













































Intentional Caring Committee respite spaces



Respite spaces are a network of quiet areas for all Sentara Martha Jefferson employees to use 24/7. Some areas are open to the public. **Below is the growing list of where to find a respite space near you.** Each of these locations is intended for reflection, contemplation, and relaxation. Please leave all spaces as you find them.

Ground floor	First floor	Second floor	Third floor	Fourth floor
ground floor respite room (GO413B)  	Wendel 1 respite room lactation support room (A1139)   	Wendel 2 respite room lactation support room (B2165)   	Wendel 3 respite room lactation support room (B3185)   	Hospitalist Group  
	employee garden  	Cornell 2 respite room lactation support room (A2121)   	garden terrace  	small dining room  
	serenity garden  	interfaith chapel (62505)  	caregiver center lactation support room (public space)   	cafeteria  
	garden benches outside C1  	respite space  	garden benches  	
Off-campus				
FSED respite room  		Imaging hallway respite room lactation support room (G2528)   	Greenberry's Coffee  	



Visit mjhfoundation.org/staffwellness for access to all the Intentional Caring Committee resources made possible through community support of the Martha Jefferson Foundation. You'll find materials, links, and easy access to resources that help you find calm in the moment, sign up for wellness programs, access tuition reimbursement, volunteering, and more.

Key  inside  staff only  outside  public  lactation



Martha Jefferson Hospital Foundation

