



Happy New Year

My Life Since PATHH



"Warriors are going to be able to live a life thriving and not feel like they have to be diminished and isolated"

On Top of the World: Jonathan Mayberry's story

Since taking the first Warrior PATHH class at the BRBR in 2020, Jonathan Mayberry is now sharing the lessons he's learned from the programs and his peers at the BRBR, and how they helped him pick himself up from where he was before. Now over a year later, he's on the other side of the table as Warrior PATHH guide and is helping lead the mobile training team all across the country teaching other Warriors that there is a life worth living and the skills needed to get there.

[Read Jonathan's Full Story](#)

Check out our Upcoming Programs

Reconnect with Horses

The Big Red Barn is excited to announce our new equine-assisted psychotherapy (EAP) program “Form Up Fridays”, where Warrior PATHH and EAP alumni can come back to the barn and revisit the horse module! Attendance is on a monthly basis, but not required for all 12 sessions. You **MUST** register to attend. Click the link below to register for our January 28th class

[Click Here to Register for Jan. 28th Form Up Fridays](#)



Learn Transcendental Meditation

Transcendental Meditation is now open for 2022 classes! Transcendental Meditation, or TM is a key practice taught in the Warrior PATHH program. TM has been found to significantly alleviate symptoms of depression and anxiety, increase resiliency, and reduce stress. That’s all great, but you want to know the best part? TM is easy to learn and can be practiced ANYWHERE!

Currently, the BRBR is the only location in South Carolina to offer T.M. training FREE to Veterans, Active Duty, First Responders, and their families! To learn more and sign up for our April 28th-May 1st class, click the button to the left.



TM TRAINING CLASS DATES

April 28th - May 2nd
September 16th - 19th
Nov. 18th - 22nd

[Sign Up for April TM training](#)

VOLUNTEERS NEEDED



“Volunteers do not necessarily have the time; they just have the heart.”

Sign Up to Volunteer During Feb Warrior PATHH Class

We wouldn't be able to achieve our mission without the help of our amazing volunteers. During Warrior PATHH classes, volunteers help prepare and serve homemade meals so that our Warriors can be as comfortable as possible during their time with us. Currently, we are in need of volunteers for our February 18th-February 24th classes, and we would love to have you! Use the button here to sign up for February.

Fundraising EVENTS to Benefit the Big Red Barn Retreat!



Midlands Gives will take place online on **Tuesday, May 3, 2022**, from 6:00 a.m. to 11:55 p.m., Eastern Time. Midlands Gives is a great outlet to support the Big Red Barn Retreat year round!

Ways You Can HELP!



On **February 18th and 19th**, the Lexington Medical Center Governor's Cup Road Race is back for 2022! Featuring a half-marathon, 5 kilometer run/walk, Main Street Mile, and a kid's 1-mile run, the event is one of the oldest, continuously conducted road races in the Southeast. All that hard work finishes with festivities and awards for runners and volunteers. Various volunteer opportunities for both dates are available and you **MUST** register to attend. Click the buttons below to sign up.

Be a MATCHING FUNDS Donor & Encourage others to GIVE! (click here to register)

Register to RUN!

Start a CHAMPION Fundraising Page Of Your OWN! (click here to learn HOW)

Register to Volunteer at the Event



[Our Company](#) | [Contact Us](#) | [FAQs](#) | [Privacy Policy](#)

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

[Unsubscribe info@thebigredbarnretreat.org](mailto:info@thebigredbarnretreat.org)

[Update Profile](#) | [About Constant Contact](#)

Sent by info@thebigredbarnretreat.org in collaboration with



Try email marketing for free today!