

# #GIVINGTUESDAY is a GLOBAL DAY of GIVING!

## #GIVINGTUESDAY™



A day when the world comes together to give

Last year, the BRBR received almost \$10,000 in donations on Giving Tuesday. We sincerely hope you consider donating to the BIG RED BARN RETREAT this November 27th, the Tuesday after Thanksgiving. Your donations help us keep the services we provide veterans FREE to them! To donate to The Big Red Barn Retreat, click here [Visit our Website!](#)



## YOGA Schedule

### FREE Yoga for Veterans, Active Duty Service Members & their Spouses

Day of Week	Time	Teacher
Monday	6:30P-7:45P	Jessica Barnes Smith
Thursday	5:30P-6:30P	Lisa Estes
1 <sup>st</sup> & 3 <sup>rd</sup> Saturday of Every Month November 3 <sup>rd</sup> & November 17 <sup>th</sup>	Noon-1:15P	Jessica Barnes Smith

### Open to the Public, donations Yoga Classes (donations fund FREE Yoga for Veterans)

Day of the Week	Time	Teacher
Tuesday	6:30-7:45P	Vicky Saye Henderson
Thursday	7:00-8:15P	Vicky Saye Henderson
1 <sup>st</sup> & 3 <sup>rd</sup> Saturday of Every Month November 3 <sup>rd</sup> & November 17 <sup>th</sup>	10AM-11:15AM	Vicky Saye Henderson

There will be NO CLASSES on Thursday, November 22<sup>nd</sup>, in observance of Thanksgiving.



Meet our team of yoga teachers, Liza Estes, Vicky Saye Henderson, and Jessica Barnes Smith.

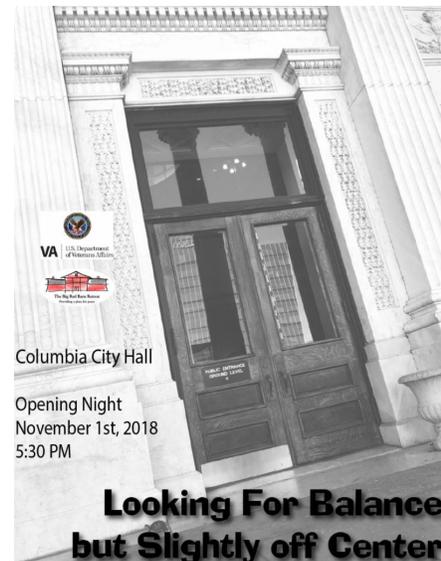
## Healing Arts Photography Exhibit

Location: Columbia City Hall, 1737 Main Street. Columbia, SC

BRBR was honored to collaborate with Wm. Jennings Bryan Dorn VAMC Trauma Recovery Program (TRP) to allow Veterans the opportunity to represent their experiences with PTSD, as well as where they are in terms of growth as a result of involvement in treatment at Columbia City Hall. The hope of the display is that those who view the photographs will be moved by their messages and it will allow the audience the ability to see PTSD through a different lens.

The Display will open Thursday, Nov. 1st with a reception at 5:30PM.

Questions? Contact Jim Dukes at [jimdukes71@gmail.com](mailto:jimdukes71@gmail.com)



Columbia City Hall  
Opening Night  
November 1st, 2018  
5:30 PM

**Looking For Balance  
but Slightly off Center**

## Spotlight: Dan Stover, Marine Veteran & Group Facilitator

We are honored to have Dan Stover as our Group

Facilitator for the Veteran's Coffee Group that meets every Friday at 9:30AM. Dan served from 2000- 2004 as a multi-channel communications radio operator. He was deployed to Kuwait as part of Operation Iraqi Freedom in Feb. 2003 and entered country in March of 2003. Once he returned home, he struggled to find his way into civilian life because the military and combat changed him. He struggled for years until he read a list of PTSD symptoms, and realized he was experiencing most of the symptoms. He heard about the Big Red Barn Retreat and decided he'd go check it out. Once arriving, he realized "This wasn't just a big red barn. This was a place of healing. This was a place of peace where I could just go and relax my mind and just look at my life and focus on some of the things that are important." Dan finds the self-healing environment and restorative services of the Big Red Barn Retreat a perfect setting to allow veterans to take their time as they re-prioritize and re-build their lives.

For More Information about Dan Stover, listen to his interview on Soldier Salute . [Click Here](#)



[Donate](#)

*None of these programs would be made possible without your generosity! To support the continued growth of The Big Red Barn Retreat and help fund FREE services like the ones mentioned above, be sure to visit <https://www.thebigredbarnretreat.org/donate> or click the button above.*

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