

# Rose Haven Center of Healing Promotes Communities of Healing

## The Center

is tucked in Washington, NC's historic district, the Rose Haven Center of home of wellness and resilience-building Total Life Fitness programs for female Veterans to aid in the military to civilian transition and help foster reintegration back into their communities.

The Center consists of a healing landscape with produce and meditation gardens now utilized in multiday retreats that advance wellness and resilience. A soon to be rehabilitated 1892 farmhouse and barn will accommodate a three-month residential reintegration experience. Three blocks away, a popular waterfront promenade stretches along the Pamlico River and bustling Main Street just a five-minute walk from the Center.



**Rose Haven**  
Farmhouse  
Adjacent barn  
½ a neighborhood  
block of healing  
landscape



## The Historic Haven House

will accommodate four residents in the three-month Reintegration and Resilience (R&R) program and will add additional infrastructure capability to existing retreats.

Standing for almost 130 years resilient in the face of hurricanes and other natural catastrophes, the house is simple in its design. Several generations of owners modified the structure to fit the needs of a working family, not luxury. The Haven house will create communities of female Veterans for three days or three month programs; its history is a symbol of perseverance and determination for those who come to heal.



Built in 1892  
1400 sq ft  
4 bedrooms  
1 ½ baths

## The Betty Ann Sands Healing and Artful Gardens

creates a healing place and learning opportunity for retreat participants and future residents, as well as community members. Gardens and gardening promote elements of TLF: mindfulness, anxiety management, transcendence and physical exercise to name a few benefits. The raised bed produce gardens will be maintained by residents, local Veteran and community volunteers and harvest will be provided to local food pantries.



**Healing & Artful Gardens**  
8 raised garden beds  
Council Ring w/ fire-pit  
Barn  
Garden Labyrinth  
Meditation gardens  
Wheel Chair accessible  
walkways

The meditation gardens offer a quiet and reflective space while the council ring provides an area for social gathering/conflict resolution.

The rustic barn currently serves as storage for garden tools and reclaimed wood and windows. Future plans for the barn include housing a community center. The gardens will offer gardening programs for disabled and is already hosting arts and music events. Many dedicated volunteers have and continue to be instrumental in gardens development and maintenance.



## Total Life Fitness – Building Wellness & Resilience

The Center is the anchor of Pamlico Rose and its Total Life Fitness (TLF) wellness and resilience programs for female Veterans. When completed the Center will support two TLF programs each year, a *three-month residential reintegration programs for female Veterans in recovery* and a series of TLF multiday retreats when residential programs are not in session.





## Pamlico Rose

was founded in 2016. The primary mission is to advance wellness and resilience building for Veterans through its TLF programs.

Pamlico Rose also promotes awareness of Veteran issues through events such as the annual *Healing Vets Weekend* (HVW) Including *The Ride for Rose Haven*:

*Supporting Women Veterans*. The 2020 HVW and *Ride for Rose Haven* happens May 1<sup>st</sup> and 2<sup>nd</sup> in Washington, NC. Pamlico Rose partners with a variety of

Veteran Service organizations, local and regional businesses and corporations and professional and educational learning institutions to advance innovative approaches to serving Veterans in transition and reintegration back into their communities.



## Pamlico Rose Institute for Sustainable Communities

PO Box 264  
Washington, NC 27889  
(805) 320-2967

**Rose Haven Center of Healing**  
219 E. 3<sup>rd</sup> Street  
Washington, NC 27889

**Website:** [www.pamlicorose.org](http://www.pamlicorose.org)  
**Facebook:** [PamlicoRoseInstitute/](https://www.facebook.com/PamlicoRoseInstitute/)  
**Twitter:** @Pamlico Rose  
**Instagram:** Pamlicorose1

CEO – Robert Greene Sands, PhD,  
[robert@pamlicorose.org](mailto:robert@pamlicorose.org)  
Community Resource Associate –  
Kaitlyn O'Donnell,  
[kaitlyn@pamlicorose.org](mailto:kaitlyn@pamlicorose.org)



## Rose Haven Center of Healing



**A healing place to help ease the struggle of reintegration for female Veterans**

*"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*

## Pamlico Rose

A North Carolina 501 (c) (3)

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Washington, NC 27889

