



Healing Arts Spotlight

The Healing Arts Program at the Big Red Barn Retreat (BRBR) is off to a great start in 2019. Starting in February, we hosted a workshop at PEACE HOUSE ART, located at 6030 St. Andrews Road, for a fun and an inspiring time of laughter and canvas painting. We returned home to the BRBR in April for a Mandala workshop with Mary How, a licensed art therapist here in the Columbia area, who introduced Veterans and active duty service members to the ancient healing power of mandalas. And just this month, we were excited to partner with Laura Theismann, with Key Changes Therapy Services to facilitate our first ever musical therapy workshop. Due to the overwhelming positive response we've received and the grant from Spring Valley Rotary Club, we are proud to announce three additional HEALING ART WORKSHOPS for 2019!

[Check out our upcoming events](#)

Happy Painter Art Workshop August 10th, Noon - 2PM

Join Us for this lively and laid back painting workshop as we follow along with a Bob Ross video from his TV painting series titled *The Joy Of Painting*. Be prepared to have fun, laugh, and experience joy! Free for Veterans & Active duty service members.

[Click to learn more](#)



Wood Sign Workshop October 12th, Noon- 2PM

Once again, we are honored to partner with the Mad Platter to host an art workshop where Veterans & active duty service members will be making wood signs.

[Register Today. Space is limited.](#)



Holiday Crafts Workshop December 14, Noon till 2PM

Veterans, active duty service members and family members, join us for a festive afternoon of conversation and refreshments as we make household Holiday decorations. Perfect way to spend an afternoon & start your Holiday Season.

[Click here to sign up! Space is limited!](#)



Healing Lens Announces Additional Photo Shoots Locations

*Healing Lens 2019
Part 2*

August 10th 7:00 pm
Night shots in The Vista
August 13th 8:00 pm
Shot Reveal - BB88 Lounge

September 14th 10:00 am
Fryers Topiary Garden
September 17th 6:00 pm
Shot Reveal - BB88 Lounge

October 19th 10:00 am
Day out in Asheville, NC
October 22nd 6:00 pm
Shot Reveal - BB88 Lounge

November 9th 5:00 pm
Fireworks! @ BB88
November 12th 6:00 pm
Shot Reveal - BB88 Lounge

December 7th 10:00 am
Uptown Charlotte
December 10th 6:00 pm
Shot Reveal - BB88 Lounge

For more information:
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Healing Lens is a series of guided photo shoots lead by Jim Dukes, our Director Healing Arts, with Veterans and active duty service members. Together they explore unique locations in and around the area & capture all the beauty and splendor the world has to offer through the lens of their camera or phone camera. For many veterans, this has become a unique opportunity for fellowship, while at the same time expanding their horizons of things to do and see in the area.

[Click here for a Full Schedule](#)