

happy holidays

December 2019 Newsletter



'TIS THE SEASON!

No matter what holiday you celebrate, the Big Red Barn Retreat would like to wish you a safe and happy holiday season and a peaceful and prosperous new year!



We've got great news!

The Big Red Barn Retreat is receiving funding to continue their partnership with Eagala, the Equine Assisted Growth and Learning Association. This funding will allow the Big Red Barn Retreat to continue providing equine-assisted psychotherapy for military members and their spouses at the Barn as an Eagala Military Designated program.

Eagala Military Designated programs have facilitation teams of licensed mental health professionals and certified equine professionals who work in partnership with horses to provide services. The Eagala Military Designation was created as a way of setting and maintaining the standard of clinical training and cultural competence required to effectively work with military populations in a mental health setting. There are currently 19 programs in the U.S. that have earned the Eagala Military Designation, and the Big Red Barn Retreat is one of them.

To learn more about Eagala, click the link to visit their website:
Eagala Information



Our November Healing Lens event was a SUCCESS!

This past month, we had our November Healing Lens event at the pond at the Barn. Participants practiced night photography with fireworks. The photo shown was taken by one of our participants. As you can see, they took some amazing photos! We are so proud of our participants for working with fireworks to produce such beautiful art.

Coming Soon: Healing Lens takes on Uptown Charlotte!

Saturday, December 7 from 10-2 our Healing Lens photography group will be meeting in Charlotte, NC, to take some cool photos!

Participants will meet at the I-485 Light Rail Station (9508 South Blvd. Charlotte, NC) and take the train into



uptown to discover the city architecture, public art, fountains, pocket parks and people. All levels of experience a welcome and encouraged to attend.

For more information, click the following link: **Healing Lens Charlotte**

Our Holiday Crafts Workshop is finally here!



Join us on Saturday, December 14 at the Barn for our Holiday Crafts Workshop!

Active-duty service members, veterans and their families are encouraged to wear their tackiest sweaters and join the group for festive conversation and refreshments as they create household decorations for the season.

For more information, or to reserve a spot for this workshop, please email Jim Dukes, Director of Healing Arts, at jimdukes71@gmail.com since space is limited to 20 people. All materials will be provided.

End-Of-Year Giving



We are so grateful for those who have donated to the Big Red Barn Retreat this year! As we continue into the holiday season, please consider giving to the Big Red Barn Retreat to help provide a place of peace for our military.

Be on the lookout for our Facebook posts that focus on #ReasonstoGive to the Barn. In honor of the twelve days of Christmas, here are twelve reasons why we think you should give to the Big Red Barn Retreat this holiday season:

1. Your donation gives back camaraderie to our military.
2. Your donation gives back inner peace to our military.
3. Your donation gives back perspective to our military.
4. Your donation gives back to Drill Sergeants by giving them ways to adapt under pressure.
5. Your donation gives back balance to our military.
6. Your donation gives back self-acceptance to our military.
7. Your donation gives back rest to our military.
8. Your donation gives back to our hidden heroes: military caregivers.
9. Your donation gives back inner strength to our military.
10. Your donation gives back to military families.
11. Your donation gives back resilience to our military.
12. Your donation gives back hope.

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