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Experience Navy Life is your go-to guide to the world of services available to authorized DoD personnel through the U.S. Navy Region Northwest Fleet & Family Readiness (FFR) program. We make every effort to ensure that the information herein is accurate at the time of publication; however, all activities, events and hours of operation are subject to change. For the most up-to-date information, please visit our website at navylifepnw.com or contact the facility directly. A digital version of this magazine is available at: Kitsap.navylifepnw.com/magazine.

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ET1 Robert Schmitz of Surgemain claimed the winning title in the Pop-Up Plank Challenge, holding steady in plank position for more than nine minutes.

MWR Community Recreation Specialists frequently hosts Story Time with Barry on Facebook LIVE conveniently held just before naptime. Here, Recreation Specialist Rachel Cornette poses with one of her favorite titles.

MESSAGE FROM THE FFR DIRECTOR

Welcome back USS Nimitz!
The sacrifices you and your family have made through this deployment are undeniably selfless and brave. Now it’s our turn to support you and your family as you transition back to shore.

Our Fleet & Family Support Center (FFSC) specialists are the resident experts when it comes to helping you get settled. Trained professionals are onsite and on-call to assist you with reintegration. See our full list of FFSC classes and resources starting on page 20.

Our Community Recreation Centers continue to explore new and adaptive programming. Check out all we have to offer starting on page 10. You can also create your own adventure with our Design-a-Trip program. Pick where you want to go and let us do all the coordination and driving!

Looking to stay fit and earn some bragging rights? We have exciting fitness competitions in the works as well as programs that focus on fitness and nutrition for your children. See page 16 for details.

Sinclair’s Fleet Recreation Center, located at Pier Delta in Bremerton, is the perfect spot if you seek high-energy recreation and entertainment. Just next door is Juan’s Cantina and their street tacos are always a popular choice! We sure have missed you all for the holidays and we’d love to make future ones enjoyable and less stressful in the kitchen. Our DineOnTheGoPNW.com food ordering service offers a quick and convenient way to enjoy Holiday Meals for Easter, Mother’s Day, Father’s Day, and more! All you have to do is order, heat and eat! See page 8 to learn more.

On behalf of the NBK Fleet and Family Readiness team, thank you for all you’ve done for our country. We look forward to serving you in-person or virtually whenever and wherever you need us.

Paul Rosarius
CNRNW N9 | FFR Director
Naval Base Kitsap
Welcome Home USS Nimitz! Thanks to all of the families who stopped by Bangor Plaza to pick up a Welcome Home craft kit! Show us your finished sign by posting it on our Facebook page @KitsapFFR with #navylifepnw.

Piper Merrit is excited for her daddy to come home! Thank you to all the families who participated in our curbside craft pickups!

LIKE, SHARE AND WIN

We love hearing from our customers! Follow us on Facebook and Instagram for exclusive offers and chance to win prizes!

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 are 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!
We're proud to offer you and your family a wide variety of dining, entertainment and recreation options conveniently located on base.

Dining & Entertainment

All American Restaurant
120 S Dewey St.
Bldg. 866
Bremerton, WA 98314
360-476-9085
Monday-Friday: breakfast, lunch and dinner. Saturday and Sunday: brunch and supper.
Open to all DoD personnel.
Essential Station Messing (ESM) diners eat FREE.

Café.com
Pier Delta
120 S Dewey St.
Bldg. 1027
Bremerton, WA 98314
Café.com is located at the head of Pier Delta, Bremerton. Stop by for coffee or pastries.

Dine on the Go PNW
For faster service, pre-order your lunchtime favorites using the Dine on the Go PNW app or website: www.DineOnTheGoPNW.com
Available at Inside Out Café and Island Express at NBK-Bangor, and Juan’s Cantina at NBK-Bremerton.

Island Express
Bangor Plaza
2720 Ohio St.
Silverdale, WA 98315
360-396-2523
Order a quick, convenient Hawaiian plate lunch at our self-serve kiosk.

Juan’s Cantina
Pier Delta
120 S Dewey St.
Bldg. 1027
Bremerton, WA 98314
Casual Mexican eats, featuring burritos, tacos, ensaladas and tortas to go. Outdoor seating available.

Naval Base Kitsap Catering & Conference Center
Bangor Plaza
2720 Ohio St.
Silverdale, WA 98315
360-396-5456
Providing conference, meeting and event space for any occasion. Complete with catering options that suit your business or entertainment needs.

Theaters

Bangor Cinema Plus Theater
2501 Ohio St.
Silverdale, WA 98315
Movie Line: 360-396-2515
• A GREAT DEAL at just $5 for adults, $3.50 for kids
• Fully digital and 3-D showings
• FREE advance screenings
• Plush rocker seats
• All your favorite snacks at our snack bar
• FREE Exceptional Family Member monthly showing

Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit navylifepnw.com for current hours of operation and updates.
Bremerton Movie Lounge
Inside Bremerton Recreation Center
• Premier Movie Nights—Every Thursday evening (for 18 years and older only)
• Movie Matinées—Every Saturday at 1 p.m.
• Hundreds of FREE on-demand movies to choose from

Community Recreation Facilities

Bangor Self-Service Car Wash
Located next to the NEX Auto Port.

Bremerton Self-Service Car Wash
Located across from Bremerton Fitness Complex.

Recreation Centers
Naval Base Kitsap boasts two, one-stop shops designed to meet all of your leisure needs! From exciting trips and tours, to discounted tickets for select northwest sporting events, attractions, entertainment opportunities, and outdoor gear rental; your local recreation center has it all.

Bangor Recreation Center
Bangor Plaza
Ohio St.
Bldg. 2720
Silverdale, WA 98315
360-396-2449
• Barbecue grills
• Bike rental

Canopy, table and chairs rental
• Kids Zone
• Outdoor recreation gear rental
• Printing services
• Stand-up paddleboard and sit-on-top kayak rental and more!

Bremerton Recreation and Bowling Center
120 S Dewey St.
Bldg. 502
Bremerton, WA 98314
360-476-3178
• Bike rental
• Printing services
• Outdoor recreation gear rental
• Resource Library
• Stand-up paddleboard rental and more

Sinclair’s Fleet Recreation Center
Pier Delta
120 S Dewey St.
Bldg. 1027
Bremerton, WA 98314
360-396-2449
• FREE WiFi
• Snack bar featuring hot and cold beverages, breakfast and lunch sandwiches and more
• Liberty Lounge

Recreational Vehicle Storage
360-396-2449
Need vehicle storage? We can help with a fenced, lighted, paved lot and 24/7 gated access.

Mini Storage
360-396-2449
Need storage for all your stuff? We can help with a fenced, lighted and 24/7 access storage facility.

Canopy, table and chairs rental
• Kids Zone
• Outdoor recreation gear rental
• Printing services
• Stand-up paddleboard and sit-on-top kayak rental and more!

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.

Outdoor Parks and Recreation Areas

Camp McKean
360-396-2449
Located five miles west of Naval Base Kitsap-Bremerton, along the Kitsap Lake shoreline. The park is primarily for summer day use in support of Navy commands and authorized Fleet & Family Readiness patrons. Paddlecraft and pavilion rentals available.

Elwood Point
360-396-2449
Hours: Dawn till dusk
Located within The Landings (formerly Jackson Park Navy Family Housing) on

Hips and halfpipes at Bangor Skate Park

Elwood Point
360-396-2449
Hours: Dawn till dusk
Located just inside the Trigger Avenue Gate at Naval Base Kitsap-Bangor. Recreational area featuring:
• Softball field
• Two large, covered cooking areas with large barbecue grills
• Small picnic areas with grills available on a first-come, first-served basis
• Playground
• Fishing available! Permit required, visit the Bangor Recreation Center for details.

Gallery Golf Course
360-257-2178
The Navy’s one-and-only golf course in Region Northwest features tree-lined fairways, rolling hills, and stunning views of the Strait of Juan de Fuca and Vancouver Island. Just three hours from Bremerton.
• Open to the public
• Challenging 18-hole course tournaments
• Grass driving range
• Pro Shop
• Lessons and clinics
• Online tee times for expedited check-in

Liberty Lounges
Open to junior service members (E1-E6) who seek high-energy recreation and entertainment in an alcohol- and tobacco-free environment. Eligible users may escort up to two guests over the age of 18.

Bangor Liberty Center
Bangor Plaza
2720 Ohio St.
Silverdale, WA 98315
360-396-2151

Hips and halfpipes at Bangor Skate Park

Bangor Skate Park
Located behind Bangor Fitness Center

Mini Storage
360-396-2449
Need storage for all your stuff? We can help with a fenced, lighted and 24/7 access storage facility.

• Canopy, table and chairs rental
• Kids Zone
• Outdoor recreation gear rental
• Printing services
• Stand-up paddleboard and sit-on-top kayak rental and more!
## Food, Fun & Recreation

### APRIL-JUNE 2021

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE/TIME</th>
<th>HOST/VENUE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dinners to Go: Holiday Meals</strong></td>
<td>On-Going</td>
<td>Pick up at NBK Bangor Plaza's Inside Out Cafe/Island Express <a href="http://www.DineOnTheGoPNW.com">www.DineOnTheGoPNW.com</a></td>
</tr>
<tr>
<td><strong>Story Stroll</strong></td>
<td>Saturday, April 1</td>
<td>Trident Lakes Recreational Area</td>
</tr>
<tr>
<td><strong>Crafternoon</strong></td>
<td>Saturday, April 1</td>
<td>Bangor Recreation Center and The Landings Community Center in Jackson Park</td>
</tr>
<tr>
<td><strong>Curbside STEM</strong></td>
<td>Saturday, April 1</td>
<td>Bangor Recreation Center and The Landings Community Center in Jackson Park</td>
</tr>
<tr>
<td><strong>Seven Days of Leave No Trace</strong></td>
<td>Thursday, April 15-Thursday, April 22</td>
<td>Facebook: @KitsapFFR</td>
</tr>
<tr>
<td><strong>Earth Day Geocache Adventure</strong></td>
<td>Monday, April 17-Monday, April 24 All Week</td>
<td>Trident Lakes Recreation Area and Elwood Point</td>
</tr>
<tr>
<td><strong>National Poetry Month Poetry Contest</strong></td>
<td>Saturday, April 24-Friday, April 30</td>
<td>Facebook: @KitsapFFR</td>
</tr>
<tr>
<td><strong>Laughter Yoga</strong></td>
<td>Sunday, May 2, 5 p.m.</td>
<td>Facebook: @KitsapFFR</td>
</tr>
<tr>
<td><strong>Survive The Wild: The Ten Essentials</strong></td>
<td>Monday, May 10</td>
<td>Facebook: @KitsapFFR</td>
</tr>
<tr>
<td><strong>Chocolate Chip Count Challenge</strong></td>
<td>Saturday, May 15</td>
<td>Facebook: @KitsapFFR</td>
</tr>
</tbody>
</table>

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**Food, Fun & Recreation**

**Experience Navy Life Kitsap**

[www.navylifepnw.com](http://www.navylifepnw.com)

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8
## Upcoming Programs & Events April-June 2021

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Host/Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mystery Short Story Contest</strong></td>
<td>Sunday, May 16-Saturday, May 22</td>
<td>Facebook: @KitsapFFR</td>
</tr>
<tr>
<td>May is National Mystery Month! Write your own short story to enter into our Facebook contest! Prizes will be awarded for the most liked stories! Register by Monday, May 31. FREE Event. Contest Categories: 6-12 Years, 13-18 Years. Adults 18+.</td>
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</tr>
<tr>
<td><strong>Virtual Bingo</strong></td>
<td>Wednesday, May 26, 5-7 p.m.</td>
<td>Facebook: @KitsapFFR</td>
</tr>
<tr>
<td>Join Community Recreation for an online version of everyone’s favorite family game, BINGO, on our NBK Facebook page! Register by Tuesday, May 25. FREE Event.</td>
<td></td>
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</tr>
<tr>
<td><strong>Virtual Hike Scavenger Hunt</strong></td>
<td>Saturday, June 5</td>
<td>Facebook: @KitsapFFR</td>
</tr>
<tr>
<td>Explore the great Pacific Northwest while also participating in a scavenger hunt! Follow our Facebook page for the list! FREE Event.</td>
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</tr>
<tr>
<td><strong>Survive the Wild: Preparing for your Ride</strong></td>
<td>Monday, June 7</td>
<td>Facebook: @KitsapFFR</td>
</tr>
<tr>
<td>Prevent a good ride from becoming an ‘epic fail’ by doing a few simple pre- and post-ride checks. FREE Event.</td>
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</tr>
<tr>
<td><strong>Curbside Summer Reading Program Launch</strong></td>
<td>Saturday, June 12, Noon-2 p.m.</td>
<td>Bangor Recreation Center and The Landings Community Center in Jackson Park</td>
</tr>
<tr>
<td>Reading colors your world! Stop by our booth for information and on-site registration assistance for the 2021 DoD MWR Libraries Summer Reading Program. FREE Event.</td>
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</tr>
<tr>
<td><strong>Catch Some Sun Geocache</strong></td>
<td>Sunday, June 13-Monday, June 21</td>
<td>Trident Lakes Recreation Area and Elwood Point</td>
</tr>
<tr>
<td>Summer is here! Participate in our summer-themed geocache event by helping us catch some sun! FREE Event.</td>
<td></td>
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</tr>
<tr>
<td><strong>Family Fishing Derby</strong></td>
<td>Saturday, June 19, 9 a.m-1 p.m.</td>
<td>Trident Lakes Recreational Area</td>
</tr>
<tr>
<td>Keep everything you catch. There will be fishing opportunities for all ages. Please register for this event by Wednesday, June 16. Call for more details! FREE Event.</td>
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</tbody>
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**There’s a New Fun Boss in Town**

Naval Base Kitsap is proud to introduce Brian Gallagher as the new Afloat Recreation Specialist, aka Fun Boss, for the USS Nimitz. Gallagher, who hails from New York, can’t wait to dive into his new role.

“I want to give Sailors a chance to feel like they are not at work for a couple hours. They’re on a grand adventure, so my part of the job is also to help them realize that for their off-time too,” he says with an enthusiastic smile.

Gallagher looks forward to getting to know the Sailors he’ll be working with every day so that he can design programs that match their interests and lifestyles.

“I’m out here too. We are in this together,” he says. “I want Sailors to know I’m approachable. I want to participate in their lives just as much as they’ll be in mine. I want them to feel I’m an open book with them. If I can be a pillar in their lives who is fun and strong, I am happy to be that.”

Gallagher began his MWR career as a lifeguard for the US Military Academy at Westpoint. After graduating from Fordham University, Gallagher worked at the Academy in the Department of Physical Education for three years before becoming the director for both the Fitness and LIBERTY centers at the Surface Combat Systems Center on Wallops Island, Virginia. Now that he’s stationed in Bremerton, Gallagher looks forward to exploring the Pacific Northwest alongside the Sailors he serves. “I can set up a hike where they can take Instagram photos. If they want to get SCUBA certified or play in the snow, I want to be the one they call to do all that,” he says.

Story and Photo by Kelly Joines

Would you like to become an MWR Fun Boss like Brian Gallagher? Click the Fit and Fun Boss Program link at navyfitness.org/deployed-forces-support
ESCAPE THE BARRACKS!
Take advantage of opportunities and benefits for LIBERTY-qualified service members.
For Active Duty Service Members E1-E6
Contact us:
Bangor LIBERTY Center
Bangor Plaza
Naval Base Kitsap
360-396-2151
@LIBERTYNWKITSAP
Follow Us on Facebook!
Get the App DineOnTheGoPNW
Text DOTGPNW to 33733

Police Officer
Cowboy Burger with Gourmet Fries
Order ahead and pick-up from:
PRINCESSES & PIRATES STRONG
Monday, April 5-Friday, April 9
Bremerton and Bangor Fitness Centers, Child & Youth Centers
As part of our Month of the Military Child celebration, pick up your Princess or Pirate activity bag via curbside pick-up to start the week-long adventure and a chance to earn prizes!
1. Help your child choose a healthy fitness/nutrition activity.
2. Post a picture of your activity on our Facebook page with #PrincessandPiratesStrong.
3. Receive a Certificate of Success!
In honor of Earth Day, children can also earn an additional prize by completing an Earth Day activity and posting it as well.

@KitsapFFR
We are open!
Say yes to a getaway and book your stay today.

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
Navy Gateway Inns and Suites (NGIS) and Navy Getaways welcomes you with a wide range of comfortable and affordable accommodations across the Pacific Northwest.

**Cliffside**

Cliffside RV Park & Campground
Located on Ault Field. 360-257-2649
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. Rent one of our RV campers or bring your own. We also rent tent sites and yurts.

**Jim Creek**

Jim Creek Recreation Area & Campground
21027 Jim Creek Rd. Arlington, WA 98223
425-304-5315/5361
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**

Pacific Beach Hotel, Cottages, RV Park & Campground
108 First St. N
Pacific Beach, WA 98571
360-276-4414
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, Raindrop Lanes Bowling Center, a bar and more.

**Navy Gateway Inns & Suites**

Navy Gateway Inns & Suites combines all the comforts of a hotel, while specializing in official business accommodations. For reservations, call 1-877-NAVY-BED (628-9233).

**Bangor**
2750 Sargo Circle
Silverdale, WA 98315

**Bremerton**
120 S Dewey St.
Bldg. 865
Bremerton, WA 98314

**Whidbey Island**
1175 W Midway St.
Bldg. 973
Oak Harbor, WA 98278

Amenities include:
- FREE Internet access
- Refrigerator
- Housekeeping
- Fitness rooms
- FREE premium cable TV
- Complimentary Coffee
- Guest laundry
- Business center
- Microwave
- NGIS also offers pet-friendly accommodations. Call for details.

Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit navylifepnw.com for current hours of operation and updates.
### UPCOMING PROGRAMS & EVENTS

#### APRIL - JUNE 2021

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<tr>
<th>EVENT</th>
<th>DATE/TIME</th>
<th>HOST/VENUE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eggstravaganza at the Beach</strong></td>
<td>Saturday, April 3</td>
<td>Navy Getaways Pacific Beach</td>
</tr>
<tr>
<td>Egg hunts, Easter crafts, Easter</td>
<td>Say yes to a weekend getaway</td>
<td></td>
</tr>
<tr>
<td>breakfast. Get $10 off any two-night hotel stay. FREE Event.</td>
<td>and get $10 off any two-night hotel stay. FREE Event.</td>
<td></td>
</tr>
<tr>
<td><strong>Superhero Day at the Beach</strong></td>
<td>Saturday, April 10 Noon-2 p.m.</td>
<td>Navy Getaways Pacific Beach</td>
</tr>
<tr>
<td>Fly into April as your favorite superhero! Get $10 off any two-night hotel stay and enjoy super activities, specials and photo ops all weekend long. FREE Event.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Princess Tea Party at the Beach</strong></td>
<td>Saturday, April 17 Noon-2 p.m.</td>
<td>Navy Getaways Pacific Beach</td>
</tr>
<tr>
<td>Get $10 off any two-night stay and enjoy FREE activities and craft projects all weekend long. FREE Event.</td>
<td></td>
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</tr>
<tr>
<td><strong>Mother's Day Weekend Package</strong></td>
<td>Friday, May 7-Sunday, May 9</td>
<td>Navy Getaways Pacific Beach</td>
</tr>
<tr>
<td>Show Mom some love with a getaway to the beach. Get $10 off any two-night hotel or RV stay, and enjoy activities and specials all weekend long.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tie-Dye Saturdays at the Beach</strong></td>
<td>Saturday, May 22, Noon</td>
<td>Navy Getaways Pacific Beach</td>
</tr>
<tr>
<td>Learn to tie-dye! Includes supplies to create your own Pacific Beach souvenir. $12 adult tees, $10 kid tees.</td>
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</tr>
<tr>
<td><strong>Father's Day Weekend Package</strong></td>
<td>Friday, June 18-Sunday, June 20</td>
<td>Navy Getaways Pacific Beach</td>
</tr>
<tr>
<td>Treat Dad to a Father's Day trip to the beach. Get $10 off any two-night hotel or RV stay. Activities and specials all weekend long.</td>
<td></td>
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</tr>
<tr>
<td><strong>Great Navy Campout Weekend &amp; Kids' Carnival</strong></td>
<td>Friday, June 25-Sunday, June 27</td>
<td>Navy Getaways Pacific Beach</td>
</tr>
<tr>
<td>Kids' carnival, games, food, prizes, s'mores and archery! FREE Event.</td>
<td></td>
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</tr>
<tr>
<td><strong>Yoga in the Park</strong></td>
<td>Saturday, June 26, 11 a.m.</td>
<td>Navy Getaways Cliffside RV Park</td>
</tr>
<tr>
<td>Enjoy an hour-long yoga session with a beautiful view of the Puget Sound. Recommend you bring your own yoga mat, but there will be some available at the site. myFFR #610214. FREE Event.</td>
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</tbody>
</table>

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Even Sasquatch can't resist the nature trails that surround Navy Getaways Jim Creek. Come stay, play and relax at a cabin or campground.

It’s back! Yoga in the Park at Navy Getaways Cliffside RV Park. Register via myFFR #610214.
Now more than ever, children look to their parents for guidance and trust. While you might not have all the right answers, Fleet & Family Readiness (FFR) is here for you. FFR Programs, located all across the world, exist to support our Navy families and their well-being. Although many Navy service members and their families are familiar with fitness, sports and outdoor recreation programs, not all recognize how they can benefit from services offered by the Fleet & Family Support Program (FFSP).

"People hesitate all the time, thinking they can only use our programs for a crisis," says Rachel Wilson, Regional Counseling and Advocacy Program Manager at Navy Region Northwest. But that's not the case. In fact, according to Wilson, programs are designed to support all stages of personal and professional development of Navy service members and their families.

The cornerstone of successful Navy life is founded on resiliency, which is the ability to bounce back and to adapt. Inspired by this resilience, FFSP has also adapted to meet the needs of Navy families as they weather the COVID-19 storm. Fleet & Family Support Center (FFSC) resources include a 24-hour centralized scheduling phone line, access to one-on-one support, on-demand podcasts, weekly webinars and live-stream classes that are open to all eligible patrons, no matter where they are stationed.

"We want to empower people," says Britt Feldman, Regional Work and Family Life Coordinator at Navy Region Northwest. She explains that on top of having children at home more, rising unemployment rates and a competitive housing market, many parents are balancing careers (or trying to secure a new one) while also filling the roles of teacher and caretaker. Add to these the unique challenges of being part of a military family and it can become overwhelming.

"For job loss and financial insecurity, I would not only mention that we have classes, but also professional staff to help give [military families] the
WHILE YOU MIGHT NOT HAVE ALL THE RIGHT ANSWERS, FLEET & FAMILY READINESS (FFR) IS HERE FOR YOU.

tools they need for their next career or to establish financial security,” says Feldman. “We want to help them thrive and be resilient.”

FFSC specialists agree that the best place for any Navy service member or their spouse to start is with a phone call to their FFSC. The resident expert on the other end of the line will make recommendations for classes, podcasts or external resources that will help solve a problem, offer reassurance and even assist in getting solutions from experts in a particular field.

“If we know what’s going on, we can recommend specific programs such as Daddy Boot Camp or reintegration classes to help our Sailors and their families develop happier and healthier relationships,” says Wilson.

With more at-home time, predictions call for another baby boom.

Wilson also heads the New Parent Support Program, which offers care to parents from pregnancy through their child’s third birthday. Wilson says she’s a big believer in utilizing the centralized scheduling line to talk with an expert. In the case of new parents, she explains that “it’s like having your own person — a nurse or social worker — who’s special to you, who prepares individualized assistance to whatever you might be experiencing.”

Wilson encourages all parents to prioritize their individual self-care. One parent may need the reassurance of a listening ear, but can’t reach their spouse because of deployment. Flip that coin, she explains, and the other spouse is likely feeling disconnected, missing nightly story times and major milestones.

FFSC services are not only created to make Navy life a little easier, but also to add fun and fulfillment. Many Navy families aren’t aware that FFSC also offers opportunities for personal and professional development.

Karen Boeve, Family Readiness Program Director for Navy Region Northwest, emphasizes that personal advancement isn’t selfish, but rather necessary for the advancement of our children and society.

“Better people become better parents,” says Boeve, adding that she encourages parents to utilize FFSC resources to become aware and empowered — for themselves, their families and their futures.

Additional FFR amenities such as the Child and Youth Program are also a valuable resource for Navy families.

“Due to stay-at-home orders, the demand for child care and child care providers has increased exponentially,” says Vickie Ramsey, Child and Youth Program Analyst.

“Our main goal is to support those people who need to work and need child care,” she says. For parents who need temporary child care as a result of the pandemic, she recommends reaching out to militarychildcare.com to find local, certified care providers who have passed an extensive background check.

Now that vaccines are rolling out, more school districts are planning to transition back to in-classroom learning. Child and Education Services continue to keep the commands informed of school changes, which impact the workforce for both active duty and civilians.

“It’s a huge benefit to make a connection with the installation School Liaison since we monitor all surrounding school districts and hundreds of individual schools, to stay apprised of the latest COVID closures and re-opening plans,” says Kelly Scheese, Regional School Liaison for Navy Region Northwest.

Re-integration for children in schools will have its own set of challenges. Some children have moved or graduated in the last year, explains Scheese. “New families are always arriving, and we can quickly inform them of their local school status,” she says. “If they are PCSing out, we will connect them with the School Liaison at the new installation.”

As we look out for the futures of our Navy service members and their families, we know that there are brighter times ahead. With resiliency and support from services offered through your FFR family, we’ve got you covered and will navigate this next chapter together.

NEED HELP? START HERE

Call the FFSC Centralized Scheduling line at 1-866-854-0638 for help 24/7.

If you are new to the area or want the 411 for your child’s school district or particular school, contact your School Liaison office: 360-340-2824 (NBK), 425-304-3688 (NSE), 360-257-6863

For on-demand resources, whenever and wherever, go to Navylifepnw.com/podcasts or Navylifepnw.com/webinars.

Need help teaching kids the new way of doing math?

Check out Military Child Education Coalition at militarychild.org and Tutor.com for educational resources K-12 and college, plus they also offer proofreading for your child’s essays!

Are you a parent temporarily in need of child care during COVID?

Learn more about enrollment at militarychildcare.com
Our state-of-the-art fitness centers offer individual and group instruction from certified professionals and a wide variety of equipment, classes and team activities for every age, interest and fitness level.

**Fitness & Aquatic Centers**

**Bangor Fitness Center**
Ohio St.
Bldg. 2700
Silverdale, WA 98315
360-315-2134

Full-service, state-of-the-art fitness center featuring cardio equipment, free weights, TRX, spin bikes, outstanding group fitness classes, personal training and much more!

**Bangor Aquatics Center**
Located in the Bangor Fitness Center
360-315-2131

This facility is fully equipped to meet aquatic fitness and recreation needs: a 25-yard pool, 10-lap swimming lanes, 13-foot diving well with 1- and 3-meter springboard diving boards and a 20-person hot tub. Water polo nets, balls and caps are available upon request. Ask about Kid’s Birthday Party Packages.

We offer American Red Cross Blended Learning (First Aid and CPR) Courses by appointment only. Please contact the Bangor Aquatics Center for more info: 360-315-2131

To attain full access to the Aquatics Centers, all youth 17 and under must successfully pass the Navy Youth Swim Test.

**Bremerton Aquatics Center**
360-476-9416

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.*

**Keyport Fitness Center**
This unmanned facility offers the best in cardio and strength fitness equipment, basketball and racquetball courts.

CAC required for entry.*

**Bremerton Fitness Center**
120 S Dewey St.
Bldg. 1017
Bremerton, WA 98314
360-476-2231

**Waterfront Fitness Center**
Located adjacent to Naval Hospital Bremerton.

CAC required for entry.*

**Naval Hospital Fitness Center**
Located adjacent to Naval Hospital Bremerton.

CAC required for entry.*

**Intramural Sports**
Ohio St.
Bldg. 2700
Silverdale, WA 98315
360-315-2132

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 such as:

- **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.

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

- **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.

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**Health Protection Notice:** FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit [navylifepnw.com](http://www.navylifepnw.com) for current hours of operation and updates.
### Upcoming Programs & Events

**Free Throw Competition**
See if you have what it takes to be crowned the NNRW Free Throw Champ! Winners at each base will receive a prize and the Regional Winners will receive a medal/trophy. 
**FREE Event**
- **Tuesday, April 6, 3:30-6:30 p.m.** Bremerton Fitness Center
- **Thursday, April 8, 3:30-6:30 p.m.** Bangor Fitness Center

**Princesses and Pirates Strong**
As part of our Month of the Military Child celebration, pick up your Princess or Pirate activity bag via curbside pick-up to start the week-long adventure and a chance to earn prizes! Help your child choose a healthy fitness/nutrition activity, post a picture of your activity on our Facebook page with #PrincessandPiratesStrong and receive a Certificate of Success! In honor of Earth Day, children can also earn an additional prize by completing an Earth Day activity and posting it as well. **FREE Event!**
- **Monday, April 5-Friday, April 9** Bremerton and Bangor Fitness Centers, Child & Youth Centers

**NOFFS 5-Hour Course**
Discover for yourself why the Navy Operational Fitness and Fueling System (NOFFS) is considered a “best in class” physical fitness training and nutrition program. **FREE Event.** Register by Wednesday, April 7 at the Bremerton Fitness desk or call
- **Friday, April 9, 7 a.m.-1 p.m.** Bremerton Fitness Center
- **Friday, May 21, 7 a.m.-1 p.m.** Bangor Fitness Center
- **Friday, June 18, 7 a.m.-1 p.m.** Bremerton Fitness Center

**Olympic Lifting Clinic**
Whether you are a beginner or experienced lifter, this course will help you develop and increase your confidence and skill with the barbell. **Register by Friday, April 16.** **FREE Event**
- **Sunday, April 18, Noon-1:30 p.m.** Bremerton and Bangor Fitness Centers

**Spring Swim Meet**
This week-long swim meet features one event each day. Lifeguards will be on hand to time individual races. All competitors times will be posted and top swimmers for each event will be announced at the end of each day. **FREE Event**
- **Monday, May 3-Wednesday, May 7** Bangor and Bremerton Aquatics Centers

**Military Spouse Appreciation Day**
Zen your stress away by attending a specialized yoga class to help relieve stress and rejuvenate. Bring a friend to join in for FREE! Light Refreshments will be provided. Register by calling 360-476-9415/ 360-315-7676. **FREE Event**
- **Friday, May 7, 5-6:30 p.m.** Bremerton and Bangor Fitness Centers

**Mission Nutrition Course**
Improve your eating habits as well as your overall health. Topics include: Food Shopping, Meal Planning and Eating out, Emotional and Mindless Eating, Fad Diets, Hot Topics, Food Myths and Reading Labels, and Intro to Operation Supplement Safety. **Register by Wednesday, May 12.** **FREE Event**
- **Friday, May 14, 7:30 a.m.-3 p.m.** Bangor Fitness Complex

**Deadlift for Doughnuts**
Celebrate National Doughnut day with us. Add deadlifts to your workout and receive one FREE tasty doughnut! **FREE Event**
- **Friday, June 4, All day** Bremerton and Bangor Fitness Centers

**Command Fitness Leader (CFL) Course**
This 40-hour course provides the basic fitness and nutrition tools necessary to design fitness programs, facilitate classes and become an ambassador of fitness and nutrition. **FREE Event.** Register by Friday, May 7. All applications MUST be submitted to CNIC two weeks prior to class start date. Register online at NavyFitness.org
- **Monday, June 7-Friday, June 11 7 a.m.-4:30 p.m.** Bremerton and Bangor Fitness Centers

**Sailor vs. Firefighter Combat Challenge**
In this 5-part competition, participants contend for the fastest times. Challenges include a stair climb with a high-rise pack, hose hoist, forcible entry, hose advance and victim rescue. Registration not required. **FREE Event.**
- **Monday, June 21-Friday, June 25 All Day** Bremerton and Bangor Fitness Centers
Fleet & Family Readiness (FFR) is here to help you reconnect with your family and community in one of the most beautiful locations in the world. Navy Region Northwest offers exciting recreational opportunities to explore your homeport.

Scan the QR code for a list of FREE classes, activities and support, as well as exclusive offers curated with you in mind.

For details, scan the QR code or visit
kitsap.navylifepnw.com

Kitsap Great Escape
First and Only Escape Room in Kitsap County

3 Immersive Escape Rooms

Sector X
The Terminal
The Stolen Relic

www.KitsapGreatEscape.com

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Ohmazing Island Escape
on beautiful Whidbey and Camano Islands

360-675-3755
OakHarborChamber.com
32630 SR 20, Oak Harbor, WA 98277

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

We’re here to support you and your family during every career and life change with caring counselors, classes, relocation assistance and deployment support.

Fleet & Family Support Center (Blue)
2901 Barbel St.
Silverdale, WA 98315
866-854-0638

Fleet & Family Support Center (Gold)
1099 Tautog Circle
Silverdale, WA 98315
866-854-0638

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

Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit navylifepnw.com for current hours of operation and updates.

NEW! REGISTER FOR VIRTUAL FFSC CLASSES HOSTED ON APAN

Most of our online classes are hosted on the All Partners Access Network (APAN), a Dept. of Defense social networking website used for information sharing and collaboration.

If you already have an APAN account and Adobe Connect on your device, follow the link provided in the listing at least 15 minutes prior to the start of the class.

If you do not have an APAN account, allow time to follow the registration prompts for APAN and Adobe Connect prior to joining.
Domestic Violence (DV) and Sexual Assault (SA) Executive Leadership Training
This training gives command leadership the tools needed to keep victims safe and hold offenders accountable for their actions. To register, please email FFSP2@navy.mil with attendees email, full name, rank, command and date you are requesting to attend.

Tuesday, May 11
8:30 a.m. - noon

Tuesday, July 13
8:30 a.m. - noon

Tuesday, Sept. 14
8:30 a.m. - noon

Tuesday, Nov. 9
8:30 a.m. - noon

SAPR Initial Victim Advocate Training
Required course to become a command-designated and credentialed SAPR victim advocate.

Monday, May 10 - Friday, May 21, 7:30 a.m. - 1 p.m.

Monday, June 21 - Friday, July 2, 7:30 a.m. - 1 p.m.

SAPR Policy Summit and Advocate Appreciation Event
Because April is Sexual Assault Awareness and Prevention Month (SAAPM), this month’s 2-hour program is delivered in two parts: (1) “The SAPR Policy Summit”, open to all SAPR personnel and command leadership teams, provides policy changes and updates for a constantly changing program, and (2) “SAPR Advocate Appreciation” provides a well-deserved opportunity for Installation SAPR teams and commands to recognize and celebrate their command SAPR teams and individuals’ amazing work and endless hours dedicated to support Sailors impacted by sexual assault. To register, contact your local installation SAPR office by Tuesday, April 6.

Wednesday, April 7
10 a.m. - noon

SAPR Primary Unit Victim Advocate Training
Required course to become a command-designated SAPR Primary Unit Victim Advocate. To register, contact the local installation SAPR office by Wednesday, May 19.

Wednesday, May 26
7:30 a.m. - 4 p.m.

SAPR Victim Advocate Refresher Training
Credentialed advocates must complete 32 hours of refresher training every 2 years.

Thursday, May 27, 2-4 p.m.
Thursday, June 24, 2-4 p.m.

Chalk It Up for Awareness
Chalk It Up is a sidewalk (chalkboard, snow, quarterdeck display) art competition held during the month of April to raise awareness of sexual assault. Teams can be created from any command and be a combination of Active Duty and civilian. All art must be SAPR related. Winner(s) announced Friday, April 30. Submit your team’s photo entry by emailing NSE.SAPR@navy.mil.
**FAMILY SUPPORT SERVICES**

Our Family Employment, Ombudsman Support, New Parent Support Home Visitation (NPSHV) Program and the Exceptional Family Member Program (EFMP) are here to offer the help you need, when you need it. To attend our upcoming classes, visit the APAN link (where provided) or call 866-854-0638. Additional formats may be available.

<table>
<thead>
<tr>
<th>EVENT</th>
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</thead>
<tbody>
<tr>
<td><strong>Baby INDOC</strong></td>
<td>Thursday, June 24 1-2:30 p.m.</td>
</tr>
<tr>
<td>Part of the NPSHV program, Baby INDOC (named after Navy indoctrination programs) aids military parents in learning how to care for and bond with their newborns.</td>
<td><a href="https://connect.apan.org/nbknps/">https://connect.apan.org/nbknps/</a></td>
</tr>
<tr>
<td><strong>Baby Talk</strong></td>
<td>Thursday, May 6 2-3 p.m.</td>
</tr>
<tr>
<td>Listen, learn and share ideas with New Parent Support. We will explore various child development hot topics, share baby tips, creative tricks and so much more.</td>
<td><a href="https://connect.apan.org/nbknps/">https://connect.apan.org/nbknps/</a></td>
</tr>
<tr>
<td><strong>Baby’s First Foods</strong></td>
<td>Friday, May 21, 1-2 p.m.</td>
</tr>
<tr>
<td>Empowers families who are starting to transition babies from liquids to solids by providing safety tips and simple, healthy recipes.</td>
<td><a href="https://connect.apan.org/nbknps/">https://connect.apan.org/nbknps/</a></td>
</tr>
<tr>
<td><strong>Daddy Boot Camp</strong></td>
<td>Thursday, April 29 3-4 p.m.</td>
</tr>
<tr>
<td>Learn what it takes to be a great dad from NPSHV program experts.</td>
<td><a href="https://connect.apan.org/nbknps/">https://connect.apan.org/nbknps/</a></td>
</tr>
<tr>
<td><strong>Earth Day Activity</strong></td>
<td>Thursday, April 22 1-2 p.m.</td>
</tr>
<tr>
<td>Celebrate Earth Week with NPSHV program by learning how to make developmental toys and activities using recycled materials found at home.</td>
<td><a href="https://connect.apan.org/nbknps/">https://connect.apan.org/nbknps/</a></td>
</tr>
<tr>
<td><strong>EFMP 101</strong></td>
<td>Tuesday, May 4, 5-7 p.m.</td>
</tr>
<tr>
<td>Overview and introduction to the EFMP Program. This workshop covers the EFMP enrollment process, EFMP benefits for service members and families, TRICARE for special needs families and what local resources are available.</td>
<td><a href="https://connect.apan.org/nbkefmp/">https://connect.apan.org/nbkefmp/</a></td>
</tr>
<tr>
<td><strong>EFMP Command POC Training</strong></td>
<td>Thursday, April 1 9-11 a.m.</td>
</tr>
<tr>
<td>This training covers the enrollment process and responsibilities, EFMP benefits for commands, service members and their families; TRICARE for Special Needs families, and local military/civilian resource information.</td>
<td><a href="https://connect.apan.org/nbkefmp/">https://connect.apan.org/nbkefmp/</a></td>
</tr>
<tr>
<td><strong>Moving with an EFM</strong></td>
<td>Wednesday, April 28 5-7 p.m.</td>
</tr>
<tr>
<td>For a stress-less PCS, find out more about benefits, relocation entitlements and school resources available for Exceptional Family Members.</td>
<td><a href="https://connect.apan.org/nbkefmp/">https://connect.apan.org/nbkefmp/</a></td>
</tr>
<tr>
<td><strong>EFMP/IA: Swim</strong></td>
<td>Friday, May 14, 5-7 p.m.</td>
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<tr>
<td>Enjoy some time playing with different pool items. Held at the Bangor Aquatics Center (may be subject to cancellation, contact your local EFMP Coordinator for details).</td>
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<tr>
<td><strong>EFMP: Family Picnic</strong></td>
<td>Friday, June 25 11 a.m.-2 p.m.</td>
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<tr>
<td>EFM families can come and enjoy some safe playtime at Camp McKean (may be subject to cancellation, contact your local EFMP Coordinator for details).</td>
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<tr>
<td><strong>EFMP: Movie</strong></td>
<td>Every 4th Saturday of the month 1-2 p.m.</td>
</tr>
<tr>
<td>Lights up, sound down sensory-friendly movie at Bangor Cinema Plus Theater (may be subject to cancellation, contact your local EFMP Coordinator for details).</td>
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<tr>
<td><strong>Family Readiness Group (FRG) Training</strong></td>
<td>Monday, June 6-8 8:30-10 a.m.</td>
</tr>
<tr>
<td>This 2-day course will provide you with the knowledge and tools necessary to start up and operate an effective FRG that can support families before, during and after deployment.</td>
<td><a href="https://connect.apan.org/nbk-frg/">https://connect.apan.org/nbk-frg/</a></td>
</tr>
<tr>
<td><strong>Ombudsman Basic Training</strong></td>
<td>Tuesday, May 18- Thursday, May 20 8-10 a.m.</td>
</tr>
<tr>
<td>This seminar covers everything you need to know: command relationships, communicating with families, confidentiality, information and referral services, and basic deployment support issues.</td>
<td><a href="https://connect.apan.org/nbkombudsman/">https://connect.apan.org/nbkombudsman/</a></td>
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<tr>
<td>Overseas Transfer Workshop</td>
<td><em>Wednesday, May 26 9-11 a.m.</em></td>
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<tr>
<td>Positive Parenting (10-week course)</td>
<td>Thursdays, April 8-June 10 9-11 a.m.</td>
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<tr>
<td>Smooth Move</td>
<td>Tuesday, April 13 1-3 p.m.</td>
</tr>
<tr>
<td>Sponsorship Training</td>
<td>Friday, April 9, 1-3 p.m.</td>
</tr>
<tr>
<td>Spouse INDOC</td>
<td>Thursday, May 6 5-7 p.m.</td>
</tr>
<tr>
<td>Welcome Aboard</td>
<td>Friday, June 11, 1-3 p.m.</td>
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</tbody>
</table>

**FINANCIAL MANAGEMENT**

A key contributor to fleet and family readiness is having a solid financial plan in place. We offer a variety of resources to keep you and your command up-to-date on issues that can impact your financial health. To register for our upcoming classes, visit the APAN link (where provided) or call 866-854-0638. Additional online, in-person and on-demand options may be available.

<table>
<thead>
<tr>
<th>EVENT NAME</th>
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<tbody>
<tr>
<td>Command Financial Specialist (CFS)</td>
<td>Monday, June 21- Friday, June 25 7:30 a.m.-4 p.m.</td>
</tr>
<tr>
<td>CFS Continuing Education - Student Loans and Paying for College</td>
<td>Thursday, April 22 1-3 p.m.</td>
</tr>
<tr>
<td>CFS/PFM Leadership Financial Forum via Teams</td>
<td>Wednesday, May 12 5-6 p.m.</td>
</tr>
<tr>
<td>CFS Refresher via Teams</td>
<td>Thursday, May 13 7:30 a.m.-4 p.m.</td>
</tr>
<tr>
<td>Make Your Dream a Reality: Retirement Planning Made Easy</td>
<td>Friday, May 21 10 a.m.-noon</td>
</tr>
<tr>
<td>EVENT NAME</td>
<td>DATE/TIME</td>
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<tr>
<td>Million Dollar Sailor/Spouse</td>
<td>Thursday, April 29-Friday, April 30 8 a.m.-3 p.m.</td>
</tr>
<tr>
<td>Newly Wed Financial Communication Seminar</td>
<td>Friday, June 11 10 a.m.-noon</td>
</tr>
<tr>
<td>The Thrift Savings Plan and Blended Retirement System</td>
<td>Friday, April 16 5-6:30 p.m.</td>
</tr>
</tbody>
</table>

### LIFE SKILLS EDUCATION

Make your life everything you imagined and start living by choice, not by chance. Join one of our many classes to find out the secrets to living a positive, empowered and fulfilled life! To register for our upcoming classes, visit the APAN link (where provided) or call 866-854-0638. Additional online, in-person and on-demand options may be available.

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<tr>
<th>EVENT NAME</th>
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<tbody>
<tr>
<td>Conflict Resolution</td>
<td>Thursday, June 24 9-11 a.m.</td>
</tr>
<tr>
<td>Effective Communication</td>
<td>Thursday, June 17 9-11 a.m.</td>
</tr>
<tr>
<td>Lemons to Lemonade</td>
<td>Tuesday, May 14 9-11 a.m.</td>
</tr>
<tr>
<td>Relationship Resources</td>
<td>Thursday, April 15 5-7 p.m.</td>
</tr>
<tr>
<td>Stress Management 101</td>
<td>Thursday, May 6 9-11 a.m.</td>
</tr>
<tr>
<td>Stress Management (4-session class)</td>
<td>Thursday, April 8 9-11 a.m.</td>
</tr>
<tr>
<td>Time and Self-Management</td>
<td>Friday, April 16 10 a.m.-noon</td>
</tr>
<tr>
<td><a href="http://www.navylifepnw.com/podcasts">www.navylifepnw.com/podcasts</a></td>
<td>Wednesday, June 16 1-3 p.m.</td>
</tr>
</tbody>
</table>
**UPCOMING PROGRAMS & EVENTS**

**EMPLOYMENT/TRANSITION SUPPORT**

Our Employment specialists are here to help guide you with career planning, transition assistance and support in finding a job you’ll love. Classes are scheduled based on demand. Contact your Command Career Counselor or call 866-854-0638 for more information.

**EVENT NAME**

(TAP) Pre-Separation

This is an introduction to the Transition Assistance Program (TAP) curriculum and will assist service members in identifying programs and services available to them while on active duty and after separation.

(TAP) Managing Your (MY) Transition

Make your transition from military service to the civilian sector a successful one. This monthly class covers important military and civilian resources as well as “less obvious” issues, such as personal and family transition concerns, the differences in the culture of civilian and military workplaces, transition-related stressors, and the importance of effective communication. Registration required.

(TAP) Military Occupational Code (MOC) Crosswalk

Class demonstrates how to translate military skills, training and experience into civilian credentialing appropriate for civilian jobs. Service members will document their military career experience and skills, translate their military occupation experience to civilian sector occupations and skills, and identify any gaps in their training or experience that need to be filled to meet their personal career goals. Registration required.

(TAP) Financial Planning for Transition

Stay in control of your finances during your transition. This class will introduce tools to help you calculate military-to-civilian income equivalence and the real cost-of-living for at least two geographical locations, and an updated spending plan. Registration required.

(TAP) VA Workshop

This brief is designed to enable transitioning service members (TSMs) to make informed decisions regarding the use of VA benefits. The program is designed around the understanding that no two transitions are the same. Topics covered include disability benefits and compensation, memorial and burial benefits, education and economic support, housing benefits, and health-care options, as well as physical and emotional health needs.

(TAP) Department of Labor Employment Fundamentals of Career Transition (DOL EFCT)

This class lays the foundation of the transition from military to civilian life. It provides an introduction to the essential tools and resources needed to evaluate career options, information for civilian employment, and the fundamentals of the employment process.

(TAP) Managing Your (MY) Education (2-day)

Interested in pursuing higher education? This 2-day workshop covers tips for choosing a field of study, selecting an institution and admission requirements. Target audience: service members attending college for the first time and those applying to graduate school programs.

(TAP) Managing Your (MY) Entrepreneurship (2-day)

Learn about the benefits and challenges of entrepreneurship and the steps required to launch a small business successfully. After completing the Small Business Association (SBA) Entrepreneur Track, participants can take advantage of follow-on training, counseling and mentorship opportunities designed to assist with business planning, market research, access to capital and all other aspects and stages of small business ownership.

(TAP) Department Of Labor Career and Credential Exploration (2-day)

This class offers a unique opportunity for participants to complete a personalized career development assessment and present them with tailored job recommendations that align with their occupational interests and abilities. Participants are guided through a variety of career considerations including labor market projections, education, apprenticeships, certifications and licensure requirements.

(TAP) Disabled American Veterans

Information regarding Benefits Delivery at Discharge (BDD) claims. Describes procedures and requirements to file a VA disability claim prior to separation.

CONSEP Mid-Career

CONSEP gives you the opportunity to gather and understand information as you analyze your options to continue your service in the Navy or pursue a civilian career.

Department of Labor Vocational Career Track

This workshop offers the opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve your career goals.

Transition Assistance Program (TAP) Capstone Event

The event takes place after you have completed Pre-assessment with your Command Career Counselor and attended the 3-day workshop, as well as one of the four Career Tracks. During Capstone, your Individual Transition Plan (ITP) and E-form 2648 (Individual Transition Plan Checklist) will be reviewed to verify that you have met your transition Career Readiness Standards.

**NOW OFFERING VIRTUAL SERVICES AND ONE-ON-ONE PHONE APPOINTMENTS**

Visit navylifepnw.com/webinars or call 866-854-0638

**EVENT NAME**

(TAP) Employment Workshop (2-day)

This monthly class provides service members with a comprehensive 2-day workshop that covers emerging best practices in career employment, including in-depth training to learn interview skills, build effective resumes, and use emerging technology to network and search for employment.

(TAP) Department Of Labor Career and Credential Exploration (2-day)

This class offers a unique opportunity for participants to complete a personalized career development assessment and present them with tailored job recommendations that align with their occupational interests and abilities. Participants are guided through a variety of career considerations including labor market projections, education, apprenticeships, certifications and licensure requirements.

(TAP) Disabled American Veterans

Information regarding Benefits Delivery at Discharge (BDD) claims. Describes procedures and requirements to file a VA disability claim prior to separation.

CONSEP Mid-Career

CONSEP gives you the opportunity to gather and understand information as you analyze your options to continue your service in the Navy or pursue a civilian career.

Department of Labor Vocational Career Track

This workshop offers the opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve your career goals.

Transition Assistance Program (TAP) Capstone Event

The event takes place after you have completed Pre-assessment with your Command Career Counselor and attended the 3-day workshop, as well as one of the four Career Tracks. During Capstone, your Individual Transition Plan (ITP) and E-form 2648 (Individual Transition Plan Checklist) will be reviewed to verify that you have met your transition Career Readiness Standards.
<table>
<thead>
<tr>
<th>EVENT NAME</th>
<th>DATE/TIME</th>
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</thead>
<tbody>
<tr>
<td>Basic Resume</td>
<td>Thursday, April 1 5-7 p.m.</td>
<td>Interviewing Skills</td>
<td>Tuesday, May 11 1-3 p.m.</td>
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<tr>
<td>Define what employers want in a quick, easy and direct format.</td>
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<td><a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a></td>
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<td>Military to Manufacturing</td>
<td>Monday, June 28-29 8-4 p.m.</td>
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<tr>
<td>Entrepreneurship (Boots to Business) Career Track</td>
<td>Thursday, May 13-14 8 a.m.-4 p.m.</td>
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<td>Service members pursuing self-employment in the private or non-profit sectors will receive information related to the benefits and challenges of entrepreneurship and the steps required for business ownership through the SBA “Boots to Business” course.</td>
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<td><a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a></td>
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<tr>
<td>Navigating the Federal Application Process</td>
<td>Thursday, June 3 1-4 p.m.</td>
<td>Spouse Transition and Readiness Table-Talk (START)</td>
<td>Tuesday, May 18 8:30 a.m.-4 p.m.</td>
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<tr>
<td>This workshop will teach you the basics of applying for a federal job – from how to quickly find positions that interest you, to making your application highlight key skills. This class is hosted by more than one base. Select the link that corresponds with your preferred date:</td>
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<td><a href="https://connect.apan.org/nbkferp/">https://connect.apan.org/nbkferp/</a></td>
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<td>Spouse CERT (Career, Education, Resources, Training)</td>
<td>Thursday, April 20 5-7 p.m.</td>
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Preparing for the Job Fair
Come learn the importance of participating in a job fair. This is an opportunity for you to meet with employers on an informal basis to discuss career information and employment opportunities.
https://connect.apan.org/nbkferp/

Tuesday, April 6
10 a.m.-noon

Preparing for the Virtual Job Fair
Learn how to successfully prepare for and attend your first Virtual Job Fair.
https://connect.apan.org/nbkferp/

Thursday, May 20
5-6 p.m.

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

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www.navywoundedwarrior.com

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**CH I L D & Y 0 U T H P R O G R A M S**

We’re committed to supporting military and DoD civilian families by recognizing the uniqueness of each family’s lifestyle and needs. In addition to on-base child care options, we offer a wide variety of age-appropriate activities for school-age children and teens.

<table>
<thead>
<tr>
<th><strong>Child Development Centers</strong></th>
<th><strong>School-Age Care/Youth Centers</strong></th>
<th><strong>Child and Youth Programs Director</strong></th>
</tr>
</thead>
</table>
| Child Development Centers (CDCs) care for children 6 weeks to 5 years of age. All centers are accredited by the National Association for the Education of Young Children. | Our School-Age Care (SAC) program offers recreational and educational activities for children 5-12 years of age. We also offer safe activities for teens. | Jackson Park Community Center  
2572 Cascade Pass Blvd.  
Bremerton, WA 98312  
360-476-7484  
**Director**  
Jackson Park Community Center  
2572 Cascade Pass Blvd.  
Bremerton, WA 98312  
460-476-7460 or Cell: 360-731-1861 |
| **NBK-Bangor Child Development Center**  
2902 Ohio St.  
Silverdale, WA 98315  
360-396-5920 | Admiral Boorda Teen Center (ABC)  
4168 Greenfish Circle  
Silverdale, WA 98315  
360-396-2065  
ABC Library books available for checkout. |  |
| **NBK-Bremerton Infant & Toddler Center**  
1141 U St.  
Bremerton, WA 98314  
360-627-2974 | Jackson Park School-Age Care/Youth & Teen Center  
6180 Snoqualmie Pass St.  
Bremerton, WA 98312  
360-627-2041 |  |

*Health Protection Notice: FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly for confirmation or visit navylifepnw.com for current hours of operation and updates.*
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Military families give the US Family Health Plan at PacMed top marks for quality.* Receive all your TRICARE Prime benefits through our all-civilian network with locations throughout the Puget Sound area.

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FOR ACTIVE-DUTY FAMILIES AND MILITARY RETIREES**
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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The Department of Navy does not endorse any company, sponsor or their products or services.
HOUSING SERVICES

Your installation Housing Service Center (HSC) is your source for helpful and friendly information about housing options at any installation worldwide, including safe and affordable pre-screened community housing listings, personalized counseling and more.

Housing Service Center

Bangor Plaza
2720 Ohio St.
Bldg. 2720
Silverdale, WA 98315
360-396-4399
Monday-Friday: 7 a.m.-4:30 p.m.

Naval Hospital
Check-in: Naval Hospital
Bremerton - Schon Hall
1 Boone Rd.
Bldg. HP05
Bremerton, WA 98312
360-475-4334
After-hours Emergency Maintenance
360-340-2297

Housing Services:
- Pre-screened community housing listings.
- Personalized counseling to find what will work best for your situation, including exceptional family member needs.
- Lease services, including review and explanation of lease terms and lease negotiation.
- Subject matter experts who can assist you with the Service members Civil Relief Act (SCRA) or any landlord/tenant disputes that you have been unable to resolve on your own.
- Housing representatives who can document basic health or safety conditions in the home.
- Outbound services to help you with housing at your next destination.
- Local maps, fax services and more, all available to you at no cost!

HOMES.mil, your FREE online resource
Check out HOMES.mil, the only DoD-sponsored rental listing website used by Military Housing Offices around the world. Service members and their families can view property listing details, contact Property Managers by email, compare multiple listings and map rental properties. Property managers and landlords can also use this service to list their rentals. For more information, contact your installation HSC.

Online Barracks Maintenance Requests
Available 24/7, residents can submit non-emergency maintenance requests through the online maintenance request program at www.navylifepnw.com. Requests are sent to our Maintenance Tracking Program and are reviewed daily by UH Building Managers. Residents receive an email confirmation when their maintenance requests are received, assessed and completed.

Unaccompanied Housing

Bangor/Keyport Check-in: Navy Gateway Inns & Suites
Ohio St.
Bldg. 2750
Silverdale, WA 98315
360-396-4046

Homes.mil, your FREE online resource
Check out HOMES.mil, the only DoD-sponsored rental listing website used by Military Housing Offices around the world. Service members and their families can view property listing details, contact Property Managers by email, compare multiple listings and map rental properties. Property managers and landlords can also use this service to list their rentals. For more information, contact your installation HSC.

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The Department of the Navy does not endorse any company, sponsor, or their products or services.
April is Month of the Military Child

WE SERVE, TOO!

#purpleup4militarykids

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