



Rose Haven Center of Healing

Wellness. Resilience. Courage.

Tucked in Washington, NC's Historic District, three blocks from the Pamlico River waterfront is the Rose Haven Center of Healing. The center is far from a military presence and welcomes women Veterans struggling with reintegration. Rose Haven is the center of Pamlico Rose Institute (Pamlico Rose) and its Total Life Fitness (TLF) wellness and resilience-building programs. Consisting of an 1892 farmhouse, adjacent barn, and the Betty Ann Sands Memorial Healing & Artful Landscape, Rose Haven offers women Veterans a dedicated safe place, surrounded by nature and a caring community to ease the struggle with transitioning from military to civilian life.



Healing & Artful Landscape with meditation and produce gardens – **Open**

Haven House – **coming soon** (after rehabilitation is completed)

Barn multipurpose facility – **following Haven House rehabilitated**

The Mission - Rose Haven is dedicated to serving women and other Veteran populations. The development of the gardens, rehabilitation of the farmhouse and the barn also reflect the core tenant of resiliency central to Pamlico Rose's programs. Pamlico Rose is currently seeking donations to complete the rehabilitation of the farmhouse and the barn.

The Haven Farmhouse -The Haven residence has four bedrooms and an open 1st floor that will house women Veterans in TLF retreats, day programming and an extended Residential and Reintegration (R&R) experience, all concentrating on wellness, healthy living, resilience, and building



The Barn – The Barn constructed in 1961, is a simple pole barn. The exterior is the original tin outer skin and roof. Currently, the Barn stores reclaimed wood from the Haven rehab and the garden equipment. It is also home to the GRIT Restoration woodworking program. Once renovated, the Barn will house an expressive visual arts program and serve as a community center hosting yoga, meditation and other wellness activities.

The Gardens - A vital part of the Rose Haven landscape are the healing gardens. Along with the Barn, the healing landscape is accessible to all abilities and stretches over ½ neighborhood block. The gardens consider tenants of horticultural, nature and forest and creative expression therapies, and the importance of movement to healthy living in its unique design. Raised bed produce and meditation gardens, council ring, several bridges, arbors and walkways are prominent features of the gardens



About Washington, NC

Washington lies within the Inner Banks of North Carolina at the headwaters of the Pamlico River. Washington is a “connected community” featuring tightly knit historic neighborhoods and a bustling Main Street district that offer a safe community feel to residents and visitors. The locale's natural beauty and temperate climate attract wildlife, outdoor sports enthusiasts and produce elegant and dramatic sunsets.

For more information, visit the website, www.pamlicorose.org or contact Robert Greene Sands, CEO at robert@pamlicorose.org or Kaitlyn O'Donnell, community resources associate, kaitlyn@pamlicorose.org

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