

NURSING MOTHER ROOMS

MAY 1, 2026

Bldg #	Location Details	Shift	POC Name	POC Number	Notes (if applicable)
3	Pier 3, 238 Wellness Room	1st	Sharelle Staton	(757) 534-1201	The door should remain unlocked when not in use. Sign on interior of door to place on exterior when in use.
		2nd	Tonia Bailey	(757) 813-8956	
64	Bldg 64 first Floor, Room 134	1st	Alicia Monroe	(757) 688-5644	Rm code is 532, lock door while in use.
86	Bldg 86, (3rd Floor Wellness Room)	All	Brandi Guinn	(757) 380-3289	3rd Floor Wellness Rm - Key is kept in the door; Room is to remain unlocked except when in use; Reservations can be made via the Outlook calendar: "B86-3 Wellness Room"
		All	Cheryl Gillikin	(757) 380-4903	
103	103-2nd Floor, near Illinois Conf. Room Wellness/Nursing Mother Room	All	Nick Sirinakis	(757) 380-3606	Slide the sign to occupied and lock the door when in use.
160	Bldg 160-2 Across from Distribution Boxes (Mail)	1st	Jeff Nau	(757) 688-1113	Door is locked. Personnel needing to use should contact POC for key and schedule time on wellnes calendar.
220	Warehouse - 220 Pickett's Lane – 1st Floor- (Enter front door, go through the 2nd set of doors, turn right, then first door on the right)	1st	Natalie Kemp	(757) 688-1292	See POC for key. If there is a need for multiple mothers, we will create an Outlook calendar for scheduling.
227	Wellness Pod B227 (Applebees), near Aramark canteen.	1st	Dominique Cooper	(757)534-2202	Contact POC for key and to reserve space. POC's are located in B4911, 3rd Fl.
		2nd	Liz Taylor	(757) 320-9250	
		3rd	Charles (Buddy) Johnson	(757) 769-4178	
520	Bldg 520-4th Floor (Right from elevator; right down long hallway; Room is the 2nd doorway on the right from the end)	All	Dilista Mujadzic	(757) 380-7306	Key Location: Key is hanging on left side of door, room is to remain unlocked except when in use.
600	Bldg 600, 2nd Floor, Column D6 near men's RR	All	Kimberly Tenkley	(757) 534-3063	Please use Outlook calendar for scheduling (B600MothersRoom@hii-nns.com) and coordinate access through POC for the key to the room.
802	Bldg 802 (Net Center) Suite 176 Room 197, and Ste. 151	1st	Ovedia Parker	(757) 534-2166	Contact POC for Ste. 176
		All	Melody Brauchle or Dave Kriner	(757) 688-2025 (757) 688-7005	Contacts for Ste. 151
872	Bldg 872, 2nd Floor (South- East corner Room)	All	Rudie Simpson	(757) 818-0718	Key stays in exterior door mail slot of Rm 214 (NW Corner Office diagonally across from Nursing Mother's Rm).
879	Bldg 500 (West Park) - Small conference Room off 1st Floor main entrance, sign on	1st	Paul Grudt	(757) 688-5553	Door should remain unlocked when not in use. If locked contact POC. Calendar will be created if needed.
884	Bldg 884 (Maritime Square) 3rd Floor	All	Linda Bruce	(757) 380-2884	Bldg. 884-3 (Office in front of #93, Northside of building) Key is at B884-8-92, schedule is on the Outlook calendar: Mother's Room Calendar B884. Trash must be set out every afternoon.
888	B888 (Brooks Crossing) Rooms on 2nd and 3rd Floors	All	Craig Burd	(757) 534-2375	Rm 213 on 2nd floor and rm 314 on 3rd floor. Contact POC for more information.
902	Bldg 902, 2nd Floor, Room 243	All	Kathy Barber	(757) 688-6107	Please contact POC for room code and use Outlook Calendar feature for scheduling (B902 Mother's Room)
903	Bldg 903, 2nd Floor, Room 219	All	Lisa McKean	(757) 688-1123	There is a calendar in the room. Door has a key and will remain unlocked while not in use.
906	Bldg. 906 (Oakland Industrial Park) 182 Enterprise Dr., 2nd Floor (Go up the stairs to the right of the reception desk, 4th door on your right.)	All	Mark Reynolds	(757) 534-4121	Door has a key and will remain unlocked while not in use. Cindy Gray has the key, her desk is located left of the stairs at the end. If there is a need for multiple mothers, we will create an Outlook calendar for scheduling.
907	Bldg 907, 2nd Floor, Room 234	1st	Louis Spenyovics	(757) 688-7481	Please see the POC for access code.
		2nd	Matt Izzo	(757) 688-1928	
909	Bldg 909, 3rd Floor (VASCIC) Southwest Encl	All	Michanda Williams	(757) 688-8825	Contact POC for information
913	Bldg 913 (Oyster Point Industrial Park) 11850 Jefferson Ave – 1st Floor- (Office #7).	1st	Sebrenna Young	(757) 534-2876	Contact POC for key. Post sign when in use. If there is a need for multiple use, we will create an Outlook calendar for scheduling.
1758	Bldg 1758 1st Floor	All	Teresa Deprima	(757) 586-8862	Use occupied sign for door when in use.
1913	Bldg 1913 3rd Floor (Ship Join Bay)	All	Nick Carlson	(757) 388-3384	Contact POC for information
1917	Bldg 1917 2nd Floor (SMAF)	All	Dylan Swank	(757) 688-4200	Contact POC for information
4633	Bldg 4633, 4 North West End	All	Laura Jones	(757) 534-0675	Schedule in Outlook under B4633-4 Wellness Rm to avoid conflicts.
			Jeff Nau	(757) 688-1113	
4900	Bldg 4900 (SMOF) 5th Floor, North side	1st	Michelle Seaborne	(757) 534-4924	Contact POC for information
		2nd	Horatio Eley	(757)688-6346	
		3rd	Floyd Pauling	(757) 206-7306	

Requirements for Space: The space should be functional and clean for expressing milk, and at minimum should have a chair, an electrical outlet (accessible based on less than 5 feet from seat), and a flat surface for a breast pump. If more than one employee is using the space, time should be coordinated along with key to access location.