



Pamlico Rose Institute

Wellness. Resilience. Courage.



About Us:

Pamlico Rose is a Washington, NC, nonprofit 501(c)(3), founded in 2016. The primary mission is to advance wellness and resilience-building programs for female Veterans - Vet by Vet. Pamlico Rose promotes a holistic approach to wellness, Total Life Fitness (TLF), that builds a strong foundation of living fit and helping one move through the reintegration experience. Building resilience to adversity, TLF encourages an individual through mind, body, spirit and healthy relationships to focus on one's whole self.

Rose Haven includes the soon to be completed (2020) rehabilitated 1892 farmhouse as a reintegration home, its adjacent historic barn as a multipurpose support facility, and a healing landscape composed of the Betty Ann Sands Artful and Healing Garden, a meditation area, and the produce gardens. The rustic barn now provides storage for gardening tools, plants, and carpentry workspace for Center maintenance. The barn also serves as a repository for recycled and reclaimed wood being used in the farmhouse's rehabilitation and upcycled in a series of woodworking projects as a part of the "Grit Restoration" series. The Center covers half a neighborhood block in Washington, NC's historic district.



Our Mission:

To provide resilience-building programs for Veterans and advance wellness. Our current focus is on female Veterans.

Our Work:

Is centered around helping Veterans overcome the effects of trauma, such as anxiety, stress, and addiction and to ease the struggle of post-military service transition to civilian life – including social and community reintegration.

We offer programs and activities around an innovative, holistic, and results-based program called Total Life Fitness (TLF) which encourages wellness and resiliency

Our Programs:

Total Life Fitness Retreats (TLF):

Free three to four-day retreats for women Veterans at the Rose Haven Center, focusing on building foundations of wellness and resiliency

Reintegration and Resilience Residential programs (R&R):

When the Rose Haven Center's rehabilitation is completed, four residents will stay for a three-month R&R retreat. The historic farmhouse will house four residents per program. When rehabilitated, the building will house two bedrooms upstairs and two downstairs, a common area, a full bath, and a large kitchen.

Summer Classes July 2020

- Woodworking
- Stained Glass
- Nature Hiking
- Reiki Meditation
 - o All classes have four sessions and are 90 minutes long.



For more information, visit the website, www.pamlicorose.org or contact
Robert Greene Sands, CEO at robert@pamlicorose.org
or AmeriCorps VISTA Community Resource Associate Kaitlyn O'Donnell kaitlyn@pamlicorose.org

Follow Pamlico Rose!

Facebook: <https://www.facebook.com/PamlicoRoseInstitute/>

Instagram: <https://www.instagram.com/pamlicorose1/>

Twitter: <https://www.twitter.com/PamlicoRose>