



GRIT Restoration

"The function of art is to satisfy the artist... The function of craft is to give meaning to the viewer and enhance the richness of their life." – David Moser

Woodworking, like other nature/creative expression therapeutic activities featured at Rose Haven, can play a role in managing the effects of trauma such as anxiety and stress, provide new skills to be mastered, and the opportunity to create pieces of self-expression that are/can be simultaneously aesthetic and functional. Woodworking is not for everyone. Trauma survivors and those experiencing anxiety and stress from their military experiences or challenges in transition from military to civilian and/or reintegration into their families and communities can find solace and peace of mind in the visceral qualities of shaping nature's bounty.

The GRIT Restoration (GR) program involves restoring something old and discarded and breathing new life into it. Our Haven House restoration is a good example of this. Pamlico Rose staff and volunteers are deep into the final stages of renovation of the residence, having painted the exterior of the house and rebuilt windows and interior frames. Their work now involves laying new floors, painting the interior, building accessible shower, and putting down trim. In 2022, the renovation of the barn at Rose Haven Center of Healing into a community center will be complete providing dedicated woodworking space and art studio for women Veterans, and a great room for yoga, meditation and other activities.

GR features recycled/reclaimed wood taken from the Haven House's restoration/renovation or donated to create furniture and other wood products. The goal is to upcycle old wood into a series of furniture pieces, from coffee tables to wall hangings to be sold with the profits going to Rose Haven. In addition, the plan is for GR to help women Veterans who are in need due to recent homelessness by building/restoring furniture or other pieces of aesthetic and functional wood pieces. There is opportunity for women Veterans to become part of GR, learning new skills and expertise while becoming part of a community who gives back.

The message of rebirth is implicit in GRIT Restoration, describing both the piece of furniture and the craftsman. For more information on GR, contact robert@pamlicorose.org



Restoring Wood, Restoring Souls

