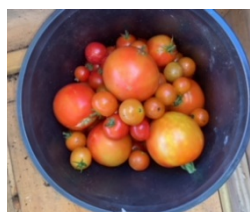


## About the Program:

The Rose Haven Gardens has eight raised garden beds currently being used in the GAIA Program. GAIA (Garden Agriculture Initiative for All) is Rose Haven's pilot program bringing fresh produce to local food kitchens and those in need. Currently, deliveries are being made to Eagles Wings. In the future, with the rehabilitation of the Farm House and the Barn, Pamlico Rose hopes to incorporate this program into both the R&R (Resilience and Reintegration) and the TLF multiday retreat (Total Life Fitness) programs. Currently, the GAIA Program is in its early stages. The garden is up and running, produce is being sent to local food kitchens, and Pamlico Rose is currently working on fully incorporating both the TLF and the R&R Programs with the garden.



## TLF Multiday Retreats:

Eight women Veterans per program will spend three to four-day retreats at the Rose Haven Center of Healing. The program introduces living fit as a foundation to healthy living and building resilience, utilizing the Center's gardens and grounds. Activities like yoga, creative expression, hiking and more are combined with sessions on behavioral and social skill development paired with a support network of other female veterans. The retreats will also incorporate use of the farmhouse once rehabilitation is completed.

## The Rose Haven Farmhouse:

Pamlico Rose will be offering a three-month residential community reintegration experience, for female Veterans in recovery from substance abuse, at Rose Haven Center of Healing. Four female Veterans per session will live in the Rose Haven house. Residents will be introduced to gardening concepts and maintain the gardens while in residence, harvesting and delivering produce to local food pantries and act as docents for visiting groups and gardening classes. Residents will also participate in activities and experiences consistent with TLF, such as garden, yoga, physical exercise, and nutrition, while also volunteering a set number of hours with local nonprofits.



For more information, visit the website, [www.pamlicorose.org](http://www.pamlicorose.org) or contact  
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