

NEW TRADITIONS

FLEET & FAMILY READINESS (FFR)



navylifepnw

MORALE WELFARE & RECREATION
NAVY ASHORE GALLEYS
CHILD & YOUTH PROGRAMS
NAVY HOUSING
FLEET & FAMILY SUPPORT CENTER

Fall 2024–Winter 2025

The official resource guide for
everything Naval Base Kitsap
and Navy Region Northwest

WHAT'S INSIDE

UPCOMING EVENTS CALENDAR
MWR WINTER EQUIPMENT RENTALS
WELCOME TO NAVY GETAWAYS JIM CREEK
THE RISE OF ESPORTS AMONG SAILORS
BASE MAPS AND REFERENCE INFORMATION

FFSC Virtual Clinical Counseling **CONNECT to GET CARE**

The Fleet and Family Support Center (FFSC) now provides in-person and virtual clinical counseling! Sailors and families can access virtual clinical counseling from the privacy of their own homes. Virtual clinical counseling is a nonmedical, clinical, short-term solution-focused service. It is available to individuals, couples and families.

Virtual clinical counseling helps with:

- Separation
- Grief
- Deployment
- Relocation
- Relationship issues
- Parent-child interactions
- Other challenges related to military and family life

To schedule an appointment, call 1-855-205-6749. If calling outside of regular business hours, leave a message. Your call will be returned within one business day.

www.ffsp.navy.mil





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Casey Reed

CNRNW N9 | FFR Director
Naval Base Kitsap

As traditions are repeated and passed down year after year, they can begin to lose their charm, like something your parents would make you do – such as wearing all matching plaid PJs during the holidays and taking lots of photos.

Consider the possibility of trying out a new tradition for yourself or your family by expanding on things that you already do or focusing on activities that you are interested in doing. For instance, instead of just making an apple pie for Thanksgiving, take your family apple picking to harvest fresh apples for the pie. I know our MWR team would encourage you to add an active tradition to your normal customs such as running a 5K on Thanksgiving morning or hiking to a community pancake breakfast on New Year's Day.

Maybe you've always wanted to be a snow bunny – check into signing up for an MWR trip to go snow shoeing; or head up to the ski slopes for the day. If you are a creative type, maybe you and some friends would enjoy sipping a glass of wine and painting a winter scene with our recreation team as a new annual tradition?

Fleet and Family Readiness has many other annual fall and winter events to consider that have become tradition for Naval Base Kitsap, like Trunk or Treat, the Turkey Trot, the Holiday Tree Lighting and Bowling with Santa. Whatever you decide to do, I hope the rest of 2024 and the start of 2025 are joyful and safe.

Join us on Kitsap Facebook and Instagram (@KitsapFFR) or at kitsap.navylifepnw.com.

FFR DIRECTOR WELCOME MESSAGE

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UPCOMING EVENTS CALENDAR

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Navy Getaway destination.*

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NEW TRADITIONS IN THE NAVY: THE RISE OF ESPORTS AMONG SAILORS

*Competitive gaming fostering camaraderie,
skill development and community among
Sailors and service member(s).*



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Official Resource Guide for everything Navy Region
Northwest Fleet & Family Readiness (FFR)

Unless otherwise noted, the FFR programs described herein are intended for authorized patrons only. We make every effort to ensure that the information is accurate at the time of publication; however, all activities, events and hours of operation are subject to change. FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly or visit navylifepnw.com for current hours of operation and health precaution in effect. For the most up-to-date information, please visit our website at navylifepnw.com. A digital version of this guide is available at: kitsap.navylifepnw.com/magazine.



The Department of the Navy does not endorse any company, sponsor or their products and services.

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MWR

MWR is proud to offer you dining, entertainment and recreation options conveniently located on base, as well as three DoD lodging facilities in Navy Region Northwest. MWR fitness centers offer state-of-the-art equipment, expert instruction and team sports, and activities for every age, interest and fitness level.

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CHILD & YOUTH

Child & Youth Programs (CYP) provide high-quality child care and support services close to home.

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FFSC

Fleet & Family Support Center (FFSC) is here to meet the needs of Sailors and Navy families at home and at sea with helpful programs and resources.

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HOUSING

Your Housing Services Center team knows the area and will help you make the most of your housing benefits.

To use this guide, find a QR code and scan the QR code for quick access to

- Activity/event registration
- Event details and maps
- Support resources

- On-base restaurant apps
- Our social media pages
- and more!

Personnel authorized to utilize FFR programs, activities, and facilities include Active Duty, Reservists, Retirees, Department of Defense employees, their families, and their guests, unless otherwise noted.

navylifepnw.com



Give it a try! Scan the QR code on your phone to visit our website.





FOOD, FUN & RECREATION

MWR is proud to offer you dining, entertainment and recreation options conveniently located on base. Visit kitsap.navylifepnw.com/events or scan this QR code to find out about our upcoming specials and promotions. Open to anyone with base access including Retirees, guests and contractors, unless otherwise noted.



ALL AMERICAN RESTAURANT

360-476-9085
120 S Dewey St., Bldg. 866, Bremerton, WA

Open seven days a week, the All American serves hearty, wholesome meals for breakfast, lunch and dinner. Essential Station Messing (ESM) and PSNS Thank You Bucks accepted here!



THE BAR

360-396-5456
Inside Bangor Plaza (1st Floor), 2720 Ohio St., Silverdale, WA

Serving after-hours bar and food service. Open to eligible-patrons (ages 21+). Patrons may reserve The Bar for meetings and special functions after regular business hours. If you would like to reserve this space for meetings or events, contact our Catering office.



INSIDE OUT CAFÉ

360-396-2523
Inside Bangor Plaza, 2720 Ohio St., Silverdale, WA

Open Monday-Friday for lunch, and our new hours Friday-Saturday for dinner. Let us be your home for traditional American fare and Hawaiian cuisine. Our menu features a selection of salads, wraps, burgers, sandwiches, whole pizzas, kid-friendly options and Hawaiian plate bowls. Open to anyone with base access including retirees, guests and contractors.



PSNS & IMF EMPLOYEE FOOD SERVICES

360-627-2096

- Canteens: B435, B850A, B1124, B813, B879 & B560
- Mobile Food Truck (M4 & M5)
- Espresso Stands (448, 560 & 896)
- Juan's Cantina is located within CIA

NAVSEA badge for access to the CIA is required. All locations have pre-packaged sandwiches, muffins, hot and cold drinks and snacks. Additionally, salads, breakfast and lunch entrees are available daily. Thank You Bucks are redeemable at all outlets. Current menu, hours and locations are available online.



TRIDENT INN GALLEY

360-396-6058
Tunny St., Bldg. 2101, Silverdale, WA

Open seven days a week. Located near the Bangor Uniform Shop, Trident Inn Galley prides itself on serving the freshness and quality of the Northwest's rich bounty. Although typically limited to active duty, we offer monthly special meals open to all hands for a valuable price you can't beat. Call or scan this code to learn more.



NBK CATERING & CONFERENCE CENTER

360-396-5466
Located within Bangor Plaza, 2720 Ohio St., Silverdale, WA

Naval Base Kitsap Catering and Event Planning Program is pleased to offer complete catering menus and services for any event or occasion. Our wide variety of facilities will surely offer the perfect place to hold your special event. Our staff is ready and excited to help you with every step! A catered event entails special planning and professional oversight. Call us today to schedule a private event consultation.





COMMUNITY RECREATION FACILITIES

Bangor: 360-396-2449, Inside Bangor Plaza,
2720 Ohio St., Silverdale, WA
Bremerton: 360-476-3178
120 S. Dewey St., Bldg 502, Bremerton, WA

The Community Recreation office is your go-to source for information and discounts on travel and select attractions. Community Recreation also hosts a variety of local trips and tours, and a great selection of outdoor adventure equipment for rent. From name brand camping and outdoor gear to mountain bikes and kayaks, MWR has the goods to get you going!



BANGOR RECREATION CENTER

360-396-2449
Located within Bangor Plaza,
2720 Ohio St., Silverdale, WA

Purchase discount tickets for select Northwest sporting events, attractions and entertainment. There are several classes and activities for families or individuals looking for something to do, or a way to meet new friends within our Navy community! Includes a Kids Zone indoor playground available for little ones to climb around.

Stop by for additional information on vehicle and mini storage, park reservations, Wheels & Deals and things to do in the local area.



BREMERTON RECREATION CENTER

360-396-5466
120 S Dewey St., Bldg. 502, Bremerton, WA

Featuring six string-bowling lanes, a resource library with CAC-enabled computers, a movie lounge, billiard tables, table tennis, air hockey, video gaming stations and arcade. A huge multi-purpose room is also available to rent for private parties and meetings.



MWR RECREATION AREAS

360-396-2449
Various locations. For more information, see your local
Community Recreation Center.

Camp McKean - Open Memorial Day weekend through Labor Day weekend, Thursday through Sunday, 11 a.m.-7 p.m. Located five miles west of Naval Base Kitsap-Bremerton, along the Kitsap Lake shoreline. The site includes a beach, large pavilion, gazebo, picnic area with barbecue grills, state-of-the-art children's playground, fishing pier and more. Pavilion and boat rentals are available on-site.

Elwood Point - Open dawn till dusk. Located within The Landings (formerly Jackson Park Navy Family Housing) on Bremerton's scenic Ostrich Bay. Use of Elwood Point is FREE. Reservations are for use of the covered picnic pavilion only. The picnic pavilion has a large charcoal barbecue pit, picnic tables and is located near the children's playground and ball fields.

Trident Lakes Recreation Area - Hours: Dawn till dusk. Located just inside the Trigger Avenue Gate at Naval Base Kitsap-Bangor. Trident Lakes Recreational Area features a softball field and two covered cooking areas with large barbecue grills, perfect for a hungry crowd. Small picnic areas with grills are also available on a first-come, first-serve basis.

GALLERY GOLF COURSE

360-257-2178
3065 N Cowpens Rd., Oak Harbor, WA 98278

A challenging 18-hole course layout with tree-lined fairways, rolling hills and stunning views of the Strait of Juan de Fuca and Vancouver Island. Call today to schedule your tee-time reservation.



BANGOR SKATE PARK

360-396-2449
Hours: Dawn till dusk

The skate park, located behind Bangor Fitness Center, is designed to accommodate skateboards, bicycles and scooters. Features include an oval pump track, a 3-foot half pipe with transitions into a 5-foot quarter pipe, grind boxes, rails, spines and pyramids. All the components are designed to challenge riders with varying skills and abilities. All riders must wear appropriate personal protective equipment.



BANGOR THEATER

360-396-5466
Movie Line: 360-396-2515
2501 Ohio St., Silverdale, WA

Bangor Theater seats more than 350 people and features digital and 3D movies, and fully cushioned, rocking seats with drink holders. Fully stocked snack bar with all your favorites and adult beverages available.

A great deal at just \$5.50 for adults and \$4 for kids 6-12, ages 5 and younger are always FREE! Throw an exclusive big-screen party with your family, friends or team with our Party Packages that will fit all your needs. Book today!



Upcoming EVENTS

2024-2025

SOMETHING FOR EVERYONE

OCTOBER

MWR Trunk or Treat

Join the fun with spooked-out vehicles and festivities for all ages outdoors at Bangor Plaza.

NOVEMBER

MWR Turkey Trot & Chick Dash

Lace up your shoes for a 5K run in the crisp, fall at the Bangor Fitness Center. Plus a chick dash for the kiddos.

Trident Inn Galley Thanksgiving Special Meal

The Bangor Trident Inn Galley hosts a traditional, delicious Thanksgiving Special Meal with all the trimmings for all families.

DECEMBER

MWR Bangor Theater Holiday Movies

Stay tuned for FREE showings of holiday movies at the Bangor Theater.

MWR Tree Lighting Celebration

Featuring our 20-foot lighted tree at Bangor Plaza, crafts, hot cocoa and visit from Santa and Mrs. Claus.

MWR Bremerton All American Restaurant Christmas Meal

Bremerton All American Restaurant offers a special King Crab & Prime Rib menu you'll surely enjoy! Open to everyone with base access and sponsored guests. ESM-eligible eat FREE!



From trips, crafts, fitness classes, tournaments and more, there is something for everyone! Scan here for event details.



JANUARY

MWR Littles & Me Yoga

Come stretch with your little one led by MWR's yoga instructor at the Bangor Kid Zone area or Bremerton Recreation Center.

FEBRUARY

MWR LIBERTY Super Bowl Watch Party (E1-E6)

The ultimate place to enjoy the Super Bowl, complete with big screens, tasty snacks and the company of fellow football fans.

MARCH

MWR Shamrock Shuffle 5K

Celebrate St. Patrick's Day in style with our upcoming 5K, fun run! Wear your finest green attire.

Military Appreciation Day

An interactive event highlighting the community's support for our local military members at the Kitsap Pavilion. Stop at NBK's Fleet & Family Readiness tables to learn more what we can offer you.



24/7 ACCESS

Coming Soon



24/7 access to Naval Base Kitsap MWR Fitness Center is coming soon.

*Be prepared. Register your military ID Card
at the fitness center today.
Contact your fitness center front desk for more info.*



[kitsap.navylifepnw.com/fitness-sports/
fitness-centers](https://kitsap.navylifepnw.com/fitness-sports/fitness-centers)



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@KitsapFFR

MAXIMIZE YOUR FUN: Gear Rental For New Traditions

Contributed by navylifepnw Staff



The Benavides family enjoyed a weekend of snowshoeing at Lake Wenatchee. MWR Outdoor Rentals supplied the gear with snow boots, snowshoes, poles, and jackets.

"This was our first-time snowshoeing with my parents and my daughter. Everyone really enjoyed it, especially my daughter. She can't wait to do it again!"

● Parka and Pants/
Bib Set
\$15

● Pants/Bib **\$9**

Create new traditions this fall and winter season with help from your local MWR Community Recreation office! While the weather gets chillier, don't let that hold you back from adventuring in the great outdoors. Get out your winter gear and head to the mountains for some skiing, snow tubing or snowshoeing the winter trails. If biking is more your speed, check out a mountain bike and explore some local trails. With outdoor recreation equipment from Community Recreation, there are many ways to embrace a new tradition in the Pacific Northwest.

For more information about equipment rentals, download the latest brochure or call the Bangor Recreation Center at 360-396-2449, or Bremerton Recreation Center at 360-476-3178.

Prices based on full-day rate
Weekend/3-Day Rate = Day Rate x 2
Week/7-Day Rate = Day Rate x 3

*Availability varies by facility, please contact your local Community Recreation Center for details. All prices are subject to change.





● Snowshoes **\$15**
Snowshoes **\$20**
Includes snowshoes and poles

● Snow Tube*
\$10



● Boots **\$10**

● Parka **\$9**

● Fat Tire Mountain Bike*
Includes helmet
\$39



LIBERTY PROGRAM

The LIBERTY Program offers low-cost or free activities and entertainment to junior service members (E1-E6 single or geo bachelors). Eligible users may escort up to one guest 18+. LIBERTY is here to get you out of the barracks to enjoy the great Pacific Northwest. Transportation is included in the cost of all of our trips.

Our LIBERTY facilities feature the latest video gaming stations with large screen TVs and comfortable seating, FREE Wi-Fi and CAC-enabled workstations, movie theater, copy/scan/fax services. LIBERTY offers regular weekly programming* such as prize giveaways, tournaments and competitions, volunteer opportunities, birthday celebrations, e-sports and more!*LIBERTY center is open to Active Duty Single or Geo Bachelor E1-E6.

Bangor Liberty Center • 360-396-2151

Located inside Bangor Plaza, 2720 Ohio St., Silverdale, WA

Bremerton Fleet Recreation Center • 360-476-7553

Located at the head of Delta Pier, 120 S Dewey St., Bldg. 1027, Bremerton, WA

Bremerton Recreation Center • 360-476-3178

120 S Dewey St., Bldg. 502, Bremerton, WA 98314



SCAN HERE
FOR DETAILS



GREAT MEMORIES START *with* MWR!

SAVE ON SPORTING EVENTS • LEISURE TRAVEL ATTRACTIONS & ENTERTAINMENT

Before planning your next vacation, check with your local MWR Community Recreation office for discounted tickets.

SCAN QR CODE FOR
MORE INFO



BANGOR



BREMERTON





DEPLOYED FORCES SUPPORT

Fitness and recreational support for all Afloat Commands in port and at sea


- Command free use recreational equipment
- Afloat Recreation Program Management Course
- Outfits afloat commands with on-board fitness and recreation equipment





For reservations or questions, call 360-340-2407

NAVAL BASE KITSAP
TRIDENT INN GALLEY

Special Meals



11 A.M.-1 P.M.
OPEN TO ALL HANDS

NAVAL BASE KITSAP • BANGOR PLAZA

THE BAR

Hail & Farewell EVENTS

Host your next event at the perfect location!

Open to all MWR eligible patrons 18+.

BOOK WITH
MWR FOOD & BEVERAGE TODAY!
360-396-5466




navylifepnw.com
@KitsapFFR

NAVAL BASE KITSAP BANGOR THEATER

PARTY PACKAGES

All packages include the theater for one hour before the showing and one hour after the showing, one staff member on-site, one 6-ft. table, and a movie at a date and time of your choice.

A-List Package: Great for a family day and/or group function, the package features a private and affordable movie experience.

1-50 Guests.....	\$150
51-150 Guests	\$200
151-Capacity.....	\$275

The Award-Winner Package: Features private screening of a box-office premiere (based on current options) and two 6-ft. tables.

1-50 Guests.....	\$350
51-150 Guests	\$500

All concessions will be available for preorder at current menu prices.

Per CNICINST 710.3: No outside food or beverage is allowed without permission. Cakes/cupcakes are authorized for birthday parties.

Food items unavailable on the snack bar menu can be contracted through MWR NBK Catering.

**For more information:
360-396-5466**



NAVAL BASE KITSAP · BREMERTON RECREATION CENTER

BOWLING SPECIALS & PACKAGES

Weekday & Holiday Specials

**Tuesdays,
11 a.m.-2 p.m.**
Kids bowl FREE
Ages four and under

**Wednesdays,
3:30 p.m.-Close**
FREE Bowling
For LIBERTY-eligible
(E1-E6) patrons

Thursdays
\$1/person/game

Sundays
\$11/hour
Up to four people

Holidays
\$.50/person/game

Shoe Rental
\$2.50/person

Packages

Strike Package
\$10 per person

Command Social
\$12.50/hour/lane
Active Duty ONLY

Packages include shoe rental!



Reservations are required for all packages.

To book a Party Package,
call: **360-476-3178**

Open to DoD employees, active duty, reservists,
retirees and veterans with VA Health ID.

NAVAL BASE KITSAP · BANGOR PLAZA

INSIDE OUT

C A F É

**Ready,
Click,
Go!**

SCAN for DETAILS



**Dine On The Go
PNW**

TEXT DOTGNW TO 33733
DINEONTHEGOPNW.COM



FOR MORE INFO, CALL:
360-396-2523



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CREDO NORTHWEST



Empowering Sailors · Supporting Families · Strengthening Service



Navy CREDO inspires hope, builds healthy relationships, strengthens resiliency, unit cohesion and spiritual fitness.

Find out more about our free workshops, trainings, and retreats, contact: CREDOcnrnw@us.navy.mil or 360-396-2956.

SCAN FOR DETAILS





STARTING AND TRAD

Contributed by navylifepnw Staff

In the heart of the North Cascades, just a short drive north of Seattle, lies the Navy Getaway, Jim Creek Recreation Area. Nestled near Arlington, WA, this unique locale serves both as a Naval Radio Station and a haven for outdoor enthusiasts. Jim Creek offers a sanctuary for active duty, reservists, retired military, DoD civilians, and their guests, providing a perfect backdrop for creating lasting family traditions.

Jim Creek is more than just a picturesque retreat; it's a hub of activity and adventure. Families return year after year to partake in the myriad recreational opportunities. From camping under the stars to casting a line in one of the pristine fishing spots, the options are endless.

Explore the serene waters in a canoe or kayak, while hikers and bikers can traverse the scenic trails that wind through the foothills. One of the standout features of Jim Creek is its commitment to seasonal events that foster family traditions.

The anticipation of winter events has become a cherished tradition for many. One such event that happens in January has captivated the hearts of children and adults alike is the



CONTINUING TRADITIONS

at Jim Creek

annual Wizarding World of Jim Creek. This magical experience has become a must-do for families, creating a sense of excitement and wonder each year.

Climbing the Alpine Tower is another beloved tradition. Each year, kids and adults challenge themselves to reach new heights, literally and figuratively, as they scale the tower. This activity not only provides a thrill but also serves as a symbol of growth and achievement for many families.

At Jim Creek, the message is clear: "Come to Jim Creek to create your new traditions." This idea encapsulates the essence of what the recreation area offers. It's a place where families can come together, year after year, to partake in activities that will become cherished traditions.

Whether you're a first-time visitor or a seasoned regular, Jim Creek provides the perfect setting to start new traditions that can be passed down through generations.





RECREATIONAL LODGING

MWR proudly operates three DoD lodging facilities in Navy Region Northwest. Visit www.dodlodging.net or scan this QR code to explore these and hundreds of other DoD-owned properties around the world. Open to anyone with base access, including Retirees, guests and contractors, unless otherwise noted.



CLIFFSIDE RV PARK & CAMPGROUND

Front Desk: 360-257-2649
Located on Ault Field at the end of Intruder Street
Watch for the directional signs on base

Nestled along the shoreline of Whidbey Island, Navy Getaways Cliffside offers an awe-inspiring location, the ambiance of shoreline living, ever-changing marine environment and unparalleled sunsets. Enjoy the seasons with us in your very own RV camper or relax in our RV campers, yurts, and tent sites with exciting programming all year long.



JIM CREEK RECREATION AREA & CAMPGROUND

Front Desk: 425-304-5315/5361
21027 Jim Creek Rd., Arlington, WA

Located just outside of Arlington, WA, about 90 minutes north of Seattle and nestled in the foothills of the North Cascades, Jim Creek serves as a Naval Radio Station and regional outdoor recreation facility that is open year-round. Seasonal activities include fishing, boating and the Alpine Tower climbing adventure (open Memorial Day through Labor Day).



PACIFIC BEACH HOTEL, COTTAGES, RV PARK & CAMPGROUND

Front Desk: 360-276-4414x2
108 First St. N, Pacific Beach, WA

Located on the Pacific coast, 15 miles north of Ocean Shores, Pacific Beach features reasonably priced hotel accommodations as well as fully furnished 3-, 4- and 5-bedroom cottages lining the ocean bluff, providing guests with panoramic ocean vistas. On-site amenities include Pacific Beach Café & Gift Shop, a bar and more.





Navy Getaways Pacific Beach • 360-276-4414 ext. 2
Cottages • Hotel • RV Sites • Tent Campsites



Navy Getaways Cliffside RV Park • 360-257-2649
RV Sites • Tent Campsites • Furnished Yurts • RV Trailers



Navy Getaways Jim Creek • 425-304-5315
Cabins • Lodge • RV Sites • Tent Campsites • Trailers



Navy Getaways • COME STAY, PLAY AND RELAX.



SPORTS, FITNESS & AQUATICS

MWR fitness centers offer state-of-the-art equipment, expert instruction and team sports, and activities for every age, interest and fitness level. Visit kitsap.navylifepnw.com/events or scan this QR code to find out about our upcoming specials and promotions. Open to anyone with base access, including Retirees, guests and contractors, unless otherwise noted.



MWR fitness centers offers world-class facilities with everything you need to stay in shape. We have state-of-the-art equipment, expert instruction, and team sports and activities for every age, interest, and fitness level. Fitness equipment orientations, youth orientation, fitness assessments and facility tours are available.

Both facilities are fully equipped to meet aquatic fitness needs. Lap swimming is available anytime during operating hours. Youth 17 and under must successfully pass the Navy Youth Swim Test are permitted to use the facility for lap swim purposes without an adult.

Recreational swim, additional classes, pool parties, and events are available at the Bangor Aquatics Center, including swimming lessons, CPR & First Aid, Lifeguarding, and more.

Participate in regularly scheduled leagues, including volleyball, flag football, golf, basketball, softball and more. In addition, there are opportunities to participate in tournaments and regional competitions year round.

BANGOR FITNESS & AQUATICS CENTER

Fitness: 360-315-2134 | Aquatics: 360-315-2131
Ohio St., Bldg. 2700, Silverdale, WA 98315

BREMERTON FITNESS & AQUATICS CENTER

Fitness: 360-476-2231 | Aquatics: 360-476-9416
120 S Dewey St., Bldg. 1017, Bremerton, WA 98314

UNMANNED FITNESS CENTERS

Access to Unmanned Fitness Centers via an electronic entry system. The Bangor or Bremerton main Fitness Centers can activate CAC cards.



Keyport Fitness Center - This unmanned facility offers a racquetball court and the best in cardio and strength fitness equipment. CAC required for entry.

Naval Hospital Fitness Center - Located adjacent to Naval Hospital Bremerton. CAC required for entry.

Waterfront Fitness Center - Located on Naval Base Kitsap-Bangor's lower base. The center offers the best in cardio and strength fitness equipment, full locker and shower rooms, and a group exercise room. CAC required for entry.

INTRAMURAL SPORTS

360-315-2132
Bangor Fitness Center Gym
Ohio St., Bldg. 2700, Silverdale, WA

Captain's Cup - The Captain's Cup provides Sailors an opportunity to represent their commands and installations in a variety of different team sports and activities, while earning points toward the cup.

Admiral's Cup - The Admiral's Cup provides Sailors an opportunity to represent their commands and installations in Navy Region Northwest (NRNW) tournaments.

All-Navy Sports - For Sailors who possess the athletic skills to compete above the intramural level, in team or individual sports, this is a chance to represent the Navy at higher-level athletic competitions such as the Armed Forces Championship.



ALL-NAVY SPORTS: 2024 SPORTS CALENDAR

For details and an updated calendar, visit: www.navyfitness.org/all-navy-sports



The very best Navy athletes may be selected to compete as members of the All-Armed Forces Team, and participate in the Military World Games, national and international competitions. All-Navy teams compete in the Armed Forces Sports Championships against teams from the Marine Corps, Army and Air Force.

The Navy Sports Program fields All-Navy teams in bowling, cross country, wrestling, basketball, soccer, triathlon, volleyball, softball, golf, rugby and marathon.

The Navy Sports Program also assists athletes who participate at the national or international level in activities that are not normally offered on a base, such as rowing, archery and shooting.

To apply, see your base Fitness/Athletic Director or the Navy Sports website. Ensure you have your command's endorsement.

INTRAMURAL SPORTS

Get ready to play and have a blast with our MWR Intramural Sports program! Socialize, stay fit, and have fun with our recreational and competitive leagues, co-ed social leagues, and seasonal tournaments.

SCAN HERE
FOR DETAILS



navylifepnw.com





Explore. Discover. Let's Go!

Book through
AmericanForcesTravel.com,
where you'll find the best value
and choice for online leisure
travel for the military
and government community.

Book Now

HOTEL • FLIGHTS • RENTAL CARS • VACATIONS • CRUISES • EVENT TICKETS

NBK FITNESS OFFERINGS

Start Your Fitness Journey with MWR

Services Offered:

- One-on-One Personal Training
Active Duty: FREE
MWR-eligible patrons: \$30 per session
- Personalized Programs for
ALL Different Levels of Fitness
- And more!



SCAN for MORE DETAILS



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LET US TAKE CARE OF YOUR *Party Food!*



The All American Restaurant takes the hassle out of party planning!

Order your party platters or reserve a spot for your next event at 360-476-4997.

DoDMWR Libraries.org

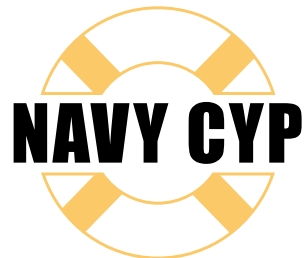
Explore, read and learn.

Offering 24/7 access to more than 80 online resources



DoD MWR LIBRARIES

- eBooks and Audiobooks
- Ancestry Research
- Music and Movies
- DIY and Hobbies
- Tutoring Services
- Newspapers and Magazines
- Children's Corner



CHILD & YOUTH PROGRAMS

CHILD & YOUTH PROGRAMS

The mission of Child & Youth Programs (CYP) is to make sure you can do yours by providing high-quality child care and support services close to home. Visit kitsap.navylifepnw.com/child-youth or scan this QR code to learn more about our programs and services.



CHILD DEVELOPMENT CENTERS (CDC)

Our Child Development Centers (CDC) are open to children ages six weeks to five years, for full-time or hourly care. Our classrooms provide fun, inclusive and engaging environments as we strive to meet each child's social, emotional and intellectual needs.

BANGOR CHILD DEVELOPMENT CENTER (CLOSED FOR RENOVATIONS)

360-396-5920
2902 Ohio St., Silverdale, WA

BREMERTON INFANT & TODDLER CENTER

360-627-2974
1141 U St., Bremerton, WA

JACKSON PARK CHILD DEVELOPMENT CENTER

360-476-8666
2564 Cascades Pass Blvd., Bldg. 779, Bremerton, WA

JACKSON PARK SCHOOL-AGE CARE

360-627-2041
6180 Snoqualmie Pass St., Bremerton, WA

ADMIRAL BOORDA TEEN CENTER

360-396-2065
4168 Greenfish Circle, Silverdale, WA

LITEHOUSE SCHOOL-AGE CARE

360-396-2463
2903 Ohio St., Silverdale, WA

FAMILY CHILD CARE (FCC)

When you need professional care with the comfort of home, our FCC are here to help. FCC providers are self-employed individuals, certified by the state of Washington, operating a child-care business in their own home, and often have previous early childhood education experience. They're here to promote overall social, emotional, cognitive and physical growth – all while building school readiness skills.

KITSAP CHILD DEVELOPMENT HOMES

360-731-1894
2564 Cascades Pass Blvd., Bldg. 779, Bremerton, WA

SCHOOL LIAISON

When it's time to relocate, we're here to help the transition go as smoothly as possible for your children. Our School Liaisons help families with children in pre-kindergarten through 12th grade. They assist with everything from a school transfer and homeschool support, to meeting graduation requirements. For our elementary, preteen and teen community, the Youth Sponsorship Program adds in element of social support. We strive to contact youth before they move, so when they arrive, we can immediately connect them with peers who are already participating in the installation, school or community programs. Call for an appointment.

NAVAL BASE KITSAP SCHOOL LIAISON

360-340-2824
Bangor Plaza, 2720 Ohio St., Silverdale, WA



NAVY SCHOOL LIAISONS

Connecting Military Families,
Commands and K-12 Schools

Did you know?

School transition and deployment support is a Navy readiness and retention issue. The Navy benefits from having Sailors who are able to focus on their duties, whether ashore or deployed.

- Navy families move their children an average of every 2.9 years.
- Children of military personnel attend up to nine different schools by graduation.
- Military families are reluctant to disrupt high school youth in their senior year.
- Deployments can impact educational outcomes of children.
- Many families decide to "separate geographically" to keep children in their current school.

Families, Contact Your School Liaison for Help with:

- Inbound/outbound school transfers
- Youth sponsorship
- Local schools and boundaries
- Finding the right school
- Understanding special education
- Meeting graduation requirements
- Finding military and local support services
- Homeschooling support
- Preparing for college and scholarship information

Navy School Liaisons Provide SEVEN CORE SERVICES to Assist Families:

- 1 School Transition Services (PCS Cycle):** School Liaisons assist families with school transfers and help "level the playing field" for military children and youth.
- 2 Deployment Support:** School Liaisons connect educators with the military deployment support system to inform them about the cycles of deployment and the tools available to assist educators in working with military children.
- 3 Command, School & Community Communications:** School Liaisons serve as subject-matter experts for installation commanders on K-12 issues, helping to connect command, school and community resources.
- 4 Homeschool Linkage and Support:** School Liaisons assist military families by gathering and sharing information on home-schooling issues, policies and legislation from local school districts, and help leverage military Child and Youth Program resources to support these families.
- 5 Partnerships in Education (PIE):** PIE creates a volunteer network of resources to support installation and community members who have a vested interest in the success of all youth.
- 6 Post-Secondary Preparations:** School Liaisons leverage installation and school resources to provide graduating military students with access to post-secondary information and opportunities.
- 7 Special-Needs System Navigation:** School Liaisons provide information about installation and community programs and services, make referrals to the Exceptional Family Member Program (EFMP), and offer assistance in navigating the administrative systems within local education agencies.

Online Resources:

- Navy Before and After School Care www.militarychildcare.com
- Homeschool <https://washhomeschool.org/>
- Military One Source-Transition Information www.militaryonesource.com
- Military Kids Connect <https://militarykidsconnect.health.mil/>
- Department of Defense Education Activity www.dodea.edu
- Free online homework help www.tutor.com/military
- Special Education www.wapave.org
- Navy Exceptional Family Member Program (EFMP) <https://community.apan.org/wg/exceptional-family-member-program/>

Stay on Target with your School Liaisons



School Liaisons assist with K-12 related needs regardless of a family's proximity to a military installation. Contact the Navy School Liaison closest to you:

NAVY REGION NORTHWEST
360-396-4860 nrmw.sl@us.navy.mil
Serving Central Kitsap School District

NAVAL BASE KITSAP
360-340-2824 nbk.sl@us.navy.mil

NAVAL STATION EVERETT
425-304-3688 nse.sl@us.navy.mil

NAS WHIDBEY ISLAND
360-257-6863 naswi.sl@us.navy.mil

WORLDWIDE SCHOOL LIAISON DIRECTORIES

<https://installations.militaryonesource.mil/search?program-service=12/view-by=ALL>



Visit navylifepnw.com for the latest School Liaison information. Select the installation, under Child & Youth drop-down tab.

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DIFFERENCE.
BUILD A
CAREER.

Sign-on & Retention Bonuses • 50% discount for 1st child • Flexible Schedules
Apply Today! www.navylifepnw.com/jobs

NAVY CHILD CARE PROGRAMS

Learn about military child care programs and quality care.

Choosing child care may be one of the most important decisions you'll make as a parent, and it can be hard to know where to start. Learn more about military child care program options and helpful resources below.



Start Here: MilitaryChildCare.com

MilitaryChildCare.com is a DoD website that helps families find and request military-operated child care anywhere in the world. Search for full- and part-time care, including before- and after-school care, as well as summer and holiday camps. Get started by creating an account at [MilitaryChildCare.com](https://militarychildcare.com) and submit a request for care.

Child Development Centers, Family Child Care Providers (FCC) and School-Age Care. You have options.

Child development centers, or CDCs, are located on installations and generally offer care for infants through pre-school age children. Family Child Care Providers (FCC) are certified professionals who provide child care for infants through school-age children in their homes, located either on or off an installation. School-Age Care, or SAC, programs provide care to children in kindergarten through sixth grade.



Hourly child care? You've got it.

Through Military OneSource, parents now have free access to a national database to search for hourly, flexible and on-demand child care. You can even interview caregivers through the service. It's easy to access and is a virtual solution that allows you to choose, hire and pay providers on your terms.



Child Care In Your Home Fee Assistance Program

Fee assistance for families who have determined that full-time, in-home child care is the best solution to meet their needs.

The Child Care in Your Home pilot program has a limited number of child care spaces and is only available in select locations.

For assistance, call Military OneSource consultants, available 24/7/365, at 800-342-9647 or schedule a live chat.



Military Child Care in Your Neighborhood

Fee Assistance for Community-Based Child Care

Serving U.S. Navy Families

As a military parent, you want access to affordable, quality child care. You may be eligible to receive fee assistance through Military Child Care in Your Neighborhood (MCCYN). The Department of Defense offers fee assistance to reduce the out-of-pocket expense of child care in the community.

Paying full price for community-based child care? Your caregiver may be eligible to join the DoD program.



MCCYN

Expanding Affordable Child Care



MILITARY
CHILDCARE  .com

Scan here to get started

NAVAL BASE KITSAP
CHILD & YOUTH PROGRAMS

WELCOME TO **FUN** TEEN CENTER NIGHTS

Admiral Boorda Teen Center
4168 Greenfish Circle

**MONDAY-FRIDAY
2-7 P.M.**

Offering a safe space to relax and connect.
Refreshments!

Open to ages 12-18 in grades 7-12.
Registration required onsite or at the
Lighthouse School-Age Care Center.



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Sailors
and their families.

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and support our cause? }

www.navylifepnw.com/sponsorship

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WE'RE DOING!
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*For an immediate response,
please address any issues
with a staff member
or manager.*



NEW TRADITIONS IN THE NAVY: THE RISE OF AMONG SAIL

Contributed by navylifepnw Staff

In an era in which innovation and tradition converge, the U.S. Navy is charting a new frontier: esports. The Navy is embracing the digital age and weaving competitive gaming into its rich tapestry of traditions, promoting skills development and fostering camaraderie amongst Sailors.

Navy Esports is a new tradition, offering Sailors a platform to showcase their talents, compete against other military branches, and represent the Navy on a global stage. Organized by entities such as the U.S. Navy Fleet and Family Readiness, events like the annual Armed Forces Esports Championship exemplify this exciting evolution.

ABF2 Patrick Marquez, a dedicated Sailor and esports enthusiast, epitomizes this new institution. Marquez embarked on his esports journey in 2021, participating in numerous tournaments while diligently balancing his Navy duties. His story is a testament to the transformative impact of esports on military careers. Through dedication and perseverance, Marquez has excelled in competitive gaming, finding fulfillment and camaraderie within the Navy esports community.

Navy Esports is more than just a game; it unites Sailors regardless of location or rank. Online competitions and live events offer Sailors opportunities to connect with peers and friends globally, fostering new friendships and a sense of unity within the Navy. This sense of belonging is vital for morale and retention, as Sailors feel valued and supported in their endeavors both on and off the real and virtual battlefields.

In the fast-paced world of competitive gaming, Sailors learn to think strategically, communicate effectively, and work as a cohesive team. These skills are not only applicable in the virtual arena, but also translate seamlessly to real-world scenarios, enhancing Sailors' capabilities and readiness in their military roles, providing a unique platform for skill development and leadership growth.

For those interested in joining the Navy esports team, the opportunities are boundless. Whether you're a seasoned gamer or new to the esports scene, there is a place for you in this dynamic and inclusive community. With support from leadership and fellow Sailors, aspiring esports athletes can pursue their passion while still serving their country.

As Navy Esports evolves, it marks the beginning of a new experience that blends innovation with time-honored values. With a growing roster of talented Sailors and a commitment to excellence, our own Navy Esports Team is poised to make a significant impact in the competitive gaming world. By promoting teamwork, camaraderie and skill development, Navy Esports empowers Sailors and showcases the strength, skill and spirit of the Navy.

To all the Sailors out there, you can be a champion and join the Navy esports revolution. Together, we can highlight the Navy's enduring legacy on the virtual battlefield, forging new paths and creating extraordinary experiences. Join us today and be a part of this exciting journey into the new tradition.



ESPORTS ORS



The Navy's official esports team is called **Goats & Glory**. The team is made up of 12 sailors assigned to participate full-time in about a dozen events a year. Check out the current team at navy.com/esports.





NAVY HOUSING SERVICES

Your Housing Services Center team knows the area and will help you make the most of your housing benefits. Visit kitsap.navylifepnw.com/housing/ or scan the QR code to learn more about this free service.



HOUSING SERVICE CENTER

Located within Bangor Plaza
2720 Ohio St., Bldg. 2720
Silverdale, WA
360-396-4399

We offer free maps and faxes, pre-screened inbound and outbound community housing listings, personalized counseling to find what will work best for your situation, including any exceptional family member needs you may have, and free review and a plain English explanation of your lease terms. We can also help you negotiate favorable leasing terms. You can also access listings 24/7 via [HOMES.mil](https://homes.mil), the only DoD-sponsored rental listing website used by Military Housing Offices worldwide. Use it to view pre-screened properties, compare listings and contact property managers directly.

HUNT MILITARY COMMUNITY

877-264-7657
westsoundfamilyhousing.com

UNACCOMPANIED HOUSING

BANGOR/PERCH & PICKEREL/ KEYPORT CHECK-IN

360-396-4046
2300 Gato St., Bldg. 2300, Silverdale, WA

BREMERTON CHECK-IN

360-476-2377
1001 Longshaw St., Bldg. 1001, Bremerton, WA

NAVAL HOSPITAL CHECK-IN: NAVAL HOSPITAL BREMERTON-SCHON HALL

360-475-4334
1 Boone Rd., Bldg. HP05, Bremerton, WA
After-hours Emergency Maintenance: 360-340-2297

ONLINE BARRACKS MAINTENANCE REQUESTS

Available 24/7, residents can submit non-emergency maintenance requests using the building-specific QR code located on the inside of your barracks room main door and on flyers located throughout your barracks buildings' common areas.



NAS Whidbey Island: @WhidbeyFFR
Naval Base Kitsap: @KitsapFFR
Naval Station Everett: @EverettFFR





PARCEL LOCKERS ARE HERE!

UNACCOMPANIED HOUSING

PARCEL DELIVERY IS NOW AVAILABLE TO NBK-BANGOR UNACCOMPANIED HOUSING (UH) TENANTS

NBK Housing has partnered with Fleet Logistics Center (FLC) to bring you parcel delivery in UH! Receive packages (U.S. Postal Service) and shipping couriers (Amazon, FedEx and UPS) after you register for the service with FLC.

Parcel delivery locations are NBK-Bangor, Bldg. 2100 (OCAB) and Bldg. 2200. and at NBK-Bremerton, Bldg. 1001—across from the NEX Micro Market.

For more info, visit kitsap.navylife.nw.com/housing/unaccompanied-housing



navylife.nw.com
everything northwest

Transferring
PCSing?
Looking for
local rentals?



or contact your local
Housing Services Office



HOUSING SERVICE CENTER

Let us
help
you!

Check in with us first before searching for community housing. We have local rental property listings!

Visit any Housing Service Center (HSC) for:

- Lease services, including lease review and explanation of terms
- Referral counseling to assess your housing needs
- PPV Family Housing Application
- Landlord/Tenant Resolution Services
- Navy Advocate for you and your family when housing maintenance, health or safety issues arise
- Outbound Services
- Fair Housing Issues





FLEET & FAMILY SUPPORT CENTER (BLUE)

866-854-0638
360-396-4115
2901 Barbel St., Silverdale, WA

FLEET & FAMILY SUPPORT CENTER BREMERTON

866-854-0638
360-627-2412
120 S. Bldg. 491 Dewey St., Bremerton WA

NAVY GOLD STAR CALL CENTER

888-509-8759

24/7 SAPR ADVOCATE

360-340-7037

24/7 SEXUAL ASSAULT RESPONSE COORDINATOR (SARC)

360-340-7156

DOD SAFE HELPLINE

877-995-5247

FLEET & FAMILY SUPPORT

FFSC is here to meet the needs of Navy families at home and at sea with helpful programs and resources. Visit kitsap.navylifepnw.com/fleet-family/fleet-family-support-center/ or scan this QR code to learn more about current offerings.



NEW SPOUSE

So, you married a Sailor? Congratulations, and welcome aboard!

The Navy has its own language, traditions and customs. Everything can seem so different! How are you supposed to understand? Fleet & Family Support Centers (FFSC) are an invaluable resource for your new Navy adventure. You can attend a workshop and meet other new Navy spouses, gather informational materials, get help with finding a job or a volunteer opportunity or learn about educational opportunities.

FFSC is able to help connect you to your duty station Ombudsman. The Ombudsman communicates on behalf of the command to give timely information, through social media posts, care-line/info-lines, telephone trees and e-mails.

You are setting forth on an exciting journey as a member of the Navy Family. We hope to connect you to fellow service-member families, and help you learn together, grow together, and succeed together. Visit your FFSC or scan the QR code to learn more.



EMOTIONAL SUPPORT SERVICES

We all experience ups and downs in life. At some point, just about everyone needs help coping with stress caused by life's many challenges. Stress can be caused by work, family hardships, marital conflicts, parent/child issues, money concerns, frequent moves, health and environmental factors, and other difficulties. Talking about our problems with family or friends can be helpful, but often this just isn't enough. Sometimes it helps to talk to an experienced counselor.

Fleet & Family Support Centers (FFSC) offer confidential (the command is not notified) counseling by professional, licensed clinicians. FFSC clinical counselors hold a master's or doctorate-level degree in counseling, social work or psychology. Their professional services are free of charge to active-duty personnel and family members.

If you are troubled and need someone to talk to, just ask FFSC for an appointment. You do not need a referral from your command or health-care provider. Visit your FFSC or scan the QR code to learn more.



PARENTHOOD

Becoming a new parent is a time for excitement and joy as well as confusion and anxiety. So many questions come up and even worse, there are usually a million different answers! If you are feeling anxious, this is common and you are NOT alone.

New Parent Support Staff, part of the Fleet & Family Support Center, can assist you with in-home visits after the baby is born to help smooth the transition to new parenthood.

New Parent Staff can also help with parenting toddlers and preschool children up to age four.

To better prepare for the changes in the family dynamic, FFSC offers comprehensive parenting programs and early child development education classes to help foster healthy parenting practices so you can thrive as a healthy family.

Visit your FFSC or scan the QR code to learn more about classes such as Positive Parenting, Daddy Boot Camp, Baby Talk and pregnancy support groups.



EMPLOYMENT

Fleet & Family Support Centers (FFSC) can help you pursue the career of your dreams! We understand the frustrations that are common to military families such as frequent moves. We can help you focus on a career that can follow you from base to base.

We offer FREE support with resume writing, interview techniques, job search strategies, workshops for teen employment, Myers Briggs Type Indicator to assist your future career search, WA state employment, Military Spouse Employment Program (MSEP), and Spouse Education and Career Opportunities (SECO), including scholarship resources. Visit your FFSC or scan the QR code to learn more.

If you already have a career, FFSC has a wide variety of resources including information related to how professional licenses can transfer from one state to another.



SERVICE MEMBER DEPLOYMENT

Deployments are a way of life for military service members and their families. Whether single or married, there are effective ways of meeting the unique challenges of a Navy lifestyle. Fleet & Family Support Centers (FFSC) work closely with commands, Ombudsmen, Family Readiness Groups, individuals, and families to provide resources and assistance during all phases of the deployment cycle.

Pre-deployment information is presented around five core elements that Sailors and their families should review and update as they prepare for deployment: documents, finances, communication, relationships and resources. Mid-deployment help for families include stress-reduction classes, mind and body mental fitness classes and countless other resources. Homecoming can also shed light on problems in a relationship, and FFSC understand those hurdles too and can provide support and resources to assist.

Any point of a deployment can be uniquely difficult and FFSC is here to help you get through it. Visit your FFSC or scan the QR code to learn more.



LIFE SKILLS EDUCATION

Life Skills education can help you recognize your unique abilities and take control of your life. We are now living in the "Choose Who You Are" era and nothing is more important than personal empowerment. Our core classes, Stress Management, Anger Management, Communication Skills and Conflict Resolution provide tools helpful in living a positive, empowered and fulfilled life. Mind-Body Mental Fitness (or MBMF) is a stress-resiliency program designed to help Sailors, their families, and their commands better understand how to cope with the stressors that are presented through the Navy lifestyle by learning to manage the four Domains of Resilience.



TRANSITION & RETIREMENT

The Transition Assistance Program (TAP) is designed to make the move to civilian life smooth and successful. Fleet & Family Support Centers (FFSC) ensure service members and their families are well prepared for civilian life with extensive tools, education and support needed for a successful transition into the civilian community.

Regardless of how long you have served, FFSC understands the difficulties ahead, and how to help you find a new role in your community. The time you have spent in the military has extraordinary value in the civilian workforce, and there are resources to help you climb your next career ladder. Navy leadership is committed to effective transition assistance for all Sailors separating from the Navy. Note: Active duty must sign up through their Command Career Counselors.

Retirement planning might not be as easy as you think. Wherever your transition takes you, FFSC can help. Visit your FFSC or scan the QR code to learn more.



FINANCIAL PLANNING

Poor financial health can lead to diminished operational readiness, loss of security clearance, decreased choice of duty locations, administrative discharge, anxiety, stress and other negative effects. Compare this to the positive effects of good financial health that comes from knowing how to managing your personal finances: Freedom from anxiety. Freedom from stress. Freedom to do your best at your job in the Navy and advance on time.

Fleet & Family Support Center (FFSC) has Association for Financial Counseling & Planning Education (AFCPE) accredited financial counselors on staff to assist you! Our highly qualified Personal Financial Managers (PFMs) provide courses and individual consultations for personal financial management, as well as provide General Military Trainings (GMTs) and Command Financial Specialist (CFS) Training.

Once your budget is managed, learn about your TSP and retirement goals for next-level financial planning! Visit your FFSC or scan the QR code to learn more.



MOVING & RELOCATION

Everyone in the military moves at one point or another. Preparation for such a big change is essential to the well-being of every military household. Whether you are settling in or departing, Fleet & Family Support Centers (FFSC) can help ease your transition to a new base.

If you are new to the area, FFSC should be your first stop. Grab a hospitality kit, brochures, maps and phone directories for the local area. We have a career center with Internet access and classes to help you find the right career for your family. We understand the housing, schools and resources you need to settle into your new home.

For those leaving the area, we offer Smooth Move classes and relocation workshops that can help plan for success. We have counselors for individuals or families who have trouble transitioning. Our career center can help you transfer your license to a new state or the tools to look for a new job when you get there.

Visit your FFSC or scan the QR code to learn more



EXCEPTIONAL FAMILY MEMBER SUPPORT

The Exceptional Family Member Program (EFMP) ensures service members will be assigned to a location where the special needs of the family will be met. EFMP is a mandatory program for spouses, children, and dependent family members, who require special medical, psychological, or educational services.

The Exceptional Family Member will then be assigned a category according to diagnosis, availability of care and intensity of care. Category 1 is the least complex, while 5 is the most complex, Category 6 is for temporary placement in the EFM program, for example, high-risk pregnancy or a premature infant.

The category assigned to a family member will impact what duty stations a family can accompany their service member, however, enrollment in EFMP does not affect one's career, as promotion boards are unaware of EFM status.

The Fleet & Family Support Center can help with the needs of the whole family and the challenges families might face. Visit your FFSC or scan the QR code to learn more.



SPOUSE STRONG

Thriving on the Homefront

Spouse Strong is an empowering and informative video series designed exclusively for military spouses. Being a military spouse comes with a unique set of challenges and opportunities. Our mission is to equip you with the knowledge, skills, and support you need to thrive on the homefront. Join us in this empowering journey and become Spouse Strong.

YouTube Channel



NAVY WOUNDED WARRIOR



Supporting seriously wounded, ill and injured Sailors and Coast Guardsmen, their families and caregivers

Through proactive leadership, NWW provides individually-tailored assistance designed to optimize the success of the wounded warriors' recovery, rehabilitation and reintegration activities.



1-855-628-9997 (24/7)

navywoundedwarrior.fct@navy.mil

www.navywoundedwarrior.com





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There is hope.



Easier access.



988 provides easier access to the 24/7, free and confidential Lifeline network and related crisis resources, which are distinct from 911 (where the focus is on dispatching Emergency Medical Services, fire and police as needed).

The Lifeline accepts calls, texts/chat from anyone who needs support – a direct connection to compassionate, accessible care for anyone experiencing mental health related distress.



FERP

FAMILY EMPLOYMENT READINESS PROGRAM

Are you wondering if virtual employment is right for you? Ask your FERP professional for virtual employment tips.



Contact your local Fleet and Family Support Center for more information or download the MyNavy Family app.
www.ffsp.navy.mil





New Look & Links!

MyNavy has an app for that!

The MyNavy Family app connects Navy spouses and families to information and resources to help them successfully navigate the complexities of life in a Navy family.

Explore Our New Links!

- Education Support
- Emergencies
- Family Life
- Family Readiness Support
- Legal Resources
- Installation Search
- Navy App Locker
- Spouse Support Resources
- Parent Support
- Special Needs Family Support
- Networking Resources
- Spouse Employment Resources
- Survivor Resources
- Need Help?



**NEW
UPDATE**

Welcome to MyNavy Family

Enter search term(s)...

Search



Start Here!
Login / Create an Account



Spouse Support Resources



PCS Checklists



Emergencies



Networking Resources



Family Readiness Support



Installation Search



Family Life



Parent Support



Download MyNavy Family app by visiting: applocker.navy.mil.

START YOUR CAREER WITH MWR

WHERE EVERY
EMPLOYEE MATTERS!

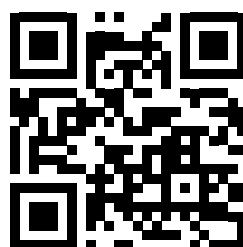
WORK WITH US

We're hiring full-time and part-time positions with benefits at Naval Station Everett, Naval Base Kitsap and Naval Air Station Whidbey Island.

- Food Services
- Recreation Assistants
- Lifeguards



APPLY TODAY at navylifepnw.com/careers



IMPORTANT PHONE NUMBERS

As a member of the Navy community, you are never alone. There are programs to support you in a variety of situations, including victim assistance, emergencies en route and service-specific relief societies.



FOR EMERGENCIES 911 OR 360-396-4441/4444 (BANGOR)

EMERGENCY ASSISTANCE

Fleet & Family Support

Center Centralized Scheduling &

Urgent Respite Care

866-854-0638

FLEET & FAMILY SUPPORT CENTERS

Blue, Bldg. 2901 396-4115/315-6995

Bremerton, Bldg. 491 360-627-2412

Suicide & Crisis Lifeline 988

Base Operator Bangor/Keyport

360-396-6111

Base Operator Bremerton

360-476-3711

Base Conditions 360-315-4636

Command Duty Officer 360-627-4024

NBK Quarterdeck 360-627-4024

Poison Control Center 800-222-1222

HEALTH RESOURCES

TRICARE West Appointment Line 844-866-9378

Naval Hospital 800-422-1383 or 360-475-4000

Health Net Federal Services 844-866-9378

TRICARE Nurse Advice Line 800-874-2273

Active Duty Dental Program 844-653-4061

Retirees' Dental Program 888-838-8737

BASE SECURITY

Bangor 360-396-6555

Bremerton/Jackson Park 360-476-7299/7617

Keyport 360-396-2582



ADDITIONAL BASE RESOURCES

Air Terminal/Space-A Flights 360-257-2604
JBLM-Mcchord/Seatac 253-982-7259/0555
NASWI Flight Recording 360-257-2328
Base Access/DBIDS 800-538-9552
Deers/ID Card Office 360-396-5731 or
360-627-3331

Chaplain's Office 360-396-6005
Duty Chaplains 360-396-6163 or
981-5643 (After Hours)

COMMISSARY

Bangor 360-396-6025
Bremerton 360-405-1971
Funeral Services 360-315-3456
Honor Guard 360-315-3273/3275
Human Resources 360-257-2979
Legal Office 360-396-6003

LODGING

Navy Gateway Inns & Suites (NGIS) 877-628-9233
Navy Lodge 800-Navy-Inn or 360-779-9100

NAVY EXCHANGE

Bangor 360-315-4563/4565
Bremerton 360-627-4843

NAVY-MARINE CORPS RELIEF SOCIETY

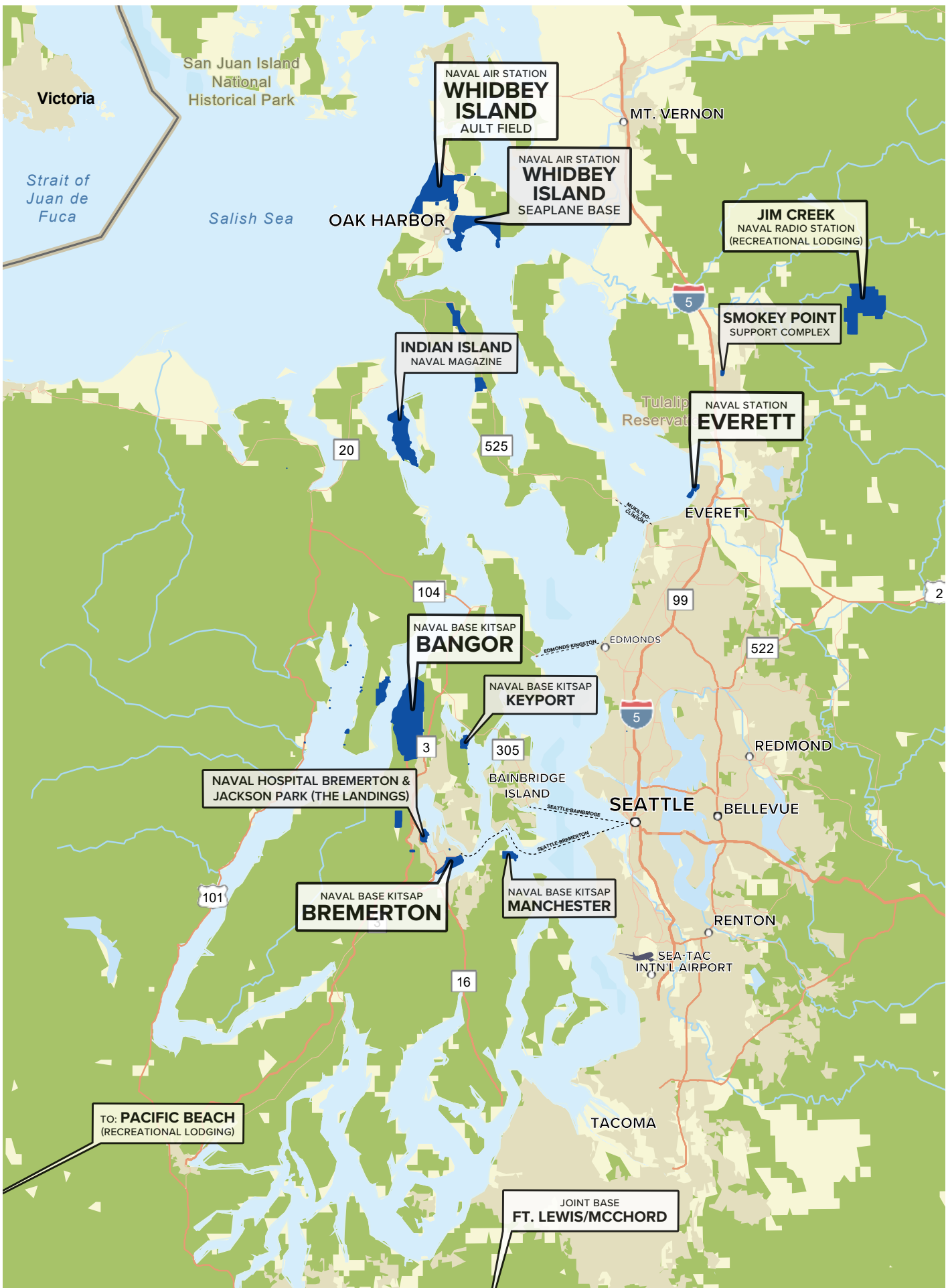
Bangor 360-396-6704
Bremerton 360-627-2187
Personal Property 360-396-4366/5977/1732
Personnel Support Detachment
360-396-5508
Public Affairs 360-627-4030
Public Works 360-396-4640
Recycling 360-396-7005
Veterinary Clinic 360-396-7900

ADDITIONAL RESOURCES

Fraud, Waste & Mismanagement 800-522-3451
**Navy Family Accountability and
Assessment System (NFAAS)**
1-877-414-5358 or navyfamily.navy.mil
Madigan Army Hospital 253-968-1110/1145
Military OneSource 800-342-9647
or www.militaryonesource.com
Ready Navy 202-433-9348/DSN 288-9348 or
email readynavy@navy.mil, www.ready.navy.mil
Veterans Affairs 800-827-1000

NON-DOD RESOURCES

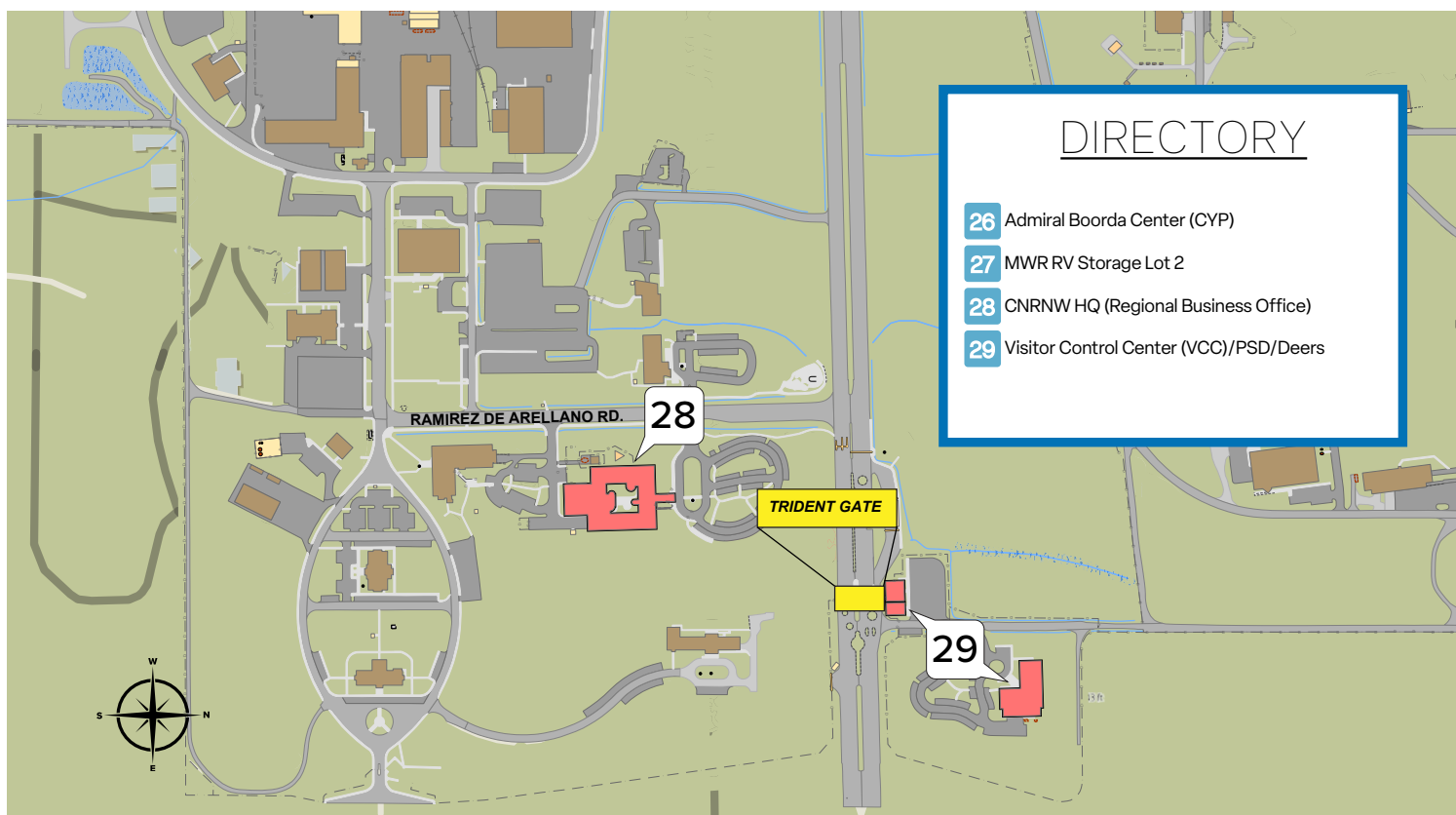
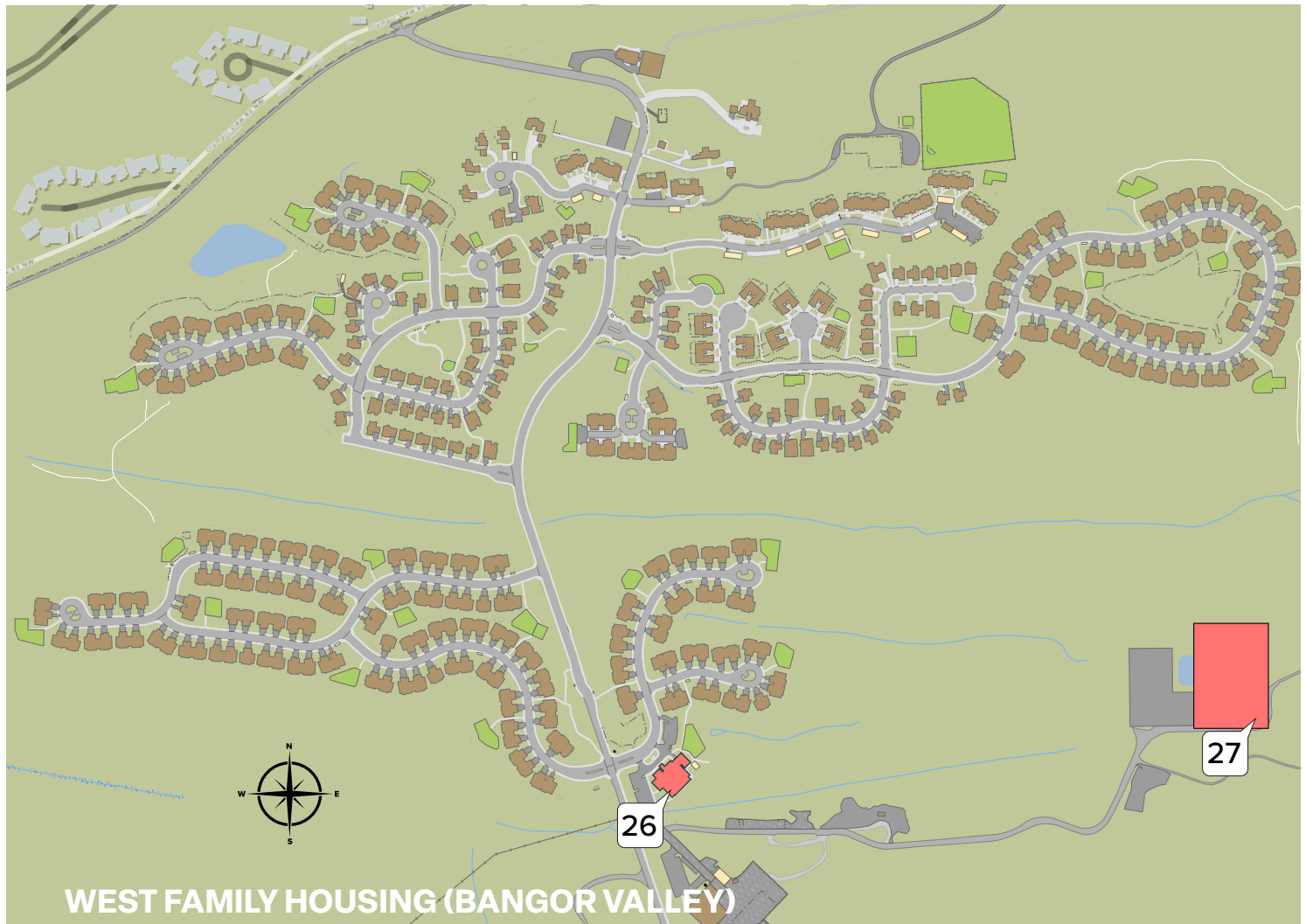
American Red Cross 1-877-272-7337
Bremerton Food Line 360-479-6188
DSHS/Food Stamps 877-501-2233
**Immigration & Naturalization Service-Military
Helpline** 877-247-4645
Victim Services Specialist 800-500-5513
**Washington State Dept. of Health Emergency
Contacts** 1-877-539-4344 (24/7) or
1-206-418-5500 (24/7) or
www.doh.wa.gov/Emergencies



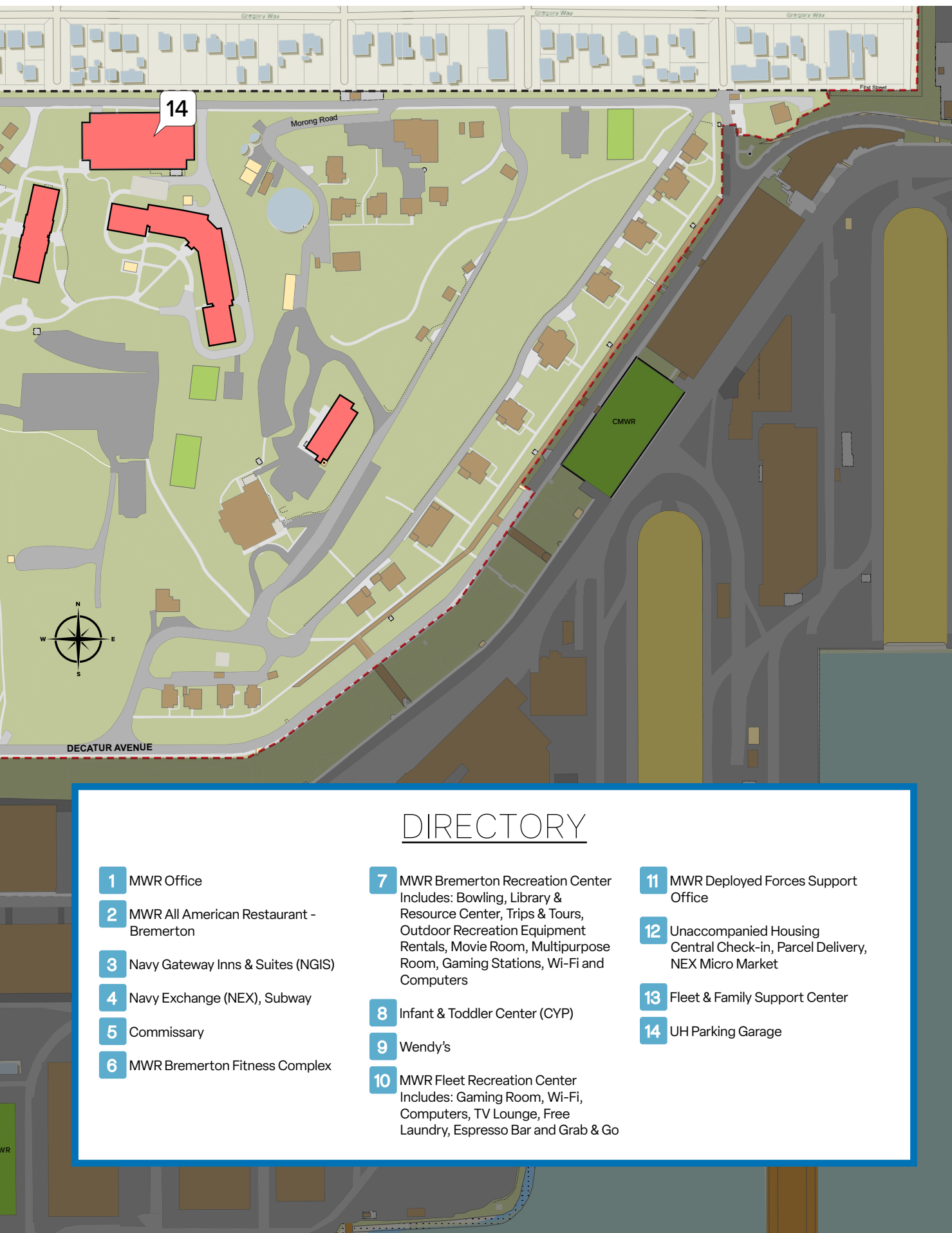


DIRECTORY

- | | | |
|--------------------------------------|--|---|
| 1 MWR Property Storage Lot 1 | 8 Bangor Child Development Center (CYP)
(Under Construction) | 22 Bangor Plaza-Includes: MWR Inside Out Cafe & Lounge, LIBERTY Center, Bangor Recreation Center, The Bar, Housing Services Center, Catering & Conference, and MWR Admin Offices |
| 2 MWR Property Storage Office | 9 Chapel | 23 Navy Gateway Inns & Suites (NGIS) |
| 3 Autoport/Gas Station/NEX | 10 Litehouse School-Age Care Center (CYP) | 24 Fleet & Family Support Center (GOLD) |
| 4 MWR Car Wash | 11 US Post Office | 25 Transient Personnel Unit (TPU) |
| 5 NEX Min Mart | 12 Fleet & Family Support Center (Blue) | |
| 6 Navy Lodge | 13 Commissary, Subway | |
| 7 McDonald's | 14 Navy Exchange (NEX) | |
| | 15 Kitsap Credit Union | |
| | 16 Parcel Delivery | |
| | 17 NEX Uniform Shop | |
| | 18 MWR Bangor Theater | |
| | 19 Trident Inn Gallery | |
| | 20 Unaccompanied Housing (UH) Central Check-in | |
| | 21 MWR Bangor Fitness & Aquatics Center | |







DIRECTORY

- | | | |
|--|--|--|
| 1 MWR Office | 7 MWR Bremerton Recreation Center
Includes: Bowling, Library & Resource Center, Trips & Tours, Outdoor Recreation Equipment Rentals, Movie Room, Multipurpose Room, Gaming Stations, Wi-Fi and Computers | 11 MWR Deployed Forces Support Office |
| 2 MWR All American Restaurant - Bremerton | 8 Infant & Toddler Center (CYP) | 12 Unaccompanied Housing
Central Check-in, Parcel Delivery, NEX Micro Market |
| 3 Navy Gateway Inns & Suites (NGIS) | 9 Wendy's | 13 Fleet & Family Support Center |
| 4 Navy Exchange (NEX), Subway | 10 MWR Fleet Recreation Center
Includes: Gaming Room, Wi-Fi, Computers, TV Lounge, Free Laundry, Espresso Bar and Grab & Go | 14 UH Parking Garage |
| 5 Commissary | | |
| 6 MWR Bremerton Fitness Complex | | |



DIRECTORY

- 1** Satellite Pharmacy (Jackson Park)
- 2** Jackson Park School Age Care (CYP)
- 3** Jackson Park Child Development Center (CYP)
- 4** The Landings Child Development Center (CYP)
(Under Construction)
- 5** NEX Mini Mart
- 6** Naval Hospital Bremerton
- 7** Naval Hospital Bremerton Pharmacy
- 8** Naval Hospital Bremerton Parking Garage Entrance
- 9** Naval Hospital Bremerton MWR Fitness Center







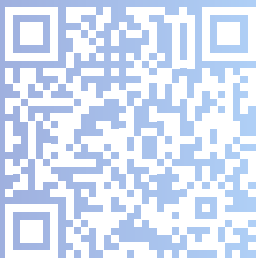


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SEXUAL ASSAULT PREVENTION AND RESPONSE PROGRAM

Naval Base Kitsap
24/7 SAPR Response Line: 360-340-7037

RESTRICTED REPORTING

A reporting option that allows sexual assault victims *to confidentially disclose the assault to specified individuals without triggering an official investigation*. The individuals include SARC, SAPR VA, Deployed Resiliency Counselor, and healthcare provider. Victims can confidentially communicate with the Chaplain and Victims' Legal Counsel (VLC). Victims also have access to medical treatment, advocacy and counseling.

UNRESTRICTED REPORTING

A reporting option where the victim's disclosure is reported to law enforcement and *may result in an official investigative process*. Victims can confidentially communicate with the Chaplain and Victims' Legal Counsel (VLC). Victims also have access to medical treatment, advocacy, counseling, Victim/Witness Assistance Program (VWAP), protective orders and expedited transfer.

To Make a Report of Sexual Assault Outside of Your Chain of Command:

1099 Tautog Circle, Office 109, Silverdale, WA 98315

- 24/7 SARC 360-340-7156
- 24/7 SAPR VA 360-340-3004

Legal Assistance for Victims of Sexual Assault:

- VLC: 360-516-9473
- VLC: 360-488-3907

CATCH A SERIAL OFFENDER PROGRAM



<https://www.sapr.mil/CATCH>



Additional Support for Victims of Sexual Assault:
DoD Safe Helpline: 877-995-5247
Text 55247, click [safehelpline.org](https://www.safehelpline.org)

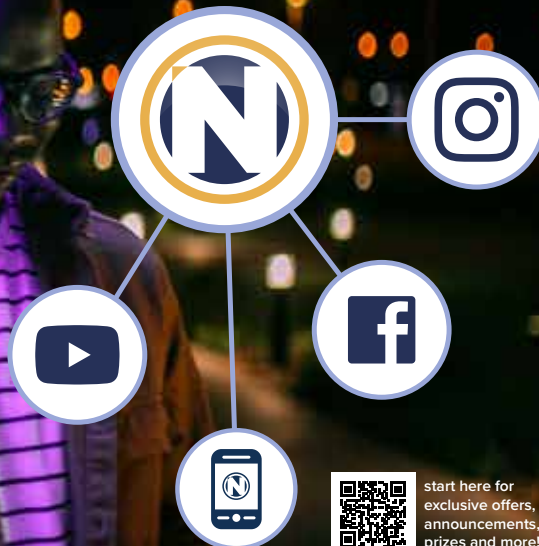


Department of the Navy
Fleet & Family Readiness
1103 Ramírez de Arellano Rd., Bldg. 94
Silverdale, WA 98315



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