

# ROSE HAVEN CENTER OF HEALING

## Rose Haven Center of Healing



219 E. 3rd Street, Washington, NC



A place to ease the struggle of reintegration for female Veterans (*coming soon*)

*In times of crisis, different people react in different ways. Some might try to escape. Others might attempt to batten down the hatches and ride out the storm in a safe haven. — Cullen Bund*

Tucked away in the historic district of Washington, NC, and stretching over half a block, an 1892 farmhouse and barn are undergoing rehabilitation to serve female Veterans coping with reintegration. In addition, a healing landscape grows around the house and adjacent vacant lots. Three blocks away, the Pamlico River nestles up to a popular waterfront and promenade. This is the Rose Haven Center of Healing - the anchor of Pamlico Rose and its Total Life Fitness (TLF) wellness and resilience programs for female Veterans.

When completed the Center will support several types of TLF programs each year. The two primary efforts will include three-month residential programs for female Veterans in recovery and a series of TLF multiday retreats when the residential program is not in session.

The historic farmhouse will support cohorts of four residents per program and up to eight retreat participants. Standing for almost 130 years on 3rd Street and resilient in the face of hurricanes and other natural catastrophes, the house has a simple design. Several generations of owners modified the structure to fit the needs of a working family, not luxury. When rehabilitated, the building will house two bedrooms upstairs and two downstairs, a common area, a full bath, and a large kitchen. The Rose Haven house will create communities of female Veterans for three days or three months.

The Healing and Artful Gardens will consist of a raised-bed vegetable garden and a meditation garden with transition walkways and plant communities connecting the two. Most of the gardens are wheelchair accessible. The parabolic walkway in the center of the gardens will enclose a council ring and firepit, offering a space for residents and retreat participants to gather. Residents will be introduced to gardening concepts and will maintain the gardens while in residence. They will harvest and deliver excess produce to local food pantries and act as docents for visiting groups and gardening classes. The gardens will be open to local Veterans to participate in maintenance activities. Community members will be invited to schedule time in the gardens as well. When not in use, the home and gardens will be available for rent by organizations and groups. Pamlico Rose and Arts of the Pamlico will continue partnering in a Veteran Art program, including display of works by Veterans. Works of art from this program are currently featured in the developing landscape.

The rustic barn now provides storage for gardening tools, plants, and a carpentry workspace for Center maintenance. The barn also serves as a repository for recycled and reclaimed wood being used in the farmhouse's rehabilitation. In the future, useable items such as old windows and doors will be available for purchase by community homeowners.

For more information on Rose Haven Center of Healing or Pamlico Rose, see our [website](#) or contact Robert Greene Sands, Pamlico Rose CEO, [robert@pamlicorose.org](mailto:robert@pamlicorose.org). Follow Pamlico Rose on [Facebook](#).

**Total Life Fitness** connects mind, body, spirit, and community through behavioral and interpersonal skill development. TLF includes meaningful and persistent attention to daily activities that features nutrition, exercise, meditation, and spirituality—all building resilience to aid in recovery or in managing symptoms of trauma.