

FLEET & FAMILY READINESS (FFR)

MWR RECREATION & FITNESS • CHILD & YOUTH PROGRAMS • FLEET & FAMILY SUPPORT

winter/spring

2023



navylifepnw

THE OFFICIAL RESOURCE GUIDE FOR EVERYTHING
NAVAL BASE KITSAP AND NAVY REGION NORTHWEST

WHAT'S INSIDE:

Finding Community With MWR

*Strengthening Resilience
In Your Military Family*

*Explore Quality Of
Life The FFR Way*

*MWR Fitness Specialists:
The Key To Reaching
Your Fitness Goals*

*The Bridge To Ease: How The
School Liaison Supports Parents*

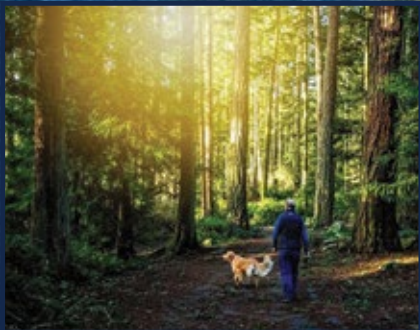
*Easy Ways You Can Help
Save The Planet*

Faces Of FFR



Optmazing Island Escape

on beautiful Whidbey and Camano Islands



360-675-3755

OakHarborChamber.com

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JANUARY-JUNE 2023
FEATURES

12

WELCOME BACK

As we traverse past the "new normal," Fleet & Family Readiness programs are back and better than ever. Explore life the FFR way and see how quality-of-life programs can make an impact for you.



Casey Reed
CNRNW N9 | FFR Director
Naval Base Kitsap

Quality of life is imperative Navy mission. At Fleet & Family Readiness (FFR) Programs make it our mission to help the fighters and their families have well-rounded meals to eat, safe, reliable housing, recreation opportunities, affordable child care, state-of-the-art fitness centers, life skills courses, and events to build community and support. If the life of the fighter and the family is quality on shore, they can meet the mission

at sea. A resilient family comes from the network of support we proudly provide. FFR programs are vast, from a massive digital library, touch football against the Army, resume and scholarship writing, crafts for kids, down to quiet kayaking in the evening. To find your moment of quality time and the latest information about upcoming classes, activities and events, visit kitsap.navylifepnw.com and follow us on Facebook and Instagram at [@KitsapFFR](https://www.instagram.com/KitsapFFR).

34

FINDING COMMUNITY

FFR programs and services are the catalyst for something greater. We are a community. Find out how our community can leave a lasting impression on your stay in the Pacific Northwest.

WELCOME FROM THE FFR DIRECTOR





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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 precautions 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.



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WHAT'S INSIDE

06

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.

20

CHILD & YOUTH

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

28

FFSC

FFSC is here to meet the needs of Navy families at home and at sea with helpful programs and resources

24

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!

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.navy.mil/life/pnw.com/events or scan this 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) diners eat FREE!



ISLAND EXPRESS

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

Surf the tastes of the Pacific with a delectable Hawaiian plate lunch at this quick and convenient self-serve kiosk inside the Bangor Plaza. Choose from Hawaiian Huli Huli Chicken, Teriyaki Beef, or Kalua Pork served over steamed rice with house-made teriyaki sauce, potato mac salad, and one fountain soda. Open to anyone with base access, including retirees, guests, and contractors.



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.



PSNS & IMF EMPLOYEE FOOD SERVICES

360-627-2096

- Canteens: B435, B850A, B1124, B813
 - Mobile Food Truck (M4 & M5)
 - Mom's Espresso Bus
 - Espresso Stands (448 & 896)
 - Juan's Cantina, now 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. For current menu, hours and locations available online.



NBK CATERING & CONFERENCE CENTERS

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

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

BREMERTON RECREATION AND BOWLING CENTER

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

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

BREMERTON MOVIE LOUNGE

Located inside Bremerton Recreation Center

Stop in, and select from hundreds of FREE on demand movies.

MWR OUTDOOR PARKS AND 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, 10 a.m.-6 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 - Hours: 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 over 350 people and features digital and 3D movies, 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 for adults and \$3.50 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!





MWR LIBERTY PROGRAM

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

Our 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!

Want to know more about LIBERTY? Join our Facebook group page.

BANGOR LIBERTY CENTER

360-396-2151
Located inside Bangor Plaza, 2720 Ohio St., Silverdale, WA

BREMERTON LIBERTY CENTER

360-476-7553
Located within Bremerton Fleet Recreation Center at the head of Pier Delta. 120 S Dewey St. Bldg. 1027 Bremerton, WA



*trips
events
exclusives*

GREAT MEMORIES START *with* MWR!

**CLASSES • DESIGN-A-TRIP
EQUIPMENT RENTALS**

Visit your local Community Recreation office to start your next adventure!



#GreatMWRMemories

NAVAL BASE KITSAP



DEPLOYED FORCES SUPPORT

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

- Equipment and Gear Issue
- Homecoming Support
- Afloat Recreation Program Management Course

For reservations or questions, call 360-476-5936

NAVAL BASE KITSAP TRIDENT INN GALLEY

Special Meals



OPEN TO ALL HANDS!



11 A.M.-1 P.M.
Scan the QR for details



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 and 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**



GET THE CLAN BACK TOGETHER

Play the latest in games and consoles or join the Navy Region Northwest eSports team at your local LIBERTY Center

Join our Discord  servers or visit navylifepnw.com/esports for upcoming Region- and Navy-wide tournaments



NAVAL BASE KITSAP CATERING & CONFERENCE CENTER



CASUAL to FORMAL

we do it all.

Event planning & catering, made simple with us.





PLAY. OR WATCH.

Worldwide Online Tournaments

SIGN UP NOW

 navymwr.org/esports  twitch.tv/NavyMWR

food, fun & recreation | [navylifepnw](#)

explore quality of

life the FFR way

*We're back and ready
to help you create
long-lasting memories and
forge a stronger you.*

Your quality of life is a feeling - an innate assessment of your overall well-being and life satisfaction. Navy Region Northwest Fleet & Family Readiness teams are here to offer you some of the highest value programming you can find, so your quality of life is better than ever. It has been quite the journey back to normalcy the last couple years, but FFR is back with no limitations and we're ready to help you create long-lasting memories and forge a stronger you.

Great memories start with Morale, Welfare and Recreation. Whether you're staring at the road to definitive health at one of our fitness facilities or looking to shape lasting friendships through a wide array of recreational activities, we can help guide you through it. You can discover new leisure activities, bolster your connection with lifelong hobbies or just get out and explore the outdoors in one of the military's most charming locales.

Contributed by
navylifepnw Staff





Support and resiliency are at the backbone of all personal journeys, and every journey requires learning and individual growth and development. Our Fleet & Family Support Center staff can give you the knowledge and tools to reduce the impact of stressors you might encounter along the way in life. Educational, preventative, and therapeutic services through the FFSC help promote improved quality of life as you maneuver your time at Navy Region Northwest.

The FFSC offers family assistance and life skills classes for what might be life's toughest personal challenges. They also provide counseling services for every phase of your

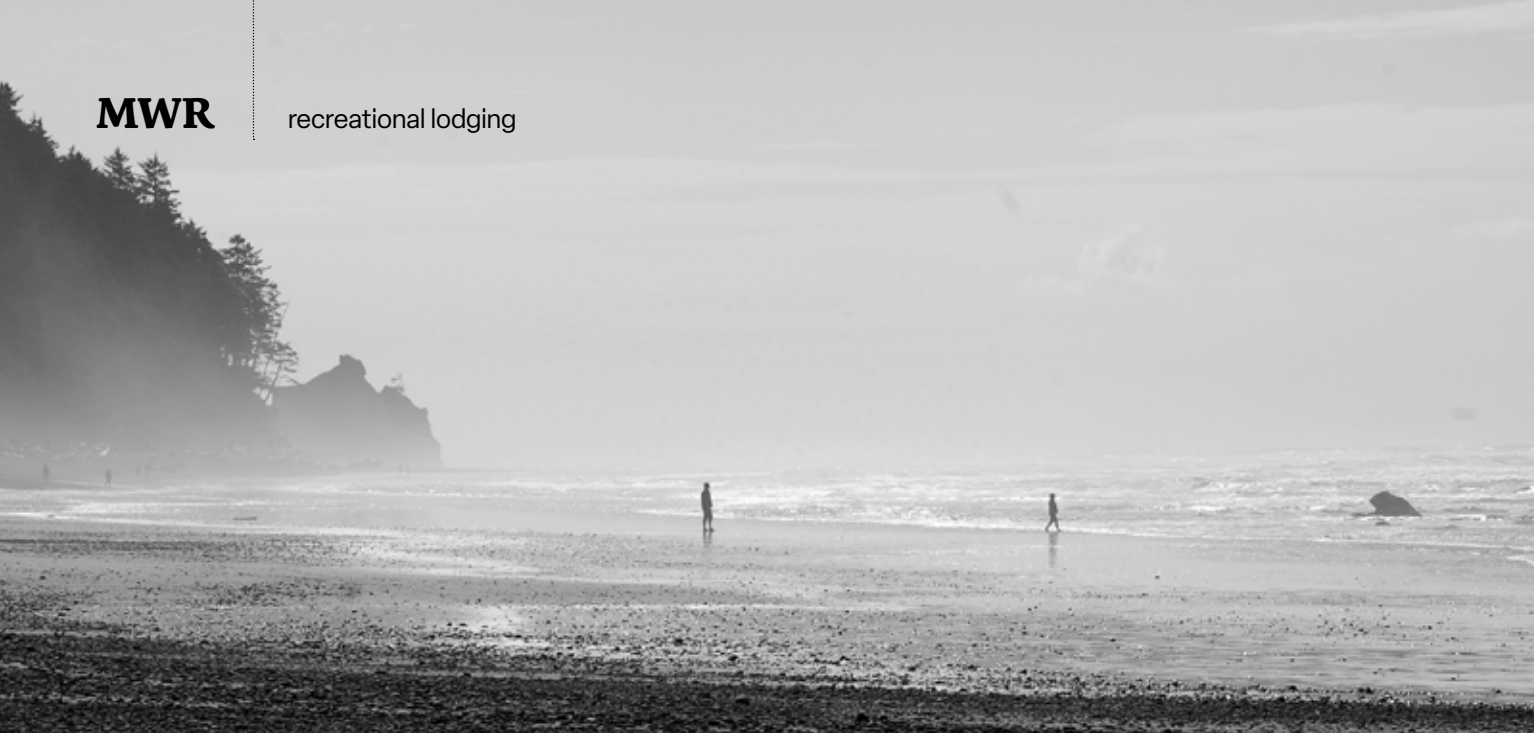
personal development, and personal finance guidance classes help ensure the conclusion of your military life is just the beginning of all the best parts of life's journeys.

Looking for a break from the everyday? Expand your horizons at any of our Navy Getaways locations. Breathtaking waterside views and activities await you at Navy Getaways Pacific Beach. If the rugged outdoors is more your style, take a trek up to Jim Creek Community Recreation Area instead, or surround yourself with majestic views of the San Juan Islands and Vancouver, Canada, at Cliffside RV Park.

If it interests you, boosts your morale or personally enriches your everyday life, you can bet we have services that help set you on the right path to exploring it. No matter what journey you are on, or where it might take you - FFR will be there with you, every step of the way.

Dive deeper into our quality-of-life programming by visiting our website at kitsap.navylifepnw.com, or stop by one of our locations. Our staff is happy to chat with you about what's new in our programs.





RECREATIONAL LODGING

MWR proudly operates three DoD lodging facilities in Navy Region Northwest. Visit www.dodlodging.net or scan this 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: 360-276-4414
 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.



YOUR VACATION

Navy
Getaways

CLOSE TO HOME

Say yes to a getaway and
book your stay today!

Photo featuring Jim Creek



Pacific Beach, WA
pacbeach.navylifepnw.com
360-276-4414



Oak Harbor, WA
cliffside.navylifepnw.com
360-257-2649



Arlington, WA
jimcreek.navylifepnw.com
425-304-5315



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 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

Keyport Fitness Center - This unmanned facility offers racquetball courts 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, a chance to represent the Navy at higher level athletic competitions such as the Armed Forces Championship.



ALL NAVY SPORTS: 2023 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 from the Navy Sports website. Ensure you have your command's endorsement.

5 SIMPLE STEPS TO REGISTERING WITH MYFFR

1 VISIT

www.navylifepnw.com/myFFR

2 LOG IN

Enter your User Name and Password or request a household account.

3 BROWSE

Enter the Class, Trip or Activity myFFR number in the search bar. If you don't have the myFFR #, use the drop-down menus to search by base then scroll until you find what you're looking for.

4 PURCHASE

Add the Class, Trip or Activity in the shopping cart and pay using your credit or debit card.

5 ENJOY!

Rest easy knowing your reservation is complete!





MISSION READY *with* RAMONA PARK

Contributed by navylifepnw Staff

Ramona - NBK Bremerton's Fitness Manager and resident go-to person for all things fitness related - discusses the value Navy Fitness offers. From the development of comprehensive fitness and nutritional programs, to classes and health coaching, Sailors remain mission ready and families stay active and healthy.

WHAT VALUE DO YOU AND YOUR FITNESS SPECIALISTS OFFER TO PEOPLE FOR THEIR FITNESS AND HEALTH?

Our Fitness Specialists have a genuine passion and dedication for the Navy Physical Readiness Program, and all it encompasses, and for the work they do. And, the high level of education and qualifications our fitness specialists must have to deliver our programs is invaluable.

All the different programs and services we can offer our military community are substantial. We offer one-on-one personal training for individuals who want specialized workouts, small group training, functional movement training for injury prevention, and equipment orientation for people new to the gym. We also provide mobility and flexibility training and exercise classes. Look at all the different services we have for our Sailors and their families. If people were looking for similar services outside the Navy Fitness Program, it would cost them a lot to be able to access the same thing out in town.

Come in to your installation fitness center and let us help you. We're excited to share our knowledge so you can be passionate about your fitness, too.



GET STARTED ON REACHING YOUR HEALTH GOALS BY STOPPING BY THE FITNESS CENTER
BANGOR FITNESS COMPLEX OHIO STREET, BLDG. 2700, SILVERDALE, WA 98315
BREMERTON FITNESS COMPLEX 120 S DEWEY STREET, BLDG. 1017, BREMERTON, WA 98314



Admiral's Cup Sports CHAMPIONSHIP

*The NRNW Admiral's Cup Sports
Championship is a competition
between NBK, NSE & NASWI.*



**SCHEDULE AVAILABLE ONLINE AT
WWW.NAVYLIFEPNW.COM**



FITNESS AT ITS FINEST

Services Offered:

- One-on-One Personal Training
- Small-Group Training for You and Your Friends
- Functional Movement Screening (FMS)
- Nutrition Counseling, Weight Control and Lifestyle Changes
- Equipment Orientation
- Mobility and Flexibility Training
- Body Fat Calculations
- Personalized Programs for ALL Different Levels of Fitness
- Coaching in Proper Lifting Form and Technique
- Group Exercise Classes

How To Make An Appointment:

Download the Fitness Assessment form on navylifepnw.com, scan the QR code below or pick one up at either Bangor or Bremerton Fitness Center.

Option 1: Bring the Assessment form to the Trainer's workstation of the facility of choice. Speak to a trainer to set up an appointment.

Option 2: Call the Bangor (360-315-2134) or Bremerton (360-476-2231) Fitness Center. Ask to set up an appointment with a Fitness Specialist. They will take your name and number. A Fitness Specialist will call you back within two days. Be sure to bring your assessment packet!

SCAN to DOWNLOAD the
FITNESS ASSESSMENT FORM





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.navalife.nw.com/child-youth or scan this code to learn more about our programs and services.



CHILD DEVELOPMENT CENTERS (CDC)

Our Child Development Centers (CDC) are open to children ages 6 weeks to 5 years, for full-time or part-time 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

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
The Landings, 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

CHILD DEVELOPMENT HOMES (CDH)

When you need professional care with the comfort of home, our Child Development Homes (CDH) are here to help. CDH 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
The Landings, 2564 Cascades Pass Blvd. Bldg. 779, Bremerton, WA

SCHOOL LIAISON

When it's time to relocate, we're here to help the transition to go 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

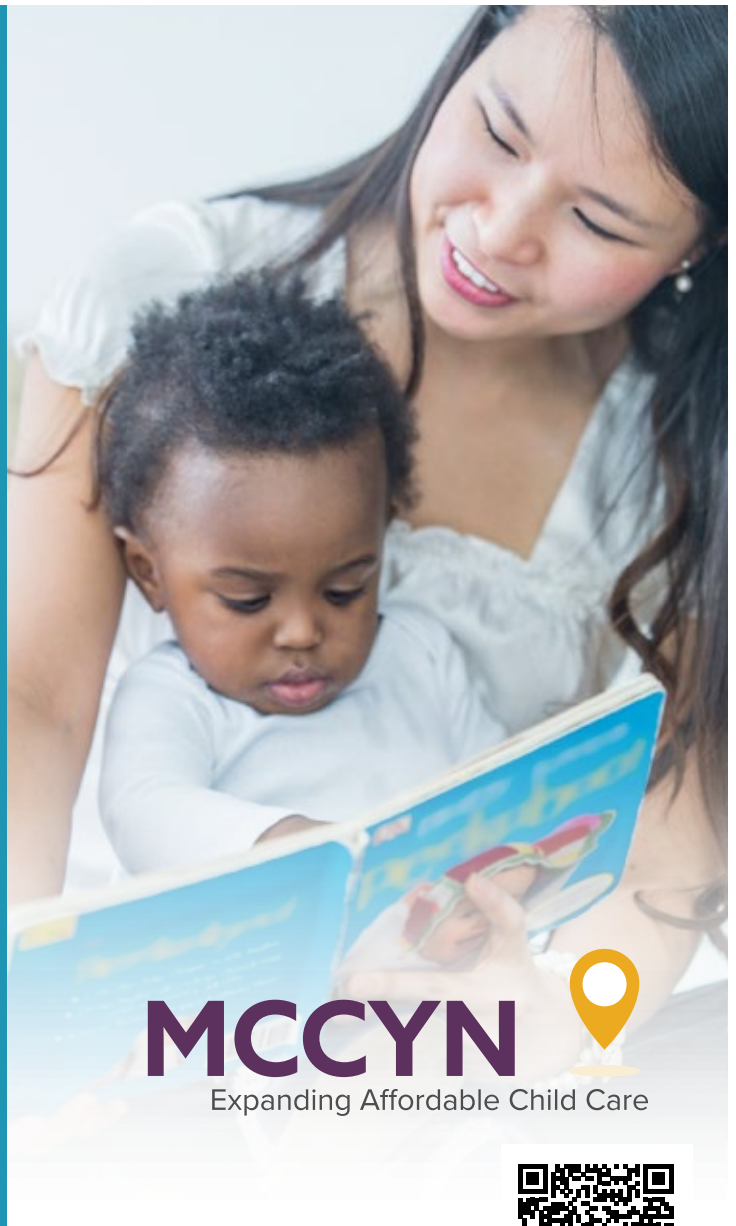
Military Child Care in Your Neighborhood

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



MAKE A DIFFERENCE. BUILD A CAREER.

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



Navigating your child's school can be difficult enough but adding something as overwhelming as a Permanent Change of Station move can make it feel impossible. But it doesn't have to be. The School Liaison Department can assist and guide you through the list of tasks to ensure you feel confident and at peace with providing your child a seamless transition between school districts. Even if you aren't PCSing, the School Liaison can aid in your child's most important scholastic experiences.

The Bridge to Ease

HOW THE SCHOOL LIAISON SUPPORTS PARENTS

Contributed by navylifepnw Staff

In conversation with NRNW's Regional School Liaison, Kelly Scheese, she shares insights that all parents should know.

"School Liaisons can assist families with the school registration process, special education system navigation, senior year moves, credit and graduation requirements, post-secondary preparation, scholarship opportunities, homeschooling, deployment support and youth sponsorship," Scheese says. "(It's) an entire department dedicated to ensuring the success of your school-age child."

Concerning PCS-ing, Scheese offers the following advice.

"Before you PCS, connect with the School Liaison at your current location. The sending SL will make sure you have everything you need before you leave and can identify any potential issues," she says. "The SL will also provide a warm hand-off to the SL at the new location."

"The Youth Sponsorship Program can connect your teen to a youth sponsor at your new location," she says.

When moving to a new place and all boxes packed, Scheese recommends parents hand carry school records, vaccination records, birth certificates and any additional school-related documentation, such as IEPs or 504s.

Year-round, the SL Department hosts a variety of in-person events and webinars and partners with local government and non-governmental programs to provide and deepen knowledge to ensure your child's success while in school.

"SLs support the Partnerships in Education program," Scheese says. "Commands can partner with a local school and volunteer to support the school children. SLs work with the installation volunteers and command volunteer coordinators

to encourage in-school volunteering. Interested Sailors or commands can contact their local SL to find out how they can be part of the PIE program."

The SL Department is incredibly useful not only for the future but for the present. In an ever-evolving life with the Navy, it is imperative to know the information before needing it, rather than needing the information and not knowing it. The School Liaisons can help with that.

Your local School Liaison,

Naval Base Kitsap: 360-340-2824

Naval Station Everett: 425-304-3688

NAS Whidbey Island: 360-257-6863

For more information about the School Liaison visit kitsap.navylifepnw.com/child-youth/school-liaison.

10 EASY WAYS YOU CAN HELP SAVE THE PLANET

Contributed by
navylifeponw Staff



1. PICK UP LITTER: Help out in your community, pick up litter at a local park, beach or around your home.

2. CONSERVE WATER: Turn off the water when you brush your teeth, fix any leaky faucets or wash your car at a car wash instead of in your driveway.

3. SWITCH YOUR BILLS: Sign up to receive e-bills or use online bill payments rather than paper bills. This will save trees and limit your household paper waste.

4. BE CAR-CONSCIOUS: Try car-pooling or car sharing, take public transportation, combine your errands—hit the school, grocery store and doggy day care in one trip, maintain your vehicle, fix fluid leaks and keep your tires properly inflated to improve gas mileage, saving you money and reducing greenhouse gas emissions and pollution.

5. REDUCE ENERGY USE: Install LED or energy-efficient light bulbs, turn off lights when you leave a room, turn off TVs, computers, monitors and other electronic devices when not in use.

Earth Day was first celebrated in 1970 and now 50 years on, more than 193 countries will celebrate the day alongside the United States on April 22. Many communities look to Earth Day as an opportunity to clean up litter, plant trees and to reflect on how they can be better stewards of the Earth's resources and the environment. There are also many things you can do on your own or with your family not just on Earth Day, but every day to help your community and the planet.

6. LIMIT SINGLE-USE PLASTICS TO REDUCE PLASTIC WASTE: Reduce the amount of plastic waste with a reusable bag when shopping or at the supermarket, use a reusable water bottle instead of plastic bottled water. Cut down on the use of plastic cups, straws, and utensils.

7. USE GREEN CLEANING PRODUCTS: Reduce the number of harmful chemicals that can end up in the water supply and harm fish and wildlife. Try to use non-toxic cleaning products whenever possible.

8. REDUCE, REUSE, RECYCLE: Reduce waste by putting that soda can or old electronic device in the recycling bin, donate clothing or other items, pack lunches in reusable containers instead of using plastic bags and buy products made from recycled material.

9. VOLUNTEER YOUR TIME: Join a local organization or participate in a local event that puts effort into making your community and the world a better place and helping the environment.

10. PLANT A TREE: If you don't have space, donate money to a charity focused on tree-planting or your time with a local organization.



NAVY HOUSING

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, 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
Bldg. 2300 (Bangor), 2300 Gato St., Bldg. 2300, Silverdale, WA

BREMERTON CHECK-IN

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

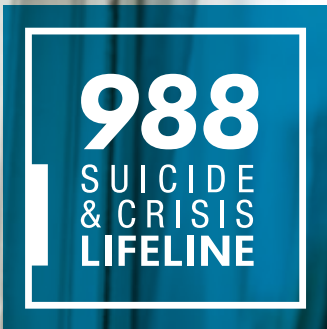
NAVAL HOSPITAL CHECK-IN: NAVAL HOSPITAL BREMERTON-SCHON HALL

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.





Your Feedback Matters.

Living in the Barracks? Take the Tenant Satisfaction Survey

Coming Spring 2023

See your Building Manager or go to navylifepnw.com for more info.



Urgent realities.



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.

Transferring? PCSing? Looking for local rentals?



or contact your local
Housing Services Office



navylifepnw.com



@NAVYLIFEPNW

360-396-4399

whidbey_housing@navy.mil
everett_housing@navy.mil
kitsap_housing@navy.mil



Veteran Expanded Facility Access

Navy Exchange, Commissary and MWR activities.

Veterans with Veteran Health Identification Cards (VHIC) have expanded access to commissaries, military exchanges and MWR retail privileges on U.S. military installations.



Eligible veterans must have a VHIC that states service-connected disability, a Purple Heart recipient or former prisoner of war. Also eligible are individuals approved and designated as the primary family caregivers of eligible veterans under the Veterans Affairs Program of Comprehensive Assistance for Family Caregivers.

Visit www.va.gov on how to qualify for a Veterans Health Identification Card or visit:

MWR Facilities & Locations: www.navylifepnw.com

Commissary: www.mycommissaries.com

Navy Exchange: www.mynavyexchange.com



navylifepnw.com
 f y i

SCAN TO
 DOWNLOAD
 THE FACT SHEET





In April, we honor the

Month of the Military Child

WE SERVE, TOO!

#purpleup4militarykids

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AND TELL US HOW WE'RE DOING!

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navylifepnw.com



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FOR AN IMMEDIATE RESPONSE, PLEASE ADDRESS ANY ISSUES WITH A STAFF MEMBER OR MANAGER.

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with Navy Region Northwest
FFR & MWR



Your support *enhances* MWR programs and events while *providing* your business or organization with a *unique opportunity* to tout your company, product and/or services *directly* to the military market.

Sponsorship and advertising with MWR is a rare WIN-WIN opportunity.

CONTACT US TODAY!

360-535-9092

Sponsorship.cnrnw.pf@navy.mil

strengthening

resilience

in your *military family*

By nature, almost without any planning at all, military individuals and families develop a resiliency many others will never understand. While others may be blessed to encounter stability and less strenuous careers in their daily lives, military individuals and families must meet the challenges that arise with the responsibility of a military career.



It takes a special type of person to cope with the many stressors one encounters in military life. Fortunately, Navy Region Northwest offers numerous services and resources to help military individuals and families build and reinforce their resiliency. One of those services – the Fleet & Family Support Centers – offers FREE classes and support for all military life’s unique challenges.



Contributed by navylifepnw Staff



The FFSC are a collection of highly qualified licensed masters and doctorate-level clinicians who can assist with life crises or complex circumstances. Those who have suffered the trauma of sexual assault can find support and victim referral information through the Sexual Assault Prevention and Response Program. The caring professionals know precisely how to help navigate the aftershock of such a distressing life event, helping victims seek answers post-trauma.

FFSC professionals' scope of knowledge goes far beyond just life crisis management. Many of the classes and services provided help bolster the skills and strengths military individuals and families inherently have. Informative life skills courses include stress, anger, and conflict management, as well as communication skills building. Financial management education and transition assistance classes can help prepare individuals and families for life after the military as well.

Studies show a principal factor in building resiliency is having caring and supportive relationships within, and outside the family. For young people, these relationships stem from loving and trusting role models who help them cope with the rigors of military life. For adults, these

relationships provide the encouragement and reassurance necessary for meeting the demands of everyday life. The FFSC is ready to fill every gap in these relationships that one might have. Whether you need individual, marriage, or family counseling, or you just need encouragement while your military member is deployed, the FFSC stands ready to educate and support.

The FFSC staff is highly trained and passionate about helping military individuals and families build their skills for resiliency. But being resilient does not mean you will never experience difficulty or stress, just that building your resilience will help you learn and grow. So, take advantage of everything your FFSC has to offer – you and your family will be better prepared for everyday life because you did.



LEARN MORE ABOUT YOUR FLEET AND FAMILY SUPPORT CENTER ON OUR WEBSITE AT [KITSAP.NAVYLIFEPNW.COM/FLEET-FAMILY](https://kitsap.navylifepnw.com/fleet-family).



FLEET & FAMILY SUPPORT CENTER (BLUE)

866-854-0638
2901 Barbel St., Silverdale, WA

FLEET & FAMILY SUPPORT CENTER (GOLD)

866-854-0638
1099 Tautog Circle, Silverdale, 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 and 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 and 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 healthcare 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, you are NOT alone.

Fleet and Family Support Centers (FFSC) can support you with in-home visits after the baby is born to help smooth the transition to new parent.

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.



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 the family includes stress-reduction classes, mind and body mental fitness classes and countless other resources. Homecoming can also emphasize problems in a relationship, so FFSC understands those hurdles too.

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



EMPLOYMENT

Fleet and 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.

If you already have a career, FFSC has a wide variety of resources including information on how occupational licenses from one state can be recognized in another.

We also offer FREE support with resume writing, interview techniques, job search strategies and workshops for teen employment and WA state employment among others. Visit your FFSC or scan the QR code to learn more.



DOWNLOAD THE MYNAVYFAMILY APP, DESIGNED FOR NAVY SPOUSES AND SAILORS' FAMILIES

Combining authoritative information and resources from about two dozen websites, and covering a wide variety of topics, MyNavyFamily puts everything you need to know in a single, convenient application.

Go to www.applocker.navy.mil to download this app and many other helpful Navy apps for free.



TRANSITION & RETIREMENT

The Transition Assistance Program (TAP) is designed to make the move to civilian life smooth and successful. Fleet and 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 and 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 and 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 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.

Fleet and 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.

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



*"MWR is a catalyst
program for connection!"*

- Chris Warthen, Community Recreation
and LIBERTY Program Manager
Naval Base Kitsap

FINDING COMMUNITY

with MWR

Contributed by navylifepnw Staff



Do you know what the most powerful resource center for connection is? Community - comprised of compassionate individuals who deeply care and hold the compass to align us with resources when we feel lost. It can be found within all the programs at Fleet and Family Readiness (FFR), you – the Sailor, the spouse, the retiree are the most important customer.

When life gets busy, it can be easy to forget that you are the very reason FFR exists. From mitigating stress, and sharpening the tools in the mental health toolbox, to enriching your life with activities within Morale, Welfare, and Recreation (MWR), the opportunities for connection are endless. At Naval Base Kitsap, there are several benefits and perks of being in the Navy family that we always want you to remember. What better way to hear of these benefits than straight from your and our community?



“MWR is a catalyst program for connection!” Chris Warthen, Naval Base Kitsap’s Community Recreation and Liberty Program Manager, says. “We supply you with gear and equipment to go out into the outdoors, until you choose to get your own.”

And he wants you to remember to start your activity search with MWR.

“As military personnel, check with MWR for their specials, tickets and discounts. We partner with American Forces Travel and they partner with (other) great organizations, as an example, for discounted airline tickets!”

Warthen shares his own favorite activities to do with his family.

“Trident Lakes Hiking Trails is perfect even if it’s rainy or cloudy,” he says. “And a great opportunity for connection is the Armed

Forces Day Parade, which is the longest running Armed Forces Day Parade in the country right here in Downtown Bremerton.”

For those who need a boost of sunshine and warmth, he recommends traveling east to Leavenworth or Wenatchee.

As seasons transition here in the great Pacific Northwest, remember MWR will take you outside with other like-minded individuals, offering avenues and outlets to participate, enjoy and engage with activities and your surroundings.

Your Community is comprised of compassionate individuals who deeply care and hold the compass to align us with resources when we feel lost. We ask you; how will you choose to engage with your community while here?





Kayla has been a fitness instructor with MWR Fitness for more than 20 years! Her favorite part of the job is the ability to branch out in her specialties, which include athletic training and mind-body exercises. She says her favorite work perk is having so many opportunities to stay fit for her job.

Kayla also teaches our Mission Nutrition classes. Participants in the class learn various health topics including food shopping, meal planning/eating out, and emotional and mindless eating.



Our Bangor Child Development Center is fortunate to have Krystal on the team. As a CDC Operations Clerk she ensures many aspects the business run smoothly. She's been with us for 1.5 years.

She notes her favorite part of the job is seeing the kids at the center enjoying themselves and talking with the parents. "It's a welcoming environment," she says.



Love the idea of working for an organization that gives back to your military community? Join one of our FFR teams by visiting navylifepnw.com/jobs.

the FACES of FFR

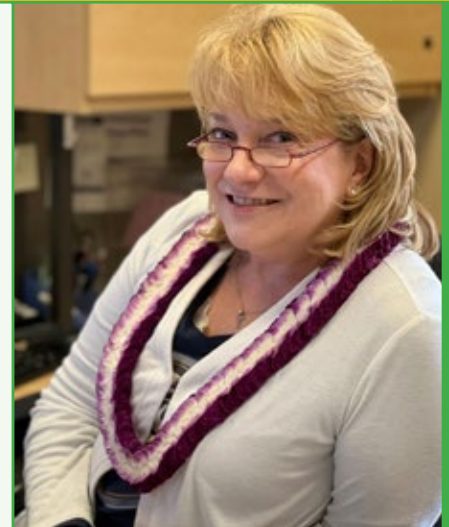
Contributed by navylifepnw Staff

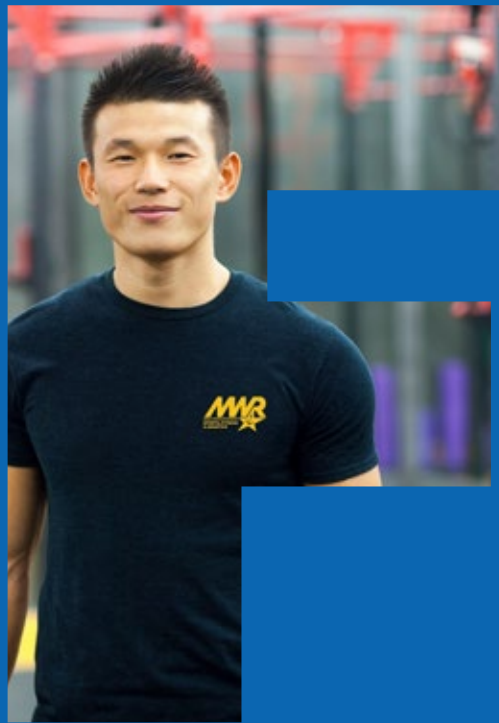
Last September, our Marketing team bid farewell to Pam Green as she officially retired after 34 years with FFR.

If you have seen our promotional efforts – read our magazine in the past; viewed our posters and social media publicity – you have seen her wonderful work. She as provided designs for every program on our organization and numerous activities and events across all region installations for more than 20 years! She was the Fleet & Family Service Center's principal designer and her superb eagle eye during proofing has saved us from mistakes more times than we can count (so if you've caught a mistake in this edition, it's her fault for leaving!).

Pam is a talented, loyal, and gracious individual. In her retirement she loves traveling, tackling home projects, and enjoying one of her favorite past-times, couch laying – which she hilariously calls "practicing the luge!" We at FFR Marketing miss having Pam in the office, dearly.

Pam, if you're reading this, we left two intentional mistakes in your goodbye, just for old times' sake. Because we just aren't right without you!





WE'RE HIRING!

WE'RE SEEKING TALENT LIKE YOU

FULL-TIME, PART-TIME AND FLEX POSITIONS IN
CHILD CARE, SOCIAL SERVICES, HOSPITALITY, FOOD SERVICE,
RECREATION, FITNESS AND MORE!

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- Benefits begin DAY ONE (Full-Time and Part-time only)
- Access to base recreation centers, gyms, movie theaters, Navy Exchange and discount travel through AmericanForcesTravel.com

► GLOBAL CAREER OPPORTUNITIES

- Free training and transfer opportunities to Navy bases around the world


► MAKE A POSITIVE IMPACT ON THE MILITARY COMMUNITY

APPLY TODAY!
WWW.NAVYLIFEPNW.COM/JOBS



FLEET & FAMILY READINESS
WORK that MATTERS.





WORK PERKS



10 Great Reasons to Work for FFR

Contributed by navylifepnw Staff

Get in on the Navy Life as a federal government employee! Fleet & Family Readiness (FFR) jobs offer competitive pay, medical insurance, retirement savings, and tons of other perks.

As an FFR Employee ...

1. Competitive Pay. Federal Civil Service positions on base aim to be equivalent to similar positions in the local community. Full-time and regular part-time employees are also eligible for a retirement plan, 401(k), annual leave, sick leave, military leave, administrative leave, parental leave, court leave, overtime pay, holiday pay, Sunday premium pay and shift differential.

2. Affordable outdoor rentals and trips to explore the Pacific Northwest. MWR Outdoor Recreation Centers are your one-stop shop for outdoor activities — from helping plan a trip to renting snowshoes, kayaks, tents, and bikes. They also have backyard party items like horseshoes, barbecues and ice chests. Visit with friendly staff and get info on where to go and what to do. They'll make sure you are properly outfitted with gear to make your adventure complete

3. Free gym membership. The state-of-the-art fitness centers on each base give you access to cardio equipment, free weights, TRX, spin bikes, outstanding

group fitness classes and much more! Fitness equipment orientations, fitness assessments and facility tours are also available to ensure you know what to do to achieve your desired fitness goals

4. Extra savings toward retirement. FFR offers a 401K plan (an additional retirement savings account). For every dollar you put in the plan, they will match it, up to 3% of your salary. That's a pretty good deal: You can automatically double your money

5. Military Discounts apply to you. Most companies that give military discounts also give discounts to DoD employees. You are eligible for services that cater to military personnel, such as American Forces Travel, GovX and shop.id.me. Several hotels will also allow you to get the military rate, even if not traveling on military orders. On base you can shop tax free and fill up your gas tank for less at the Navy Exchange (NEX). Always be prepared to show your ID

6. Career planning and training available; never feel stuck. FFR offers on-going training and professional development. Once a part of the federal work force, you can also take classes at a Fleet & Family Support Center to improve your skills or rebuild your resume

7. TSP PreCheck® for free. Federal civilian employees are able opt-in

to TSA PreCheck®. Save your DoD ID number as your known traveler number when booking a ticket and travel through the airport with ease

8. Keep your kids having fun. As a federal civilian employee, your base access allows your kids to play! Some bases have bowling, fishing ponds, playgrounds, STEM kits, crafts, libraries, the Child & Youth Programs have Youth & Teen Centers available, and movie theaters have family films. Most on-base activities for the family applies to you too!

9. Getaways all over world. DoD lodging offers hotels, cabins, cottages and more, anywhere a U.S. military base is located. A cottage in Pacific Beach or hotel in Italy, the reasonable rates make traveling a breeze. Check availability at <https://www.dodlodging.net>

10. 10 paid holidays! Depending on your job, you'll either get paid to enjoy the day off or earn extra holiday pay if you are scheduled to work on one of the 10 Federally recognized holidays. Regular full-time and regular part-time workers also start earning sick leave and vacation leave each pay cycle. Regular full-time employees start to earn 13 vacation days per year. The longer you stay in federal service, the more vacation days you earn.



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

FFSC Centralized Scheduling & Urgent Respite Care

866-854-0638

ffsp.cnrnw@navy.mil

FFSC Support Centers Blue, Bldg. 2901:

396-4115/315-6995

Gold, Bldg. 1099:

396-4896/315-5028

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

TRICARE Appointment Line 800-404-4506

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 866-984-2337

Retirees' Dental Program 888-838-8737

Base Security

Bangor 360-396-6555

Bremerton/Jackson Park 360-476-7299/7617

Keyport 360-396-2582

Scan this code for more information about the resources listed here.





ADDITIONAL BASE RESOURCES

Air Terminal/Space-A Flights 360-257-2604

Air Mobility Command

JBLM-McChord/SEATAC 253-982-7259/0555

NAS Flight Recording 360-257-2328

Base Access/DBIDS 800-538-9552

DEERS/ID Card Office 360-396-5731 or 627-3331

Chaplains 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

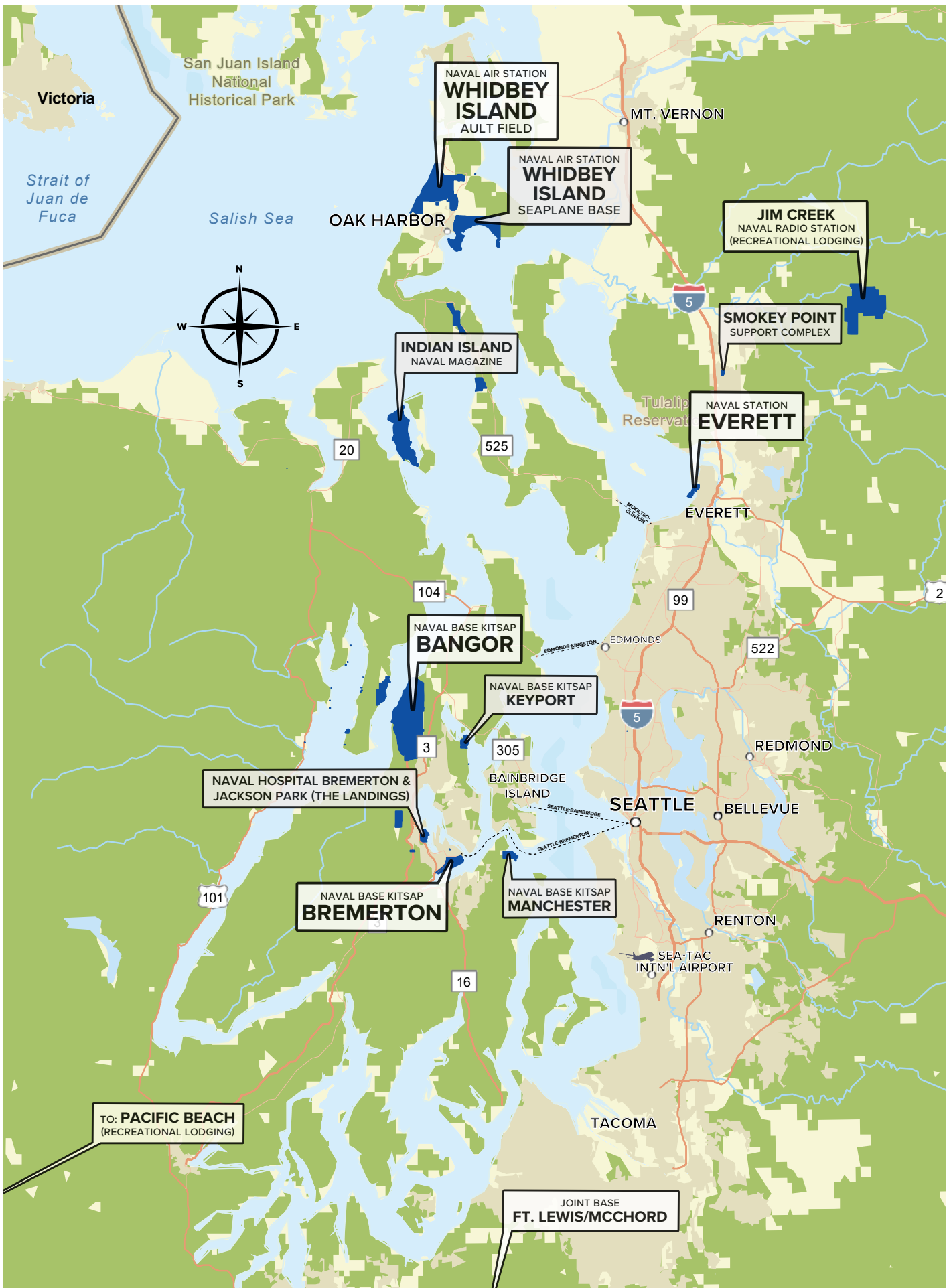
American Red Cross 1-877-272-7337

DSHS/Food Stamps 877-501-2233

Immigration & Naturalization Service-Military Helpline 877-247-4645

Victims Services Specialist 360-479-6188

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

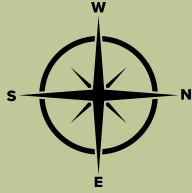


DIRECTORY

- 1 RV Storage
- 2 Autoport/Gas Station/Car Wash (NEX)
- 3 NEX Mini-Mart
- 4 Navy Lodge
- 5 McDonald's
- 6 Navy Gateway Inns & Suites (NGIS)

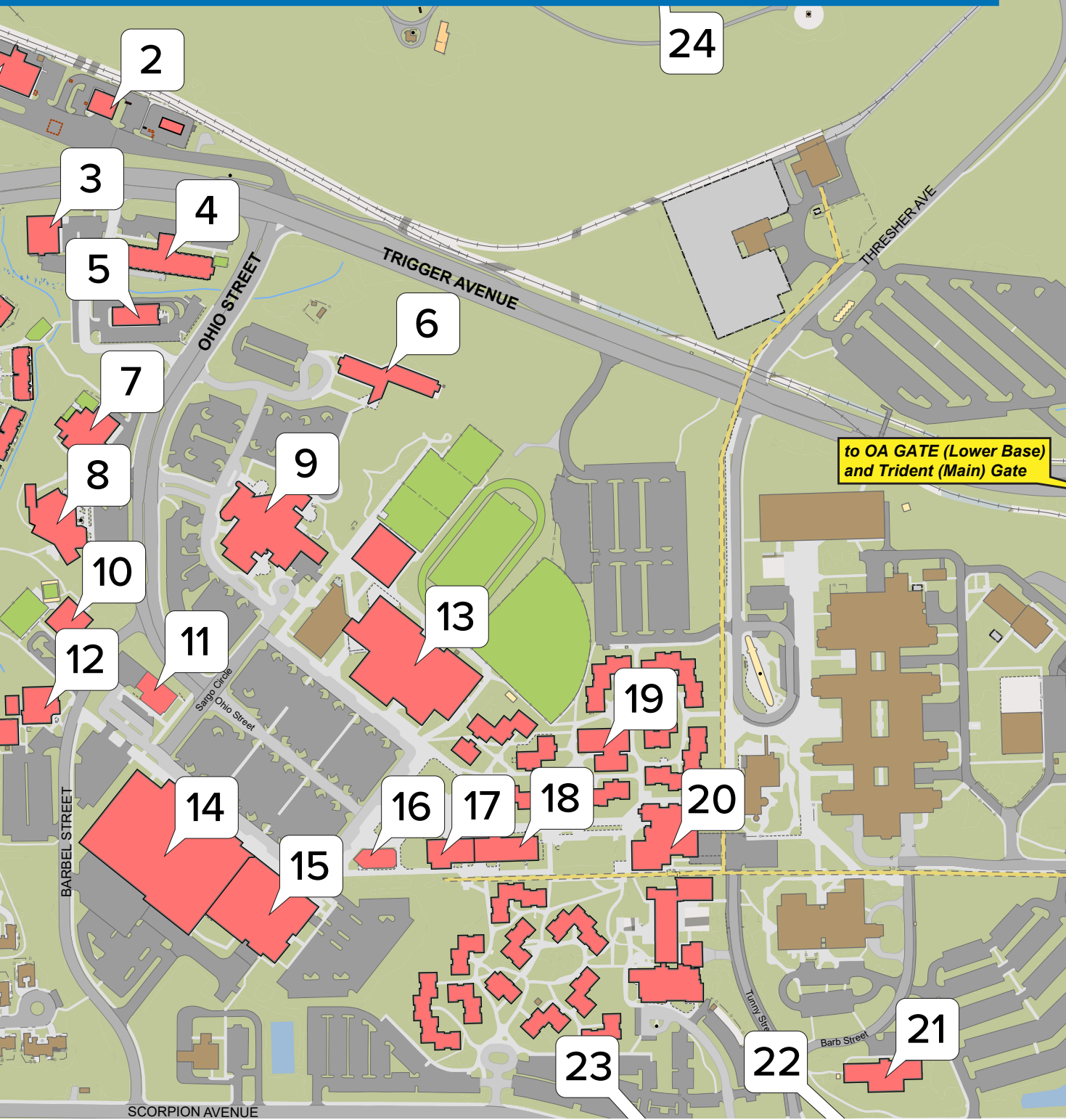
- 7 Child Development Center (CYP)
- 8 Chapel
- 9 Bangor Plaza (includes: Inside Out Cafe & Lounge, Island Express, LIBERTY Center, Bangor Recreation Center - Trips & Tours, Outdoor Recreation Equipment Rental, Catering & Conference, Housing Services Center, MWR Admin Offices)

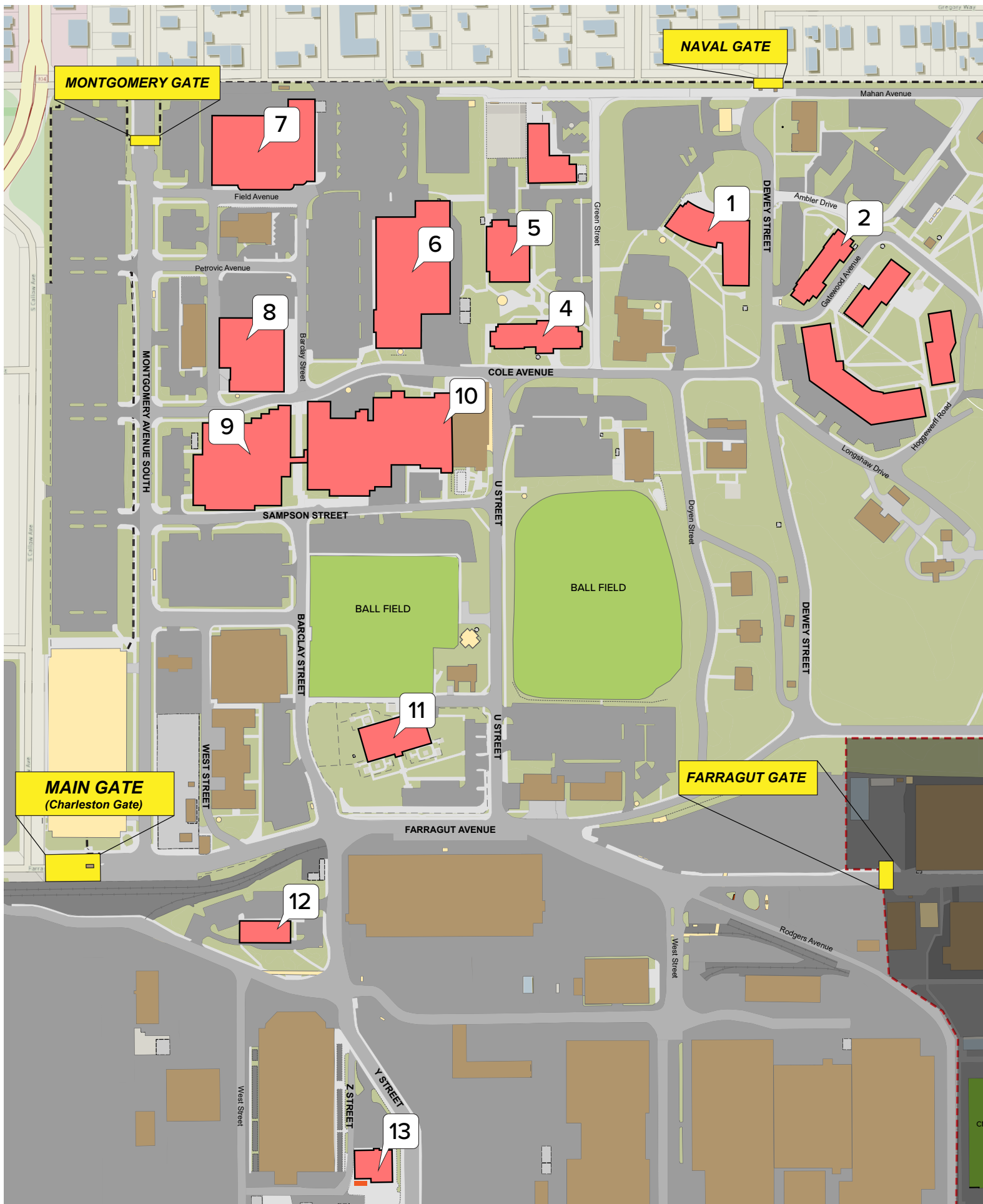
- 10 Litehouse School-Age Care
- 11 US Post Office
- 12 Fleet & Family Support Center
- 13 Bangor Fitness & Aquatics
- 14 Commissary, Subway
- 15 Navy Exchange (NEX), Starbucks

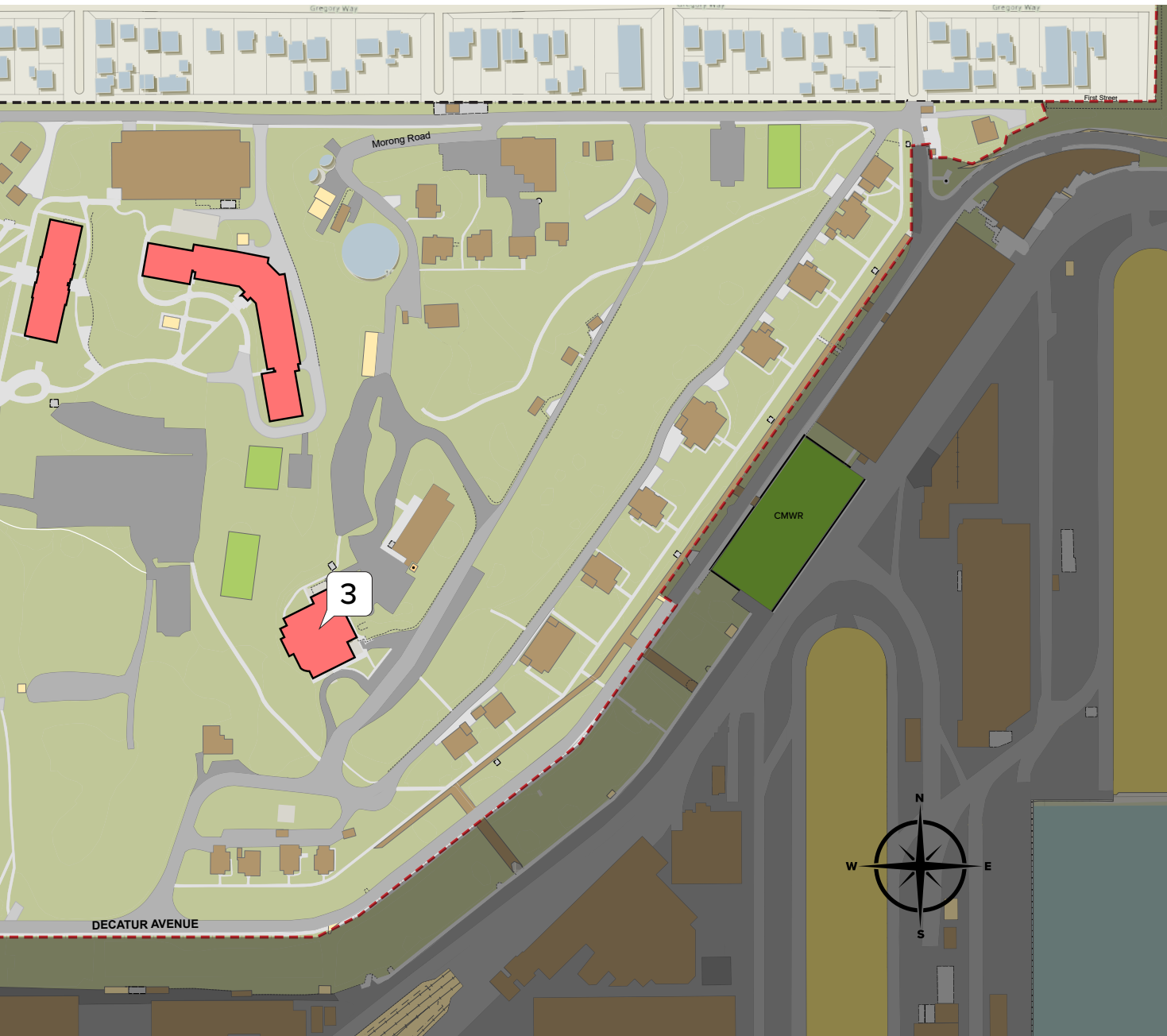


Center (CYP)
Center (Blue)
Center
Starbucks

- 16 Kitsap Credit Union
- 17 NEX Uniform Shop
- 18 Bangor Theater (formerly Cinema Plus Theater)
- 19 Unaccompanied Housing (UH Check-in)
- 20 Trident Inn Galley
- 21 Transient Personnel Unit (TPU)
- 22 CNRNW HQ (Regional Business Office) / Visitor Control Center (VCC)
- 23 Fleet & Family Support Center (Gold)
- 24 Admiral Boorda Center (CYP)







DIRECTORY

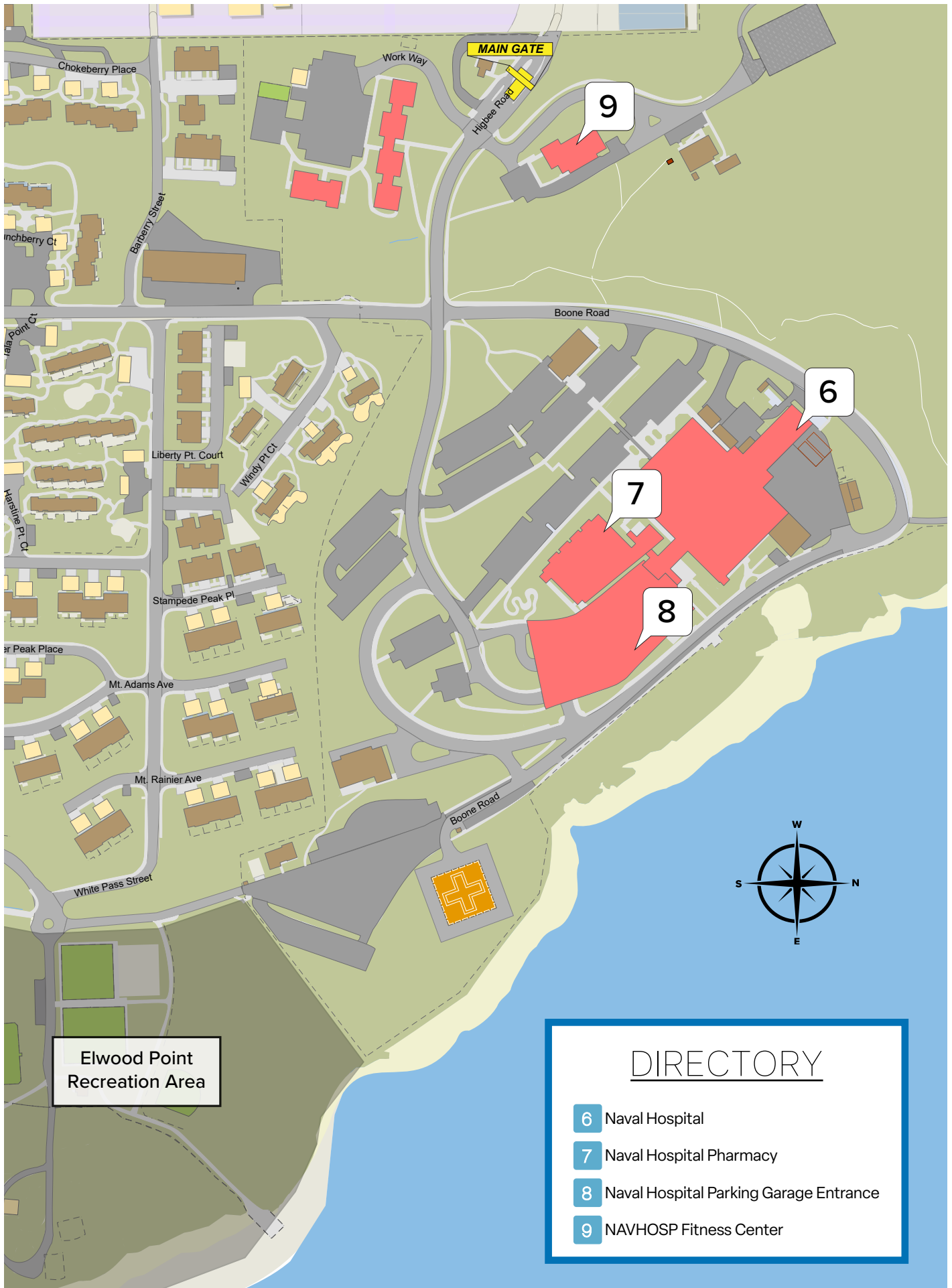
- 1 NBK Commanding Officer Building
- 2 Deployed Forces Support Offices
- 3 Olympic Lodge
- 4 Unaccompanied Housing (UH Check-in)/ Navy Gateway Inns & Suites (NGIS)
- 5 All American Restaurant - Bremerton
- 6 Navy Exchange (NEX), Subway
- 7 Commissary
- 8 NEX Furniture Gallery/Appliances
- 9 Bremerton Fitness & Aquatics Center
- 10 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 Infant & Toddler Center (CYP)
- 12 Wendy's
- 13 Fleet Recreation Center (Includes: Gaming Room, Wi-Fi Computers, TV Lounge, Free Laundry, Espresso Bar)



DIRECTORY

- 1 Satellite Pharmacy (Jackson Park)
- 2 Youth Center
- 3 Child Development Center (CDC)
- 4 Chapel / The Landings (Central)
- 5 NEX Mini Mart
- 6 Naval Hospital
- 7 Naval Hospital Pharmacy
- 8 Naval Hospital Parking Garage Entrance
- 9 NAVHOSP Fitness Center









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Kiara G. Mom

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