

The Center is:

Meditation and produce gardens – Open
Residential house - Soon (once in progress rehabilitation is completed)

Barn multipurpose facility – coming

Where: Washington NC

Serving: Female Veterans through wellness and resilience building programs and other veteran populations



The Rose Haven Center of Healing

is tucked in the community-minded historic district of Washington, NC and a five-minute walk from the popular waterfront promenade on the Pamlico River. The center is far from the gates, fences and military or related institutional presence and welcomes female Veterans wrestling with the effects of trauma and other experiences from their military service. Rose Haven is the anchor for Pamlico Rose Institute for Sustainable Communities (Pamlico Rose) and its Total Life Fitness (TLF) wellness and resilience-building programs. The Center - consisting of an 1892 rustic farmhouse, adjacent barn and ½ neighborhood block dedicated to the Betty Ann Sands Memorial Artful and Healing meditation and produce gardens - offers female Veterans a dedicated place that is safe and surrounded by nature and a caring community to ease the struggle with transition, including social and community reintegration, from military to civilian life.

The Center hosts two general efforts for female Veterans currently with a third effort to begin with the opening of the Rose Haven farmhouse.

Total Life Fitness multiday retreats

currently utilize the gardens and grounds and are three to four-day long events that introduce living fit as a critical foundation and approach to healthy living and building resilience. Activities like yoga, art/creative expression, hiking and others compliment sessions on behavioral and social skill development while participants can develop supportive relationships with other female Veterans. The retreats will also incorporate use of the farmhouse once its rehabilitation is completed.

Events include a variety of formal and informal veteran and community events and activities hosted by Pamlico Rose and community partners take place in the gardens and around the Council Ring and its firepit to include a periodic Sunday morning coffee shop, musical events, art exhibits, and Veteran gatherings such as the recent Veteran's Day BBQ. A program featuring the eight raised beds in the produce garden will start in 2020 with harvest going to local food pantries and other anticipated efforts include woodworking and other craft activities for local Veterans that will use the barn when it is rehabbed. Currently it serves as storage for garden equipment and a growing repository for old and reclaimed wood siding, doors and windows being used in the rehabilitation of the farmhouse, the surplus will seed a community woodbank.





The Rose Haven farmhouse and barn

will also accommodate four female Veterans in recovery from substance abuse in a three-month Residential and Reintegration (R&R) experience concentrating on wellness/healthy living, resilience, and building community. Residents live in the Rose Haven house, abide by house and program guidelines, and identify educational, professional, and personal goals to work on while in residence, with guidance from staff, local learning institutions, or other organizations. A perfect metaphor for TLF, the farmhouse has stood for almost 130 years on 3rd Street, resilient in the face of hurricanes and other natural catastrophes. When rehabilitated, the farmhouse will have two bedrooms upstairs and two downstairs, a common area, a full bath, and a large kitchen.

The Mission of Rose Haven Center of Healing represents an innovative and ambitious endeavor to create a facility and grounds dedicated to serving female and other Veteran populations. The development of the Center's gardens and near future rehabilitation of the farmhouse and planned reutilization of the barn reflects also reflects the power of historic preservation and reuse to benefit local neighborhoods that may be on the periphery of a local historic district or more well-established neighborhoods. Pamlico Rose is seeking donations and grants to match existing and dedicated funds to complete the rehabilitation of the farmhouse and the barn.

Washington, NC lies within the Inner Banks of North Carolina at the headwaters of the Pamlico River, 25 miles upstream from the Pamlico Sound. Washington is a "connected community" featuring tightly knit historic neighborhoods and a bustling Main Street district that offer a safe and community feel to residents and visitors. Located directly on the scenic waterfront, downtown Washington offers fine restaurants, antique stores, art galleries, performance centers, and more. The locale's natural beauty and temperate climate attract wildlife and outdoor sports enthusiasts and produce elegant and dramatic sunsets.



For more on the Rose Haven Center of Healing and Pamlico Rose, visit www.pamlicorose.org or contact Robert Greene Sands CEO of Pamlico Rose at robert@pamlicorose.org Or AmeriCorps VISTA Community Resource Associate Kaitlyn O'Donnell kaitlyn@pamlicorose.org Follow Pamlico Rose on Facebook: <https://www.facebook.com/PamlicoRoseInstitute/> Follow Pamlico Rose on Instagram: <https://www.instagram.com/pamlicorose1/> Follow Pamlico Rose on Twitter: <https://www.twitter.com/PamlicoRose>