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

Fall 2025–Winter 2026

THE JOURNEY UP

FLEET & FAMILY READINESS (FFR)



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

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NAVY RESERVE

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- **LOW COST TRICARE RESERVE
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Trust your family's health care
to the US Family Health Plan.



*2020 Consumer Assessment of Healthcare Providers and Systems (CAHPS) **Military retirees and eligible family members under age 65
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UPCOMING EVENTS

*This fall/winter, dive into unforgettable events—
races, parties and memories await.*

CLIMBING IN COMMUNITY

*It's better when you don't climb alone! FFR
helps create vital community, connection
and resolve for military families.*

ON TOP OF THE WORLD, TOGETHER

*Shared Adventure! See how MWR LIBERTY
Program's welcoming spaces and trips foster
friendship and fun for young Sailors.*

REST AS READINESS

*Take a step back at Navy Getaways Pacific Beach
and find renewal among seaside serenity.*

RAISING RESILIENT KIDS

*Discover how FFR programs help military
youth find connection, stability and emotional
strength in a life defined by constant change.*



Casey Reed

CNRNW N9 | FFR Director
Naval Base Kitsap

As we navigate the evolving landscape of our work and personal lives, I've been reflecting on the powerful metaphor of climbing a mountain. The challenges and unexpected turns of the ascent mirror the journey we all undertake. Each step, whether smooth or arduous, offers a chance to learn, adapt, and ultimately, grow stronger.

Regardless of your personal approach to tackling life's mountains, I want to emphasize the invaluable resources we have right here within our Fleet and Family Readiness team. They are your dedicated support system, ready to assist you in reaching your goals, both big and small.

Feeling like you need to boost your physical well-being? Our MWR Fitness Specialists are eager to help you develop a personalized workout routine, whether your aim is to conquer a 5K like our annual Turkey

Trot in November, or simply to feel more energized and confident.

Perhaps you're facing a different kind of challenge, like feeling unfulfilled or stagnant in your current career. Finding a new job that truly ignites your passion shouldn't feel like an uphill battle. Our Work and Family Life team at the Fleet & Family Support Center is dedicated to helping you pursue a fulfilling career. They offer comprehensive support, from crafting compelling resumes and mastering interview techniques to developing effective job search strategies and navigating the difficulties of career transitions.

We are a team, and we are here to support each other's journeys. I encourage you to take advantage of the resources available to you through Fleet and Family Readiness. Let's conquer our peaks together!

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

FFR DIRECTOR WELCOME MESSAGE



On the cover: Clam digging at sunset,
Pacific Beach, Washington.
Photo courtesy of Pacific Beach staff.



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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.



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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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HOUSING

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

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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.

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

Located in Bangor Plaza, The Bar offers a relaxed atmosphere for patrons 18+, featuring a selection of beers, spirits, and classic bar food. 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. Located on the first floor of Bangor Plaza, we offer a family-friendly, casual dining experience with a variety of salads, wraps, burgers, and daily specials—available à la carte or as a combo. 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.



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.



TRIDENT INN GALLEY

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

Open seven days a week. Trident Inn Galley serves fresh, quality meals for breakfast, lunch and dinner. For Active Duty only, unless otherwise noted for special meals. Call or scan this code to learn more.





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

360-476-3178
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, Friday through Sunday, 11 a.m.-7 p.m, with reservations available for any day. Located five miles west of Naval Base Kitsap-Bremerton, along the Kitsap Lake shoreline. The site includes a large pavilion, picnic area with barbecue grills, state-of-the-art children's playground, fishing pier and more. Pavilion and kayak and paddleboard 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 ball 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 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

OCTOBER

Murder Mystery

Trunk or Treat

Deadlift Competition (Halloween Day)
at Bremerton Fitness Center

Zombie Run

Monster Splash Pool Party
at Bangor Aquatic Center



NOVEMBER

Strongman Competition
at Bremerton Fitness Center

National Family PJ Day

Turkey Trot 5K

Thanksgiving Special Meals



DECEMBER

Holiday Hoist at Bremerton Fitness Center

Bangor Theater Holiday Movies

Tree Lighting Celebration

Noon Years Eve Pool Party
at Bangor Aquatic Center

Bowling with Santa



JANUARY

LIBERTY Pub Quiz



FEBRUARY

Push/Pull Weightlifting Meet
at Bremerton Fitness Center

Wrestling Event

Comedy Show (LIBERTY)

Blind Date with a Book

Book Bingo

MWR LIBERTY Superbowl Watch Party

5v5 Intramural Sports Basketball League

Turf Wars Marines VS Navy Fitness Challenge



MARCH

National Reading Month Celebration



**EVENT
DETAILS**
Scan to visit the website



**Follow us for info on all of JBLM's big events;
Winterfest, Freedom Fest, Armed Forces Day, Kids' Fest and more!**



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

CLIMBING IN COMMUNITY



Victoria and family enjoy a moment together atop an overlook.

When you live a life shaped by frequent moves, long deployments and constant change, community becomes more than a comfort, it becomes essential. For many spouses and military dependents, that sense of community has come alive through the walls of Fleet and Family Readiness (FFR) with programs like Morale, Welfare, and Recreation (MWR) and Fleet and Family Support Center (FFSC).

"It started with our kids running up to each other and introducing themselves, which ignited a conversation," Victoria says. Victoria is a Navy wife of 16 years and mother of two. "These programs give us a sense of home, even when we're miles away from where we came from."

That moment of kids connecting on the playground while parents exchange smiles and shared experiences is more than a social

nicety. It can be the perfect kindness in a world where friendships often must be forged fast. FFR facilities and programs serve as gathering places where strangers become friends, and sometimes, friends can become family.

"Since the majority of these events are free it is paramount that families take advantage of these unique experiences, which in turn could potentially meet new people, creating lifelong friendships," Victoria says.



Whether it's through youth sports classes, fitness classes or the various small craft and activity events offered, FFR brings people together with shared purpose and proximity. And it doesn't take long for those repeated encounters to create a deeper sense of belonging, helping to make the Pacific Northwest actually feel like home.

At first glance, a base gym or recreation center might seem like just another facility, but for many, it's where some of their most important relationships have formed. Shared interests like intramural sports or yoga offer more than fitness. They provide a rhythm and familiarity that can be hard to come by in military life.

"Sports and Fitness has a component at every level, from professional training and classes for all eligible patrons, in addition to partnering," Tara Dotson says. "This allows the fostering of positive memories and shared experiences to cultivate a sense of accountability and kinship, especially as the military thrives on supporting a healthy lifestyle as an outlet for the stressful challenges families incur," she says. Tara, the NS Everett Fitness Manager, is a Navy veteran, Navy spouse and mother



of three, and has served the Navy in various capacities for 24 years.

These aren't just surface-level friendships. The shared backdrop of military life, the understanding of deployments, reintegration and temporary duty orders, creates a kind of shorthand. There's no need to explain why your partner is gone again, or why you're solo parenting for months. That mutual understanding, reinforced in FFR spaces, often accelerates closeness.

FFSC workshops, too, offer more than just practical skills. Parenting support groups, resume building sessions and deployment readiness classes often become springboards for creating stronger connections. When people gather to learn or prepare together, conversation flows naturally. Vulnerabilities are shared and support is offered without needing to be asked for.

"We can help with anything from life skills education, counseling, support during deployments, parenting, and many other skills to improve quality of life," Amanda Henson Land says. She is the NAS Whidbey Island Fleet and Family Support Center Installation Program Manager.



"Our programs are designed with you in mind, to help build connections, increase community networks and help you with anything needed to make you more resilient and ready for everything the military lifestyle throws your way," Henson Land says.

These moments matter, often more than the recipients realized was necessary. They create a network of support that strengthens the overall well-being of sailors and their families. When relationships flourish, resilience does, too. In communities where people are always coming or going, connection becomes an intentional act. FFR makes it easier to take those first steps, giving people a place to show up, to introduce yourself and to get involved.

The climb through military life is not always linear, and it's rarely easy. But it is steadied by the people who walk alongside you. Victoria's story is one of thousands, all rooted in shared experience, resilience and friendship. And built within FFR walls.

As Victoria puts it, "Military families are the backbone of our service members," she says. "Programs like MWR keep us strong, united and supported, and that strength makes all the difference."

And that is the quiet power of FFR. Not just the events or services themselves, but the space they create for community to grow. Because when the journey feels steep, having someone to climb it with makes all the difference. ■

Contributed by navylifepnw staff

LIBERTY PROGRAM

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

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 Programs are open to active-duty service members, E1-E6, and their authorized guests 18 years+.*

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

Bremerton Recreation Center • 360-476-3178
120 S Dewey St., Bldg. 502, Bremerton, WA 98314



SCAN HERE
FOR DETAILS



YOUR DOD PERKS EXTEND BEYOND WORK

Unlock Entertainment with MWR!

Make fun more affordable with MWR Community Recreation. From exciting sporting events to local attractions, there's something for everyone!

Stop by your nearest MWR Community Recreation office to start exploring all the amazing opportunities waiting for you.



Open to active-duty military and family members, retirees and DoD civilians



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

MWR
MOBILE WELFARE AND RECREATION
DEPLOYED FORCES SUPPORT

For reservations or questions, call 360-476-4291

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TRIDENT INN GALLEY

Special Meals



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

NAVY ASHORE GALLEYS



NAVAL BASE KITSAP • FOOD & BEVERAGE

THE BAR AT BANGOR PLAZA

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


MORE DETAILS
SCAN TO VISIT THE WEBSITE



MWR
MOBILE WELFARE AND RECREATION
MOVIES

NAVAL BASE KITSAP
BANGOR THEATER



CELEBRATE YOUR BIRTHDAY WITH A VIP MOVIE EXPERIENCE!



MAKE YOUR PARTY BETTER WITH THE BIG SCREEN.

Step into the spotlight for an A-list experience and host your party at the Bangor Theater. For just \$25 (plus the price of guest admission), you'll get early access to the theater, reserved sashed seating, a big-screen birthday shoutout and an hour after the movie for cake and presents.

BOOK YOUR PARTY TODAY!
SCAN TO VISIT THE WEBSITE

MWR
MOBILE WELFARE AND RECREATION
MOVIES

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
\$1/person/game

Shoe Rental
\$3/person

Packages

Strike Package
\$11 per person

Command Social
\$15/hour/lane
Active Duty ONLY

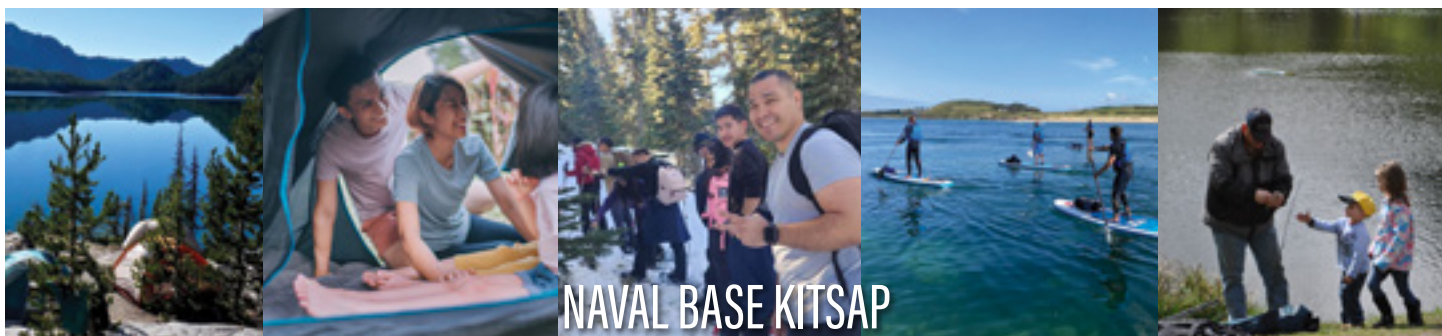
Packages include shoe rental!



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

Adventure Awaits OUTDOOR EQUIPMENT RENTALS AVAILABLE FOR DOD EMPLOYEES

Gear up for the great outdoors!

GEAR HIGHLIGHTS

- CAMPING ESSENTIALS
- KAYAKS AND PADDLE BOARDS
- CYCLING
- WINTER GEAR
- PARTY AND PICNICKING

CALL COMMUNITY RECREATION
FOR MORE INFO:
BANGOR: 360-396-2449
BREMERTON: 360-476-3178



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Oath
Craft PIZZA
POULBO



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: 2025 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





In the early years of Navy life, fresh out of boot camp or newly stationed in the Pacific Northwest – or simply adjusting to new independence – the path can feel dizzyingly steep. Young Sailors face everything from long hours to the subtle sting of missing home. But new relationships with other young Sailors are within reach, and for them, **Life Is Better Everywhere Recreation Takes You.**

The MWR LIBERTY Program offers something more than just a break. It offers a rising step and a way for Sailors to belong. In a lifestyle defined by constant movement, LIBERTY provides connection, which is something grounding and necessary.

Our LIBERTY Center is more than just a place to kill time; it's a retreat. The advanced golf simulator means you can enjoy a relaxing round of golf even when the Pacific Northwest wind isn't cooperating. Outfitted with video game consoles, movies, Wi-Fi and quiet spaces to relax and unwind, the center is a pressure-free zone where Sailors can just be. Walking

through those doors can feel like exhaling for the first time in days or weeks for young Sailors just arriving, not yet knowing a single person.

But LIBERTY doesn't stop inside. It invites Sailors out into the world, with FREE and low-cost trips and adventures that give them a chance to connect beyond the center walls. Snowboarding in the Cascades, kayaking through coastal inlets, catching a concert or professional sports game in the city, or just sharing a meal somewhere off-base, each

outing is more than recreation. It's a shared story and friendship in the making, creating memories that lift the weight off the day-to-day.

"Camaraderie is the best thing to help mental health, having hobbies are good too, the LIBERTY center provides both," ITR2 Powell Benjamin says.

For many Sailors, participating in LIBERTY activities is a reminder "The Journey Up" doesn't have to be made alone. Growth isn't just about your career or where you're going, but about who's going alongside you. Because life really is better everywhere recreation takes you, especially when it takes you upward, together. ■

Contributed by navylifepnw staff

*Disclaimer: *LIBERTY Programs are open to active-duty service members, E1-E6, and their authorized guests 18+ years.*



STOP THE WORLD TOGETHER

24/7
ACCESS

**Available
Now**



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

*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



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.





COTTAGES
RV SITES
HOTEL SUITES
HOTEL ROOMS
CAMPING



CABINS
RV SITES
LODGE
CAMPING



YURTS
RV SITES
CABINS
CAMPING



Come stay, play and relax.



REST AS READINESS



That time away from stress is not just a luxury – it's a form of resilience.

Sometimes the most important part of the journey is knowing when to slow down.

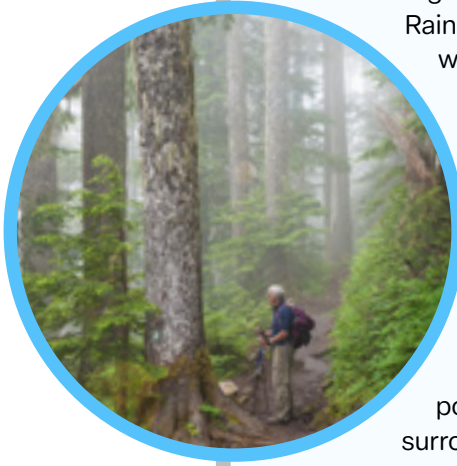
That moment might arrive quietly or more suddenly than expected, after months of keeping it all together from the rigors of military life. Or the realization that the Pacific Northwest has too much to offer not to stay and play, even in winter, might lead you to a quiet drive down the coast for a few nights by the ocean, where nothing is expected of you.

Cozied along the rugged coastline of Moclips, Wash., lies a destination perfect for slowing down. Navy Getaways Pacific Beach isn't just your regular vacation spot. For service members and their families, it's where the only mission is rest.

"Military life can be nonstop, so it's important for families to take intentional breaks," Navy Getaways Pacific Beach Front Desk Manager, Carrie Riley says. "Pacific Beach is the perfect reminder of how intentional downtime can help support mental health."

Olympic National Forest adds a sense of adventure for those wanting to explore deeper into Washington's wilderness. And on stormy days, the resort's indoor amenities offer a cozy retreat.

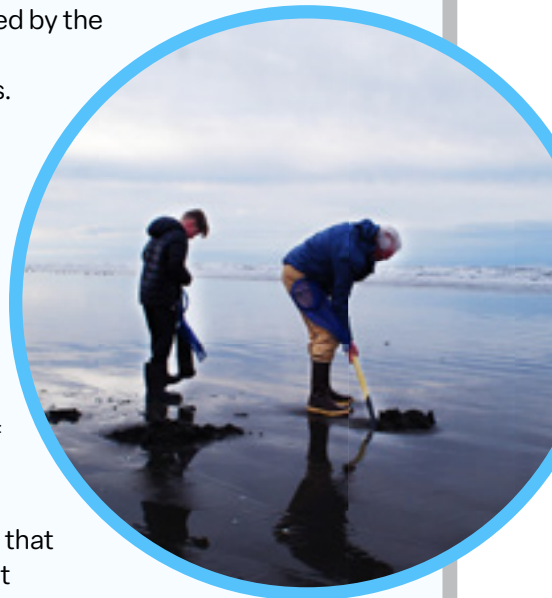
"Just having something to look forward to at the end of the day/mission gives service members and their families some light at the end of the tunnel," Pacific Beach Manager, Brian Jansma says. "We are a central overnight location for diverse outdoor opportunities! The Beach, Rain Forests, the Olympic National Park are all within walking/driving distance."



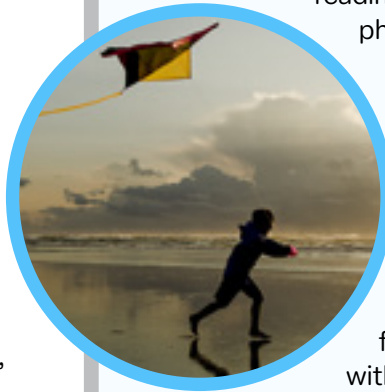
A break at Pacific Beach offers more than just scenery. It's a restorative journey. A chance to catch your breath and realign. Families can rediscover small joys like kite flying, or try your hands at razor clam digging, which draws guests to the beach in boots and headlamps, turning low tide into a treasure hunt.

"Be prepared to be awed by the power and beauty of our surroundings," Jansma says.

The holidays are a cheerful and exciting time to visit. Discover a collection of family activities beginning with a costume contest in the fall, and cruise into the most wonderful time of the year with free cocoa, cookies and crafting nights. Wind down the year and ring in 2026 with a quiet seaside escape instead of the roar of large crowds and parties.



Fleet & Family Readiness understands that readiness isn't just about physical training or technical proficiency. It's also about emotional resilience, and locations like Pacific Beach offer more than a vacation. They provide a change of pace that's vital for mental health.

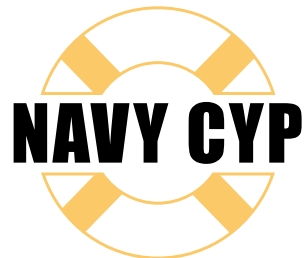


Taking time to rest isn't indulgence. It's an investment in one's mental and physical well-being. And when sailors and families return from places like Pacific Beach, they often come back with clearer heads, stronger minds, and more grounded for all of life's challenges.

"The Journey Up" isn't always about climbing higher. Sometimes, the most important part of the journey really is knowing when to slow down. And sometimes, all it takes is a weekend by the winter sea to remember how.

Accommodations range from cozy hotel-style rooms to RV sites and pet-friendly cottages, many with ocean views. There is no neon light buzzing in the night, or bustling crowds. Just the calming and soothing sound of the surf and beachside wildlife.

There are seasonal activities, too. Local trails wind through mossy forest and open to dramatic views of the coast. A short drive inland to Lake Quinault or the



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 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 FAMILY CHILD CARE

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 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](https://militarychildcare.com)

[MilitaryChildCare.com](https://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.



Facing delayed child care availability after your PCS?

You may be eligible for travel cost assistance for a temporary caregiver.



Learn more at
[MilitaryChildCare.com](https://militarychildcare.com)



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.

Open to dependent military, retirees,
and DoD, Grades 7-12.
Registration required onsite or at the
Lifehouse School-Age Care Center.



WE ARE THE OFFICIAL OUTLET FOR “BRINGING YOUR BRAND” TO THE BASE.

Share your
business with
Sailors
and their families.

100% of every single dollar
invested with us goes back to
our Sailors and families through
the amazing programs we offer.

{ Are you ready to join our
supportive community
and support our cause? }

www.navylifepnw.com/sponsorship

NAVAL BASE KITSAP



MORALE, WELFARE AND RECREATION



**RATE YOUR
EXPERIENCE**



**PROVIDE
FEEDBACK**

SCAN TO VISIT THE WEBSITE





New Look & Links!

MyNavy has an app for that!

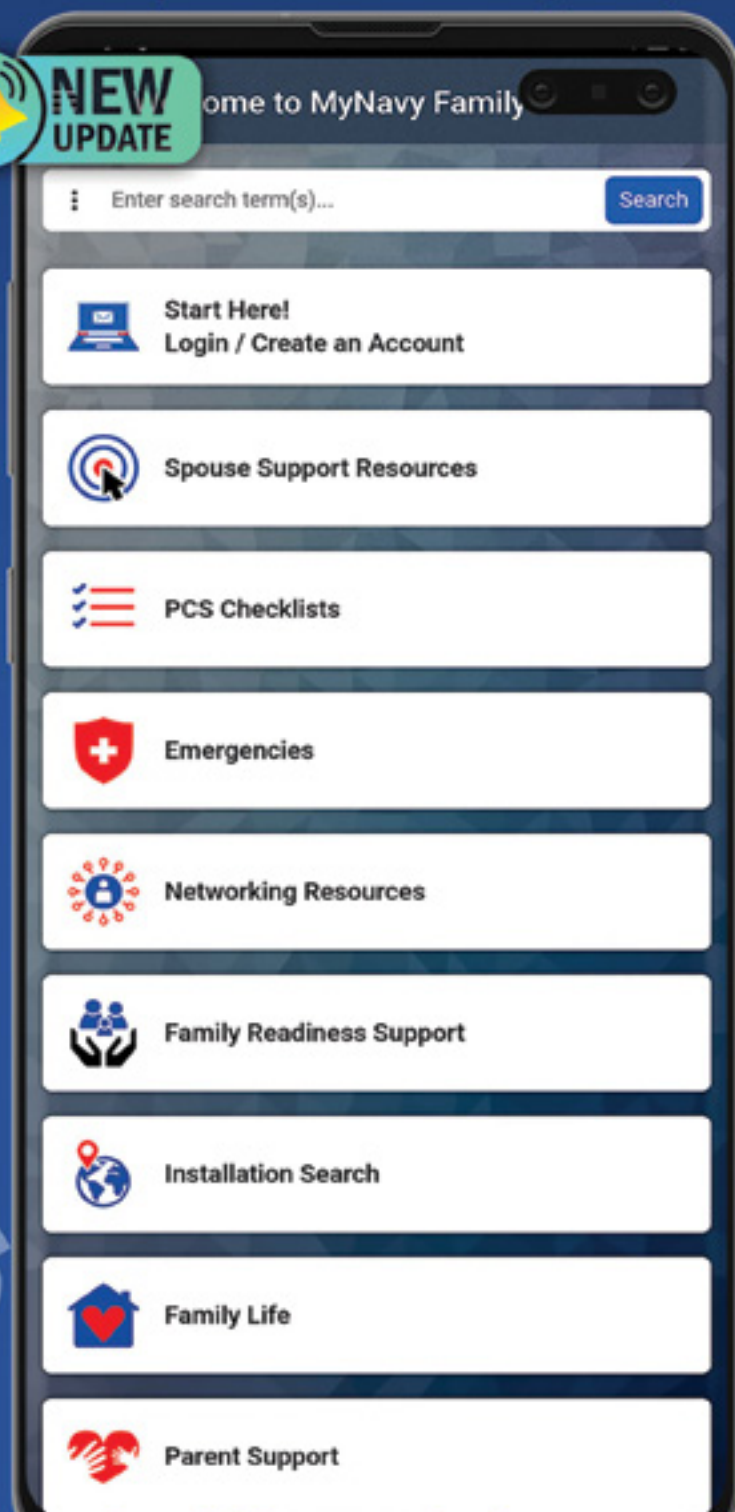
The MyNavy Family app connects Navy spouses and families to information and resources to help them successfully navigate the complexities of life in a Navy family.

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**




MyNAVY-IR
IT Solutions
PMW 243



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



Raising Kids

Built in M

says. "Our program is where every child feels safe, loved and at home."

According to the Military Child Education Coalition, children of service members often express stress differently than adults. Sadness may appear as irritability. Worry may look like withdrawal or acting out.

"When my kids are 'off,' I try to pause, breathe and ask what might really be going on underneath," Heather says.

Fleet and Family Support Centers offer tools for parents navigating their children's emotional needs during deployments, moves or reintegration periods. FFSC's parenting workshops and consultations provide insight into child development and communication strategies that help educate parents about emotional regulation.

"The NPS program helps families feel additional security by equipping parents with skills that promote consistency, emotional connection and developmentally appropriate routines, even in the face of military transitions," NB Kitsap New Parent Support programmer Jodi Hooper says. "When parents

journey has been filled with deployments, transitions and emotional milestones. Together with their two children, ages 12 and 8, they've learned to adapt, build resilience and find strength in repetition, connection and emotional honesty.

"They've learned it's okay to feel sadness and joy at the same time, especially during those emotionally complex moments," Heather says.

The emotional toll of these transitions, combined with extended separations from deployed parents, can be profound. This is where FFR Child & Youth Programs can make a meaningful impact through programming that offers consistency, community and belonging to reinforce emotional perseverance.

"CYP are not only here to support the mission but also the families we serve," Bremerton Infant & Toddler Care Operations Clerk, Renee Cervantes

Being a military family means living a life in constant motion. Changing homes, reestablishing routines, and learning how to maneuver through a lifestyle in which goodbyes are too frequent represent just a few of the challenges military families must battle. For military youth, these shifts shape their social lives and emotional well-being during a time when just ordinary growing up is challenging enough.

Military-connected children move an estimated three times more often before high school graduation than their civilian counterparts, adjusting to new schools and entirely new support systems. With each move, they leave behind friends and familiar routines, forcing them to develop adaptability and character at an early age.

For Heather, whose husband has served for more than 16 years, the

ing Resilient

Building Emotional Strength Military Life

Contributed by navylifepnw staff

feel supported and confident, it creates a ripple effect of stability and reassurance for their children.”

Routine also matters.

“Family dinners at the same time every night, keeping the same bedtime schedule – those familiar rhythms give our kids something to count on,” Heather says.

CYP also understands the benefit of kids helping kids. CYP activities and events give youth the opportunities to be surrounded by peers who get it. Kids who have also packed up and started over.

With opportunities to be leaders provided through the School Liaison Program, including participating in Anchored4Life Clubs and Youth Sponsorship, youth and teens are able to pass on the emotional knowledge they have acquired throughout their lives as a military kid.

“Youth Sponsorship is peer-to-peer support,” Region School Liaison, Kelly Scheese says.

“Having a friendly connection helps youth feel welcome

and supported when arriving to a new location. Anchored4Life Clubs are part of our Youth Sponsorship Program. A4L helps youth build resiliency and life skills,” she says.

Developing leadership skills are also a pivotal part of A4L and can help youth build more confidence.

“A4L Team Leaders also improve their leadership skills through speaking in public and leading small groups,” Scheese says. “A4L provides an instant connection to welcome new youth and supports them through their journey of military life.”

Looking back, Heather says she is most proud of how her kids have grown. They are more self-aware and emotionally strong, reminding her it’s okay to feel uneasy when the journey gets tough.

“They’ve taught me that asking for help isn’t weakness, it’s a kind of courage,” she says. “They’ve shown me that resilience doesn’t mean holding it all together. It means falling apart sometimes and knowing it’s safe to do that.” ■

**Children often
express stress differently than
adults. Sadness may appear as irritability.
Worry may look like withdrawal or acting out.**

— Military Child Education Coalition

**“When parents feel supported and confident, it creates a
ripple effect of stability and reassurance for their children.”**

— NB Kitsap New Parent Support programmer Jodi Hooper

Developing leadership skills can help youth build more confidence.

— Anchored4Life Program



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

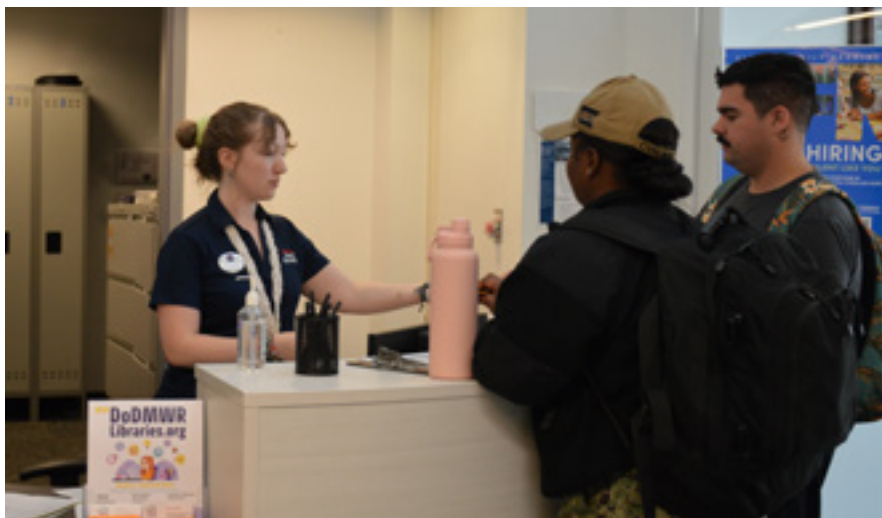
360-475-4334
1 Boone Rd., Bldg. HP05, Bremerton, WA
After-hours Emergency Maintenance: 360-340-2297

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.navylifepnw.com/housing/unaccompanied-housing

Transferring PCSing?
Looking for local rentals?



or contact your local Housing Services Office



NAVY REGION NORTHWEST

HOUSING SERVICE CENTER

We offer a wide variety of services to assist you with your housing or renting needs.



- Community home finding services
- Issue resolution/Landlord tenant issues
- Your Navy advocate for community & PPV housing
- Health and safety issues in community & PPV housing
- Fair Housing



FIND US

SCAN TO VISIT YOUR INSTALLATION PAGE AT NAVYLIFEPNW.COM





FLEET & FAMILY SUPPORT CENTER BANGOR

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
Bangor: 1099 Tautog Circle, Silverdale, WA
Bremerton: 491 Dewey Street, Bremerton, WA

24/7 SEXUAL ASSAULT RESPONSE COORDINATOR (SARC)

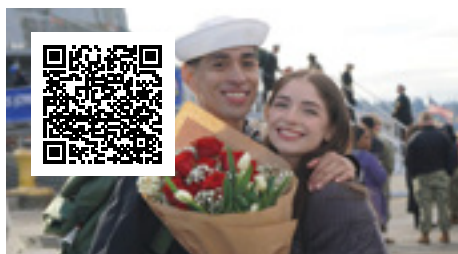
360-340-7156

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.



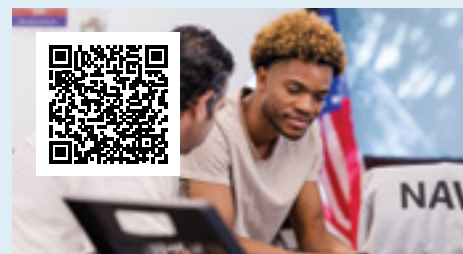
NEW SPOUSE

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 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.



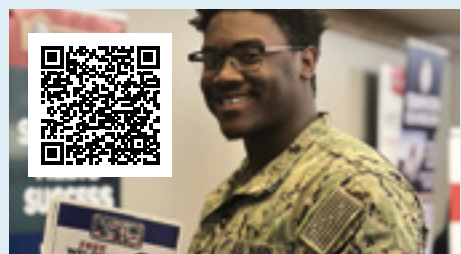
PARENTHOOD

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.



DEPLOYMENT SUPPORT

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





BOOST YOUR CAREER: ATTEND AN FFSC JOB FAIR!

Whether you're transitioning from active duty, exploring the next step in your career or just looking to secure your family's future, FFSC Career Fairs are a vital stepping stone on the path to success.

FFSC professionals can help ensure you're prepared for the next career fair and all aspects of your job search. Find out how at kitsap.navylifepnw.com/fleet-family.

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





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)

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



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

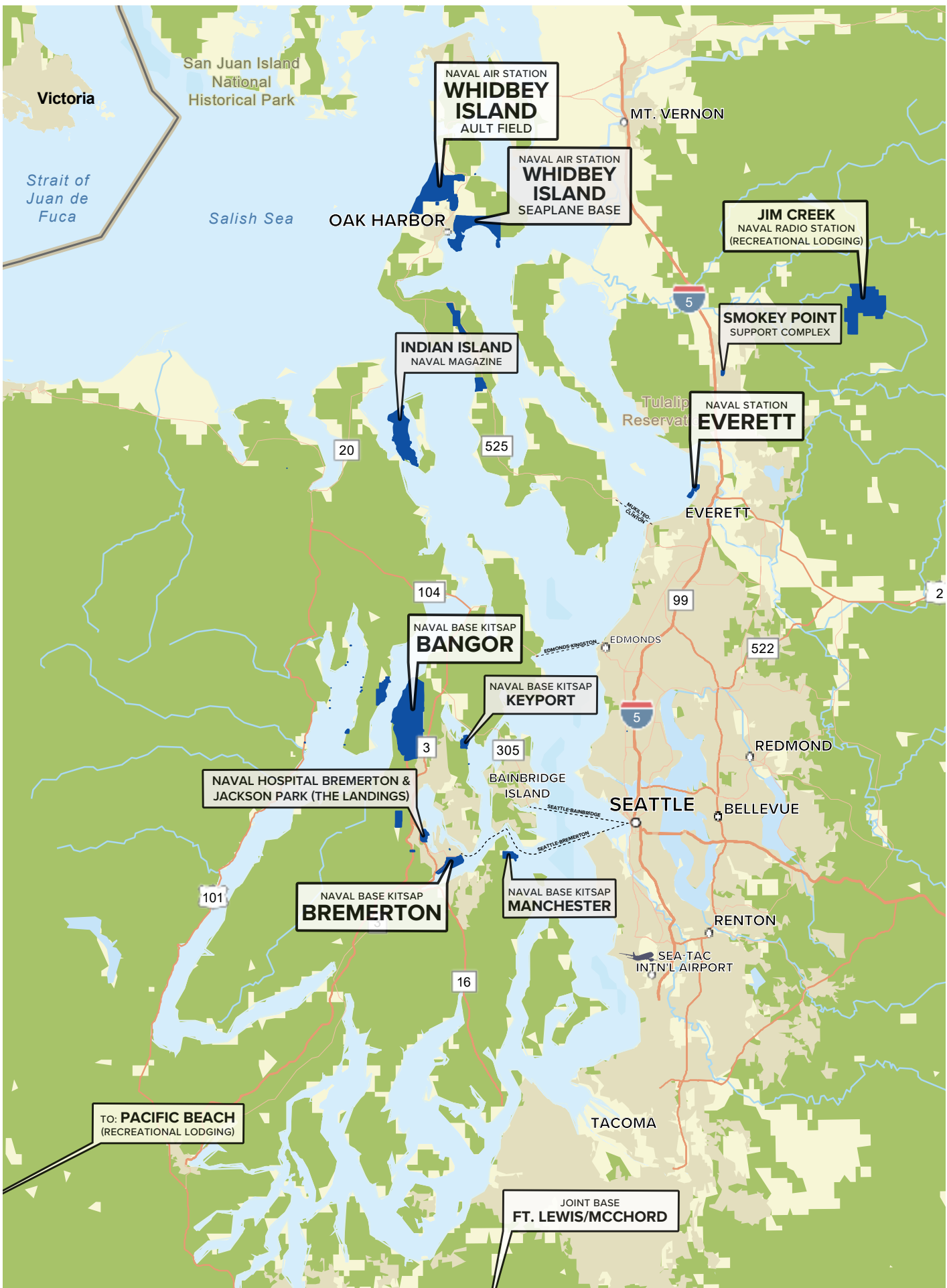
Bangor 360-396-6704
Bremerton 360-627-2187
Personal Property 360-396-4366/5977/1732
Personnel Support Detachment
360-396-5508
Public Affairs 360-627-4030
Public Works 360-396-4640
Recycling 360-396-7005
Veterinary Clinic 360-396-7900

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

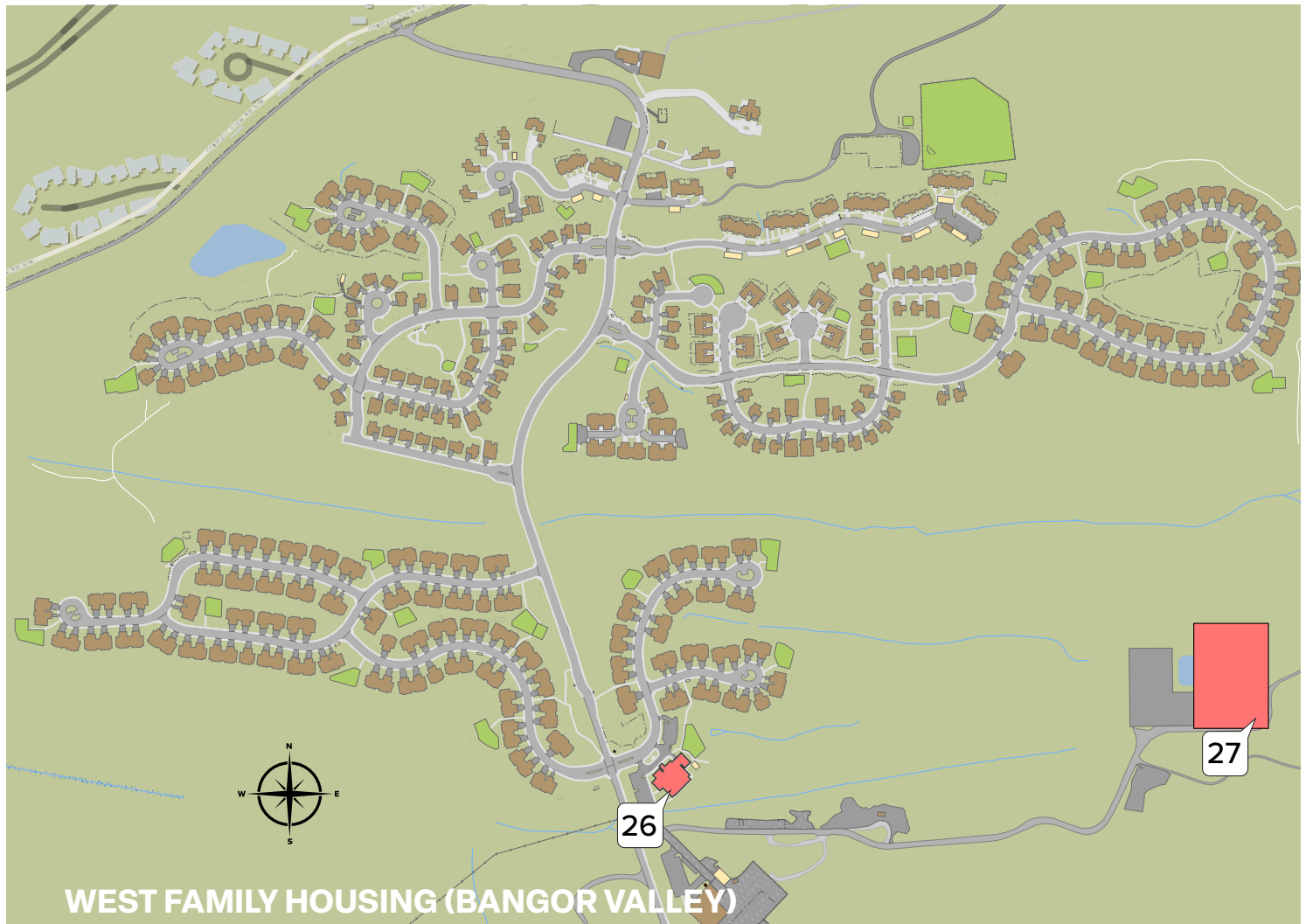
American Red Cross 1-877-272-7337
Bremerton Food Line 360-479-6188
DSHS/Food Stamps 877-501-2233
**Immigration & Naturalization Service-Military
Helpline** 877-247-4645
Victim Services Specialist 800-500-5513
**Washington State Dept. of Health Emergency
Contacts** 1-877-539-4344 (24/7) or
1-206-418-5500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



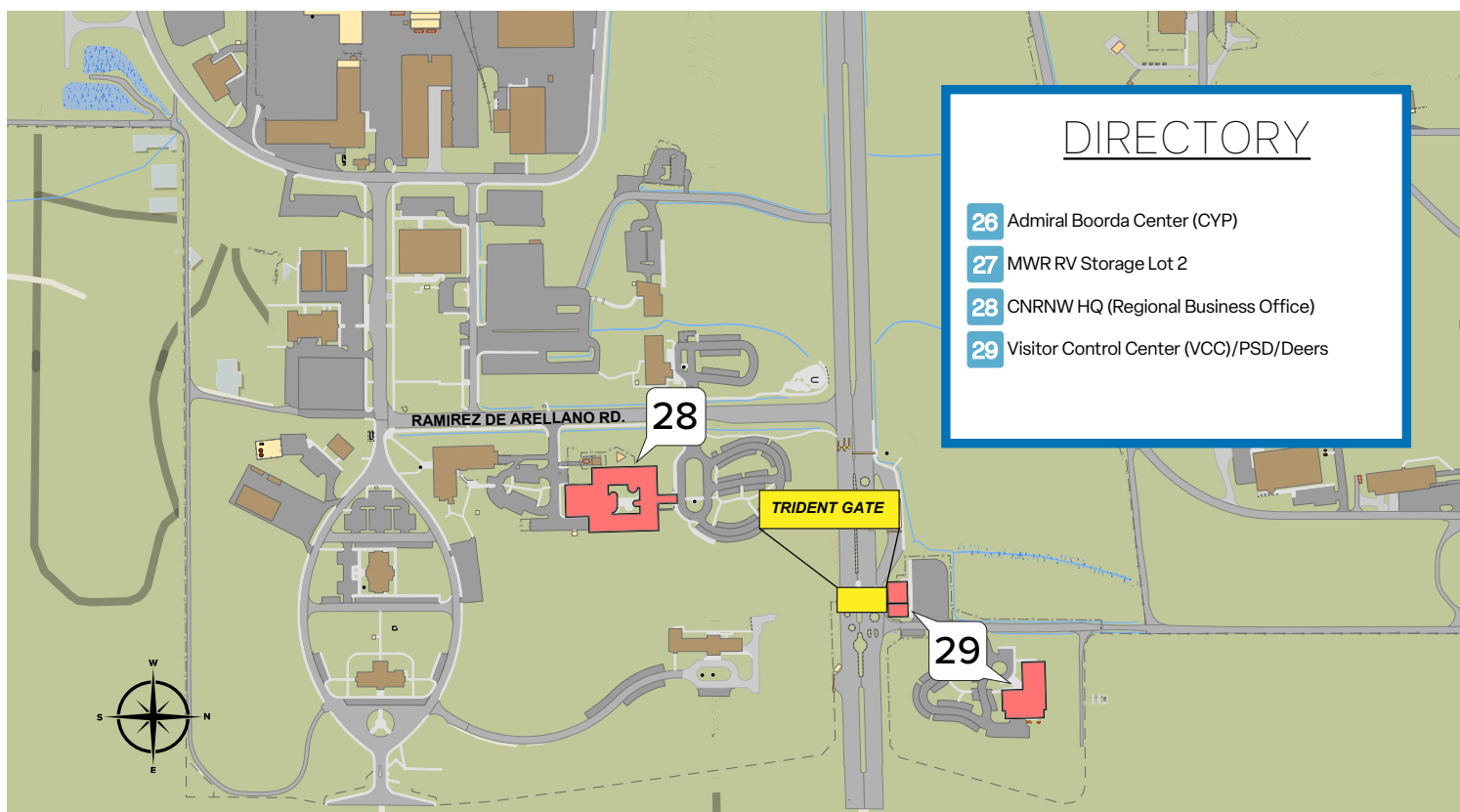


DIRECTORY

- | | | |
|--------------------------------------|--|---|
| 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 | |



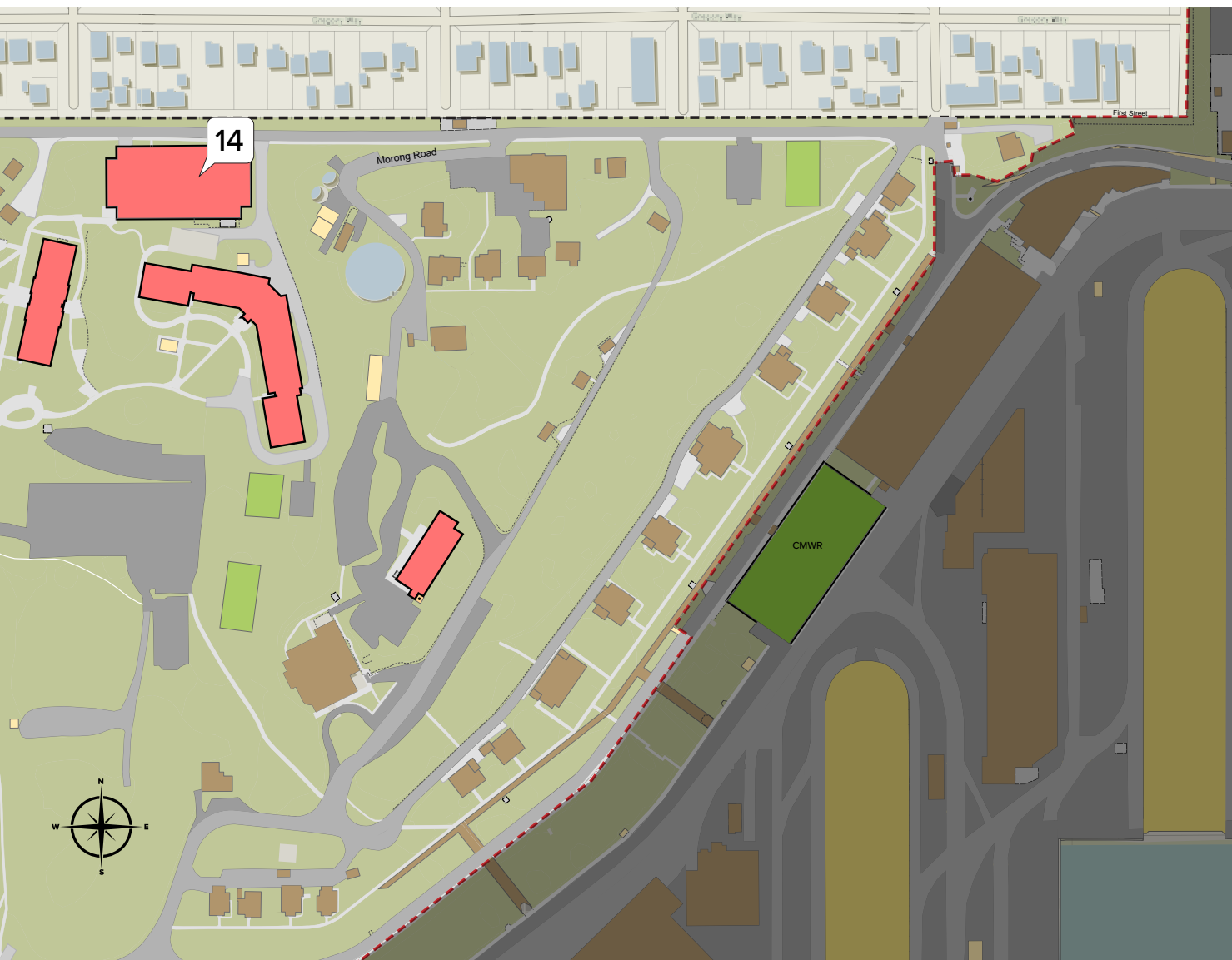
WEST FAMILY HOUSING (BANGOR VALLEY)



DIRECTORY

- 26 Admiral Boorda Center (CYP)
- 27 MWR RV Storage Lot 2
- 28 CNRNW HQ (Regional Business Office)
- 29 Visitor Control Center (VCC)/PSD/Deers





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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programs,
enhancing military
community's
quality of life.

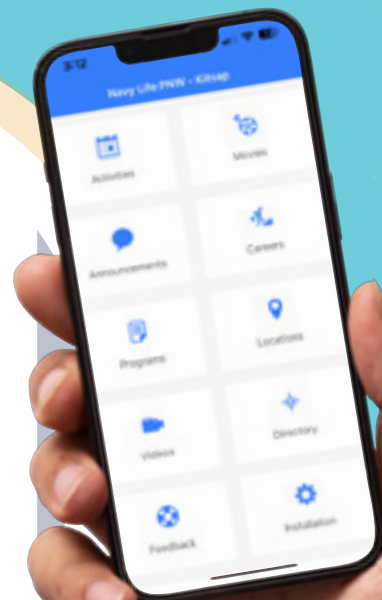


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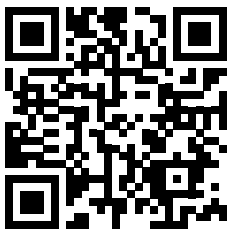


Department of the Navy
Fleet & Family Readiness
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