretreat.org

[BUY TICKETS HERE](#)

Veterans Day 5k Race

CALLING ALL RUNNERS!! The annual UofSC Veterans Day 5k Running Race is back for 2022, and the BRBR is this year's

chosen beneficiary! On November 13th, the 5k will go through downtown Columbia, where you will be able to see many beloved historical sites and landmarks along the way. Whether you'd like to run, jog, or walk, this race is open to all! Friends, family, and dogs are all welcomed to participate in this energetic event. Use the button to register today!!



[REGISTER TO RUN!](#)

PROGRAMS AND SERVICES

EAP



When we struggle, we often get consumed with our negative thoughts and ignore the heart's needs of compassion and connection. Aligning both the head (brain) and the heart and is key to improving relationships with both yourself and others. Horses are master healers with the ability to "read" an individual's state-of-mind through their expressions, energy, and body language.

Equine Assisted Psychotherapy (EAP) is a hands-on approach to mental health treatment provides opportunity for clients to analyze their situation, make connections and find their own solutions. Because EAP is experiential, new skills are practiced in the here and now which often leads to more profound and lasting change.

We are offering an 8-week EAP group for male Veterans beginning this fall. Each week, the group will explore a new concept (communication, managing stressors, coping skills for anxiety, dealing with anger, building trust) through the eyes of the horse. Click the button below to let us know you are interested in this group therapy experience.

[REGISTER HERE](#)

Warrior PATHH Volunteer Opportunities

The beginning of Autumn means the Warrior PATHH is fully back in session, which means we need the help of our amazing volunteers once again. We are currently taking volunteer requests for both of our October class sessions as well as our November class session. When you volunteer with the Warrior PATHH program, you will assist our team with meal preparation for our Warriors as they complete their 7-day onsite initiation to post-traumatic growth.



Interested in helping out, need volunteer hours, or just want to check us out? Use the buttons below to sign up today!! Please keep in mind, a volunteer time slot is not guaranteed until you receive a confirmation message from the BRBR. Spots are being filled fast, so don't miss out!

OCTOBER 7th-13th

OCTOBER 21st-27th

NOVEMBER 11th-17th

Farm to Table Cooking Classes



Come join us at The Big Red Barn Retreat, with Chef, Army Veteran and Warrior PATHH Guide Jason N. Dersch for our new and exciting Farm to Table Cooking experience. Jason will show you how to plan and execute simple everyday meals, meals on a budget and fancier, special occasion dishes that will turn any night into a special night for you and your family.

Activities will include recipe reading/writing, basic knife skills and cooking techniques, presentation of food, and of course a family style dinner at the

end of each event. Incorporating the principles of Post Traumatic Growth (PTG), turning deep struggle into profound strength, Jason will share the positive effect that cooking has made in his life as he travels his path from PTSD to PTG. You will learn how to eat healthy for your body and physical wellness as well as for your mental wellness. So, channel your inner Julia Child and sign up for our October class today!

October 15th Class

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 post-traumatic 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 Form Up Fridays class sessions!



SEPTEMBER 23 FORM UP FRIDAYS

OCTOBER 28 FORM UP FRIDAYS

Transcendental Meditation Training



TM is a form of meditation that removes distracting thoughts and produces a state of restful alertness to help alleviate symptoms of depression, anxiety, PTSD, and other mental disorders/illnesses. It's not a religion or philosophy. Instead, it is simply a method of stress relief to improve your health and wellbeing, starting with the mind.

Normally, TM Training can cost thousands of dollars. Here at the BRBR, we offer this life-changing course completely for FREE for our Veterans, Active-Duty, First Responders, and their families. Please message us at info@thebigredbarnretreat.org if you're interested in filling this spot, or use the button below to sign up today! We will contact you with further information if you are selected.

[REGISTER FOR NOVEMBER TM TRAINING HERE](#)

Combat Vets 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, starting on Sep 26, 2022**. 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.

FOLLOW US!!

