



# The Betty Ann Sands Healing and Artful Landscape at The Rose Haven Center of Healing Washington, NC



## The Therapeutic and Restorative Benefits of a Healing Landscape

Nature heals. anywhere we are with trees, shrubs, flowers, and wildlife, we feel better. When we interact with nature - as an observer or as a participant in creating and sustaining “naturescapes” - we are connecting to an ancient part of being human.

In our own gardens, we engage in a type of horticultural therapy, activating skills, like mindfulness, to center us in the moment, and reducing anxiety and stress. Creative expression, such as the visual arts, fosters awareness, encourages emotional growth, and enhances relationships with others. When teamed with nature, creative expression, such as the visual arts can promote positive self-identity and encourage relaxation – critical to healing from trauma. The Rose Haven Center landscape features elements of horticultural therapy design, intentionally creating human interactions with plants. The healing landscape also fosters movement through nature and offers spaces for individual reflection and creative expression. The landscape is designed to promote well-being and build resilience in populations such as women Veterans who struggle with transitioning from the military and reintegrating into their communities.

## Healing Programs

**Total Life Fitness (TLF)** – an integrated and holistic approach to wellness and resilience-building for women Veterans

**TLF three-day retreat:** Rose Haven healing landscape hosts retreat wellness activities

**Reintegration and Resilience (R&R) extended residential retreat:** participant residents will work in gardens

**The Green Agriculture Initiative (for) All (GAIA)** - incorporates eight raised garden beds in an organic food donation program with local food banks like Eagles Wings.

**GRIT Restoration-** woodworking program for women and other Veterans building furniture and other wood products out of reclaimed wood

## Landscape Features

The healing landscape considers tenants of horticultural, nature and forest and creative expression therapies and the importance of movement to healthy living in its unique design.

### Prominent landscape elements include:

**Raised bed vegetable garden** - eight 3x8 ft, 30 inch raised beds with potting stations. The center of our GAIA program, growing and producing fresh produce delivered to the local food pantry

**Dedicated meditation/reflection areas**

**The Barn-** The creative hub, where woodworking, art, crafting and wellness activities take place, next to be restored.

**Council Ring w/ firepit** - A gathering and social center for garden events and discussions.

**Garden art** - There are multiple art features throughout the garden, such as the Veterans with disabilities installation, totem poles, and painted water barrels.

**Arbors, bridges, and accessible walkways**

**Distinct yet interconnected thematic beds**



For more information, visit [www.pamlicorose.org](http://www.pamlicorose.org) or contact Robert Greene Sands, CEO at [robert@pamlicorose.org](mailto:robert@pamlicorose.org)  
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