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## BreatheDeep, Inc. and Greater Rochester Health Foundation Announce New Restorative Care Program for Frontline Workers

**(Thursday, Jan. 23, 2025)** – BreatheDeep Inc., together with Greater Rochester Health Foundation and community leaders, hosted a ribbon-cutting ceremony today to launch ***Project Restore: The Respite Place***, located at 1515 South Ave. This unique space is created to support frontline professionals navigating high-stress environments and the effects of vicarious trauma. Individuals in fields such as mental health services, crisis counseling and response, victim support, and similar roles frequently encounter the occupational challenge of secondary trauma from repeated exposure to the pain and violence endured by others.

The Respite Place is one component of **Project Restore** – a comprehensive wellness program that provides frontline workers with healing resources to rejuvenate body, mind, and soul. These services include but are not limited to, free mental health counseling groups, restorative day stays, personal/professional life coaching, and one-on-one personal training sessions such as physical fitness goal setting and nutrition planning. The Respite Place is a newly-renovated space housed in the upper unit of the BreatheDeep headquarters that includes a sauna, massage chair, dine-in kitchen, and a living area for creative relaxation. (Video available [here](#), please add courtesy: BreatheDeep Inc.)

Project Restore services and access to The Respite Place will initially be available exclusively to staff from grantee organizations that are part of Greater Rochester Health Foundation's Racial Health Equity work. (Find a list of organizations and learn more [here](#)). During this introductory phase, participants will share their feedback on the services and space. Following input gathering, access will be extended to frontline workers across the wider community.

“At its core, Project Restore is an innovative initiative designed to promote holistic well-being through short-term restorative practices and ongoing wellness strategies,” said Dr. Melany J. Silas-Chandler, CEO and president of BreatheDeep. “I am thrilled to offer the frontline workers in our community this first-of-a-kind program that creates tailored healing experiences to help

individuals unplug, restore, and reconnect with their purpose. I am grateful for the support of Greater Rochester Health Foundation as we inspire healing and resilience within our community.”

“At Greater Rochester Health Foundation, we are dedicated to advancing equitable solutions that support health and well-being for all,” said Matt Kuhlenbeck, president and CEO of the Health Foundation. “Frontline workers are the backbone of our community, yet the toll of their work often goes unaddressed. Through Project Restore, BreatheDeep provides a space where they can heal, recharge, and thrive -- helping to build a healthier region for all.”

**News Media:** For more information, contact Communications Officer Tiana Flynn at (585) 258-1725, or via email at [tflynn@thegrhf.org](mailto:tflynn@thegrhf.org).

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[BreatheDeep, Inc.](#), is a research-based 501c3 organization that provides restorative wellness information and resources to help marginalized communities create strategies of self-care, to increase overall wellness, and to reduce or mitigate the impact of systemic and historical oppression, chronic stress, and generational, personal and vicarious trauma.

Centered in equity, the [Greater Rochester Health Foundation](#) is on a mission to pursue and invest in solutions that build a healthier region where all people can thrive. The Health Foundation is a private, self-endowed nonprofit grantmaking organization committed to making a difference across communities in the Greater Rochester Region.