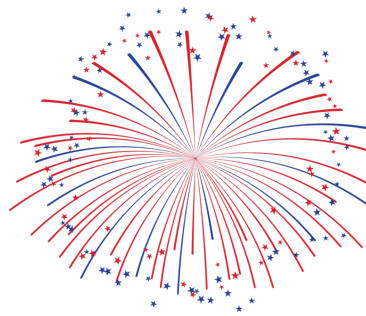




2021 Summer Newsletter

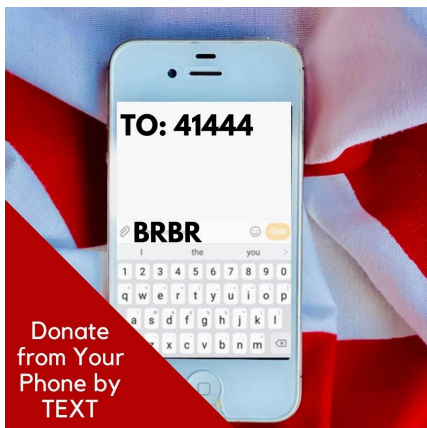


THANK YOU to our Supporters!

The Big Red Barn Retreat wants to say THANK YOU to our amazing supporters! Your volunteer hours and financial donations help us provide life changing experiences for our Veterans, active duty military and First Responders! YOU make what we do possible and for that, We Salute You!

We want to wish everyone a SAFE and PATRIOTIC Independence Day Weekend!

Donate and Celebrate, Show your support for our everyday heroes!!!



It's Now Easier than Ever to Donate to the Big Red Barn Retreat Using YOUR PHONE.

From you phone, Text the words "BRBR" to the number 41444. You will immediately receive a email with a link to complete your donation. Msg & data rates may apply.

Great Fun was had at the 2021 Lake Murray Charity Run
The 2021 Lake Murray Charity Run was a huge success! We would like to thank the organizers, sponsors, volunteers and participants for such an exciting

day on the water. We are honored to have been chosen as the sole beneficiary for this great event. The proceeds from the event will fund our services and programs, helping us make waves in the mental health of our Military and First Responder communities!

Check out photos from the event, some beautiful boats were on the water!!!!



[Click Here!](#)



TICKETS ON SALE NOW for the 2021 Fall Jam at the Ballpark on Saturday, October 9th at Segra Park: Home of the Fireflies. The concert will feature country music artist and Veteran, CRAIG MORGAN! Doors will open at 4:30 pm and Morgan hits the stage at at 7:30 pm.



General Admission tickets are for \$25 in advance, \$15 with a military ID and \$35 at the gate. Club level tickets are available for \$40 in advance, \$50 at the gate and must be purchased in-person at the Segra Park Box Office or by phone at (803) 726-4487.

This is the perfect event for friends and families alike! Buy your tickets**NOW**, you don't want to miss the most patriotic event in the Midlands!!

[Buy Tickets Here!](#)

Calling All Golfers!

Join us for All South Federal Credit Union's 2021 Soldiers and Vets Charity Golf Tournament. The tournament will be held on Thursday, October 21st at Golden Hills Golf and Country Club located in



Lexington, SC.

Since 1996, the Soldiers and Vets Charity Golf Tournament has raised over \$307,500 for Midlands-based organizations serving the military. There are several ways to support the tournament, including sponsorship opportunities and tournament participation.

Teams will be played in groups of 4 so sign up with co-workers or a group of friends! The registration deadline is October 14th but Early Bird pricing goes until September 21st so make sure to register ASAP using the link below!

[Register to Play or Become a Sponsor Here!](#)

SIGN UP NOW for Beyond Music Group Therapy

The Big Red Barn Retreat and Key Changes Therapy will be holding Beyond Music group therapy this upcoming fall. This 8 week program will be held Monday evenings from 6:30P to 8:30P at the BRBR. The sessions will be facilitated by Laura Theisman, MT-BC and co-facilitated by a Veteran.



Beyond Music is a music therapy class that aims to deepen the understanding of how self-care and music coincide, teach skills for developing resiliency and show how to grow through and beyond experiences that may feel daunting. A 2010 study discovered that group music making, as a non-verbal activity, can lead to great improvements in social and emotional health. Taking part in group music therapy cultivates a mental process that decreases stress and fear, increases self-confidence and fosters social support.

Beyond Music group therapy is open to Veterans, active duty and First Responders. You do not have to have any experience as a musician to participate! If this sounds like something that you may benefit from, we encourage you to fill out the registration form below!

[Register for Music Therapy Here!](#)



Warrior PATHH schedule for the rest of 2021

Due to the South Carolina heat, Warrior PATHH classes will be taking a little summer break. We will resume Warrior PATHH in September and are eager to continue working with our amazing veterans and first responders. We will release volunteer opportunities for fall and winter classes in the next newsletter - so keep an eye out!

The Warrior PATHH schedule is as follows:

September 10th - 16th
October 1st - 7th | 2 classes | October 22nd - 28th
November 5th - 11th
December 3rd - 9th (Female only)

[Apply for Warrior PATHH Here!](#)

Thank you, Bank of America Foundation!

We would like to thank the Bank of America Foundation for awarding us a grant that funded our first and second quarter Transcendental Meditation Classes.

Transcendental Meditation (TM) is the most studied form of meditation with 650 scientific research studies spanning over 40 years. Benefits for Veterans include a 40-55% reduction in symptoms of PTS and depression, 42% decrease in insomnia and a 30% improvement in satisfaction in quality of life.



With this grant, we were able to extend TM outside of the Warrior PATHH Program, offering it to our military and first responder communities, as well as offering it to their spouses. Even one 12 year old son of a Warrior PA alumni participated in the TM training and found it very helpful

Participants were asked, "How important do you feel TM is to your overall wellness?" and one participant responded "I never see myself stopping the practice now that I know how beneficial it is to me. It is improving my mental health by helping me feel more positive, less stressed and more focused."

It is because of the financial support of the Bank of America Foundation's grant, and others like it, that provide the support to the BRBR so that we may offer these non-traditional therapeutic services to those our military and first responder community.

Thank you to some of our sponsors for this year's FALL JAM AT THE BALLPARK!!!
Without their support, this event would not happen. Please support our sponsors!!!





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Shop smile.amazon.com and chose 'The Big Red Barn Retreat' as your charity. You Shop, Amazon Gives!!