



FLEET & FAMILY READINESS (FFR)

summer/fall

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

2023



navylifepnw

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



WHAT'S INSIDE

FFR: The Key to Unlocking Your Passion

Filling Your Life With Fun: Adventures with MWR Community Recreation

The Passion Behind the P.L.A.N.

Work Perks: 10 Great Reasons to Work for FFR



2023

GREAT NAVY CAMPOUT

Discover Your Adventure

SPONSORED BY

T-Mobile

Visit navylifepnw.com/campout for details or call participating sites below to reserve your campsite!



June 23-25
360-257-2432

Aug. 18-20
360-276-4414
ext. 2

Aug. 19-20
BA: 360-396-2449
BR: 360-476-3178

Sept. 15-16
425-304-3575



No Navy endorsement implied.



Kitsap County's Premier Boutique Bakery

We're custom order specialists, from cakes to cupcakes to personal-sized desserts, and more. We'll gladly prepare your order to match your theme, event colors, flavor preferences, and any decor ideas you can imagine. We can even deliver and set up your desserts anywhere in Washington State. There's no food allergy or dietary restriction we can't accommodate - everyone deserves a treat!

360-908-8096

10726 Silverdale Way NW #107

BellaBellaBakery.com

Orders@BellaBellaBakery.com



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Casey Reed
CNRNW N9 | FFR Director
Naval Base Kitsap

Summer is here and it is a great time to explore your passions or find new ones. Head to one of our MWR Recreation Centers and rent a kayak, canoe or mountain bike and use it to check out a new area of the Pacific Northwest. Maybe camping is your passion? Take part in the Great Navy Campout on Aug. 19-20, at Trident Lakes and our MWR team will teach you the basics of camping equipment, safety, and outdoor cooking. Is helping Service Members and their families your passion? Consider contacting our Fleet and Family Support Center (FFSC) to learn about the Ombudsman Program or Family

Readiness Groups. FFSC can also help you figure out what kind of job aligns with your passions when you work with our Work and Family Life Consultants. If you're passionate about good food at a great value like I am, join me at the Trident Inn Galley each month for the special meal. We'll see you at the Summer Bash Picnic on the Patio on Aug. 11 or in celebration of Navy Birthday on Oct. 13. These meals are open to all base-eligible patrons. Visit kitsap.navylifepnw.com and follow us on Facebook and Instagram at [@KitsapFFR](https://www.facebook.com/KitsapFFR) to start exploring your passion and find the latest information about upcoming classes, activities and events.

JULY-DECEMBER 2023
FEATURES
10

SOMETHING FOR EVERYONE

MWR Community Recreation is here to fill your life with fun! From community events to outdoor recreational activities and exploration, we bring the best of the Pacific Northwest to the forefront for you.

20

UNLOCK YOUR PASSION

Finding your passion can be a challenging undertaking if you are unsure how to begin. FFR programs are your key to unlocking your potential for a better you.

30

A NEW SUPPORT PLAN

Service members and families who have experienced a pregnancy loss lacked in-depth support for such a devastating crisis. Luckily, an FFSC counselor has a P.L.A.N.

WELCOME FROM THE FFR DIRECTOR



navylifepnw

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

Unless otherwise noted, the FFR programs described herein are intended for authorized patrons only. We make every effort to ensure that the information is accurate at the time of publication; however, all activities, events and hours of operation are subject to change.

FFR activities and services may require advanced registration and are subject to change or cancellation without prior notice. Contact the facility directly or visit navylifepnw.com for current hours of operation and health precautions in effect. For the most up-to-date information, please visit our website at navylifepnw.com. A digital version of this guide is available at: Kitsap.navylifepnw.com/magazine.



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WHAT'S INSIDE

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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.

32

FFSC

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

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HOUSING

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

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

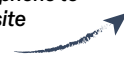
- Activity/event registration
- Event details and maps
- Support resources

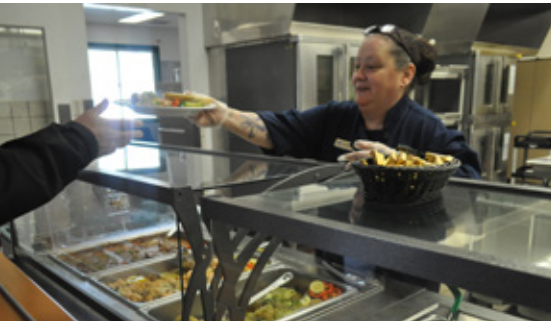
- On-base restaurant apps
- Our social media pages
- and more!

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 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) accepted here!



KHAKI LOUNGE

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

The Khaki Lounge is back, serving after-hours bar and food service. Open to Active Duty E-7 and above (or civilian equivalent) and their guests (Ages 18+). Patrons may reserve the Khaki Lounge 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, let us be your home for traditional American fare. Our menu features a selection of salads, wraps, burgers, sandwiches, whole pizzas and kid friendly options. Open to anyone with base access including retirees, guests and contractors



ISLAND EXPRESS

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

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



PSNS & IMF EMPLOYEE FOOD SERVICES

360-627-2096

- Canteens: B435, B850A, B1124, B813
 - Mobile Food Truck (M4 & M5)
 - Espresso Stands (448, 560 & 896)
 - Juan's Cantina, now located within CIA
- NAVSEA badge for access to the CIA is required. All locations have pre-packaged sandwiches, muffins, hot and cold drinks and snacks. Additionally, salads, breakfast and lunch entrees are available daily. Thank You Bucks are redeemable at all outlets. For current menu, hours and locations available online.



TRIDENT INN GALLEY

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

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



NBK CATERING & CONFERENCE CENTERS

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

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





COMMUNITY RECREATION FACILITIES

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

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



BANGOR RECREATION CENTER

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

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

BREMERTON RECREATION CENTER

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

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

MWR OUTDOOR PARKS AND RECREATION AREAS

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



Camp McKean - Open Memorial Day weekend through Labor Day weekend, Thursday through Sunday, 10 a.m.-6 p.m. Located five miles west of Naval Base Kitsap-Bremerton, along the Kitsap Lake shoreline. The site includes a beach, large pavilion, gazebo, picnic area with barbecue grills, state-of-the-art children's playground, fishing pier and more. Pavilion and boat rentals are available on-site.

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

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

GALLERY GOLF COURSE

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

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



BANGOR SKATE PARK

360-396-2449
 Hours: Dawn till dusk

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



BANGOR THEATER

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

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

A great deal at just \$5.50 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!





MWR LIBERTY PROGRAM

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

Our facilities feature the latest video gaming stations with large screen TVs and comfortable seating, FREE Wi-Fi and CAC-enabled workstations, movie theater, Copy/scan/fax services. LIBERTY offers regular weekly programming such as prize giveaways, tournaments and competitions, volunteer opportunities, birthday celebrations, e-sports and more!

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

BANGOR LIBERTY CENTER

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

BREMERTON FLEET RECREATION CENTER

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



trips
events
exclusives

**GREAT MEMORIES
START *with* MWR!**

CHECK WITH YOUR MWR
COMMUNITY RECREATION CENTER FOR SAVINGS ON:
ATTRACTIONS & ENTERTAINMENT
SPORTING EVENTS
LEISURE TRAVEL



#MakeMemoriesWithMWR

FOOD TRUCKS

at NBK



See the full line-up & schedule at kitsap.navylifepnw.com



NAVAL BASE KITSAP BANGOR THEATER

PARTY PACKAGES

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

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

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

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

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

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

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

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

For more information:
360-396-5466



NAVAL BASE KITSAP
TRIDENT INN GALLEY

Special Meals



11 A.M.-1 P.M. • OPEN TO ALL HANDS



DIVE-IN MOVIES

LIGHTS, CAMERA, SPLASH!

BANGOR AQUATICS CENTER

Relax and float
around while
watching a
family-friendly
movie!





Contributed by navylifepnw Staff

filling your life with *fun*



Adventures with MWR Community Recreation

The Pacific Northwest is a region of stunning natural beauty, diverse landscapes, and endless opportunities for adventure. Everyone can find something fulfilling in this corner of the country, whether it's a relaxing getaway you're looking for, or a thrilling challenge. But how can you make the most of your time and experience the best the Pacific Northwest has to offer? MWR Community Recreation Centers are here to answer the call.





Morale, Welfare, and Recreation provides countless activities and amenities for service members and families, Retirees, DoD civilians and qualified Veterans. One of the main components of MWR is Community Recreation, which engages patrons by providing recreational programs and services like community events, leisure skills development and discount tickets to attractions and vacation bookings. Patrons can also find outdoor recreation activities featuring recreation equipment rentals, parks and picnic areas and information and referral to a variety of recreational offerings in the local areas.

Community Recreation can help you get outside, explore the Pacific Northwest, and go on your new adventure in many ways. Stop by your local Community Recreation Office and see how we can help fill your life with fun.

Y



COMMUNITY EVENTS

Socialize and celebrate with your family, friends or meet new people through Community Recreation organized events and activities. You can join festivals, concerts, movie nights, game nights, holiday parties, or many other types of events or activities. You can also volunteer for a cause near to heart or participate in a contest or challenge to expand your personal horizons. Head into your local Community Recreation Office for a calendar of events or visit us online at Kitsap.navylifepnw.com/Events to check out the events schedule. Looking to stay updated on events and activities? Follow us on Facebook or Instagram pages (@KitsapFFR) for upcoming events and activities.

DISCOUNT TICKETS AND VACATIONS

Community Recreation can help you find tickets to theme parks, museums, zoos, aquariums, or shows. We offer discount tickets to attractions and vacation bookings that allow you to save money and explore new places. Book vacations to Hawaii, Alaska, Canada or Mexico to name a few.

LEISURE SKILLS DEVELOPMENT

Community Recreation offers programs to introduce you to new hobbies and interests. You can take classes or workshops on painting, photography, cooking, gardening or crafting, amongst many others. You can also join clubs or groups to connect with others who share your passions.

OUTDOOR RECREATION

Outdoor Recreation programs allow you to enjoy nature's beauty and reverence. You can join guided trips or tours to some of the Pacific Northwest's most majestic places, from national parks like Mount Rainier, Mt. Baker and Olympic National Park, to scenic destinations like the Pacific Coast. Join us on whitewater rafting trips if thrill-seeking is more your style, or bike and hike at local and state parks for your perfect adrenaline rush.

RECREATION EQUIPMENT RENTALS

You don't have to commit to purchasing recreation equipment just to try something new. Rent what you need for your next adventure at a fraction of the cost through Community Recreation. We have what you need to go mountain biking, paddle boarding, camping, fishing, golf clubs to hit the links and much more. Check with your local recreation office to see if they rent party, grilling and picnic gear instead of investing in equipment you might not need long term. Stop by your local Community Recreation Office for a list of equipment and gear you can rent.

PARKS, PICNIC AREAS, AND NAVY GETAWAYS

Come for the day or stay the week. We have three Navy Getaways locations for people who enjoy the beach or the mountains. Head out to the coast and stay at Pacific Beach to walk and play by the sea. You can venture north to Whidbey Island and spend the weekend glamping in a yurt at Cliffside



RV Park, or head to Jim Creek Recreation Area and stay in a rustic cabin in the mountains for a week of hiking and fishing in a mountain lake. How about relaxing and enjoying the outdoors by staying close to home and visiting a local or on-base park or picnic area? You can visit playgrounds, hiking trails, and beaches and use pavilions or barbecues. You can also reserve spaces for your command functions or family gatherings. Each installation has something for you. Come by our Community Recreation Office and let us help ensure your getaway, no matter how big or small, is filled with fun.

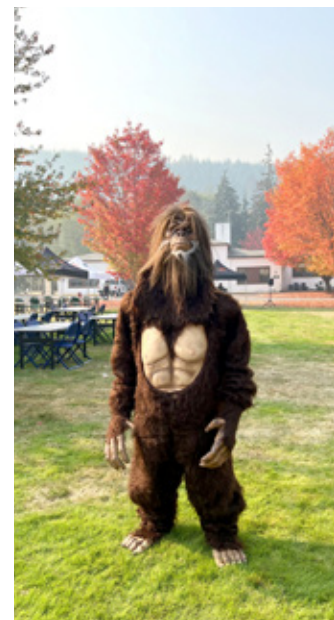
discover some hidden gems along the way, many charming towns, quirky attractions, and local cuisine. Not sure where to go? We're here to help!

MWR Community Recreation has much to offer for anyone who wants to get outside, explore the Pacific Northwest, and go on a new adventure. You can activate your passions and fill your life with fun through recreation, so don't wait any longer; visit your nearest MWR Community Recreation Center today and find out what they have for you!



GO ON A ROAD TRIP

One of the best ways to explore the Pacific Northwest is by hitting the road and driving through its scenic routes. Take a road trip to see some of the most iconic sights of the region, such as Paradise at Mount Rainier National Park and Hurricane Ridge at Olympic National Park. Embark on a trip to Leavenworth, an alpine town nestled in the Cascade Mountains, Roselyn, an old mining town in the Cascades, or Westport, a fishing town on the Pacific Coast. You'll also



GET THE CLAN

BACK TOGETHER

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

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



NAVAL BASE KITSAP CATERING & CONFERENCE CENTER



CASUAL
to **FORMAL**
we do it all.

Event planning & catering, made simple with us.





RECREATIONAL LODGING

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



CLIFFSIDE RV PARK & CAMPGROUND

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

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



JIM CREEK RECREATION AREA & CAMPGROUND

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

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

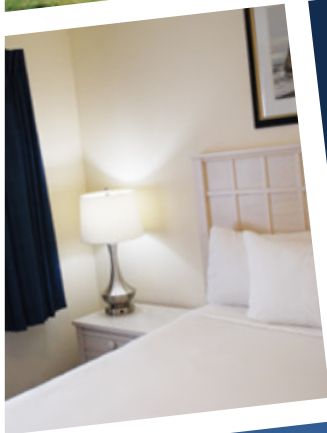


PACIFIC BEACH HOTEL, COTTAGES, RV PARK & CAMPGROUND

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

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






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



Cliffside

RV PARK • CAMPING • YURTS

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




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



Navy Getaways • COME STAY, PLAY AND RELAX.



SPORTS, FITNESS & AQUATICS

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



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

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

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

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

BANGOR FITNESS & AQUATICS CENTER

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

BREMERTON FITNESS & AQUATICS CENTER

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

UNMANNED FITNESS CENTERS

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



ALL NAVY SPORTS: 2023 SPORTS CALENDAR

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



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

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

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

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

5 SIMPLE STEPS TO REGISTERING WITH MYFFR

1 VISIT

www.navylifepnw.com/myFFR

2 LOG IN

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

3 BROWSE

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

4 PURCHASE

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


5 ENJOY!

Rest easy knowing your reservation is complete!



NEW DoDMWRLibraries.org

Explore, read and learn.
Offering 24/7 access to more than 80 online resources



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

DOD MWR LIBRARIES





TRAVEL IN 2023 FOR LESS.
HOTEL DISCOUNTS UP TO 50% OFF AND
OTHER EXCLUSIVE MEMBER RATES

BOOK NOW






FITNESS AT ITS FINEST

Services Offered:

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

How To Make An Appointment:

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

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

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

SCAN to DOWNLOAD the FITNESS ASSESSMENT FORM





ADMIRAL'S CUP

2023 SCHEDULE

Represent your command and installation in Navy Region Northwest tournaments.



SCAN HERE for DATES and LOCATIONS



NAVAL BASE KITSAP - BREMERTON

After-hours BAR SERVICE

VIBE WITH FRIENDS

**Thursdays,
Fridays &
Saturdays
1600-2100**

Must be 21+ to purchase and consume alcohol. Ordering ends at 2030. For more information call: 360-476-9085



SCAN for DETAILS



Gold Star Mother's and Family's Day September 24, 2023

Sacrifice – Remembrance – Strength



www.NavyGoldStar.com
fb.com/NavyGoldStar • 1-888-509-8759

FLEET & FAMILY READINESS: YOUR *Key* TO *Unlock*

Contributed by navylifepnw Staff

Finding your passion can be a challenging undertaking if you are unsure how to begin. Fleet and Family Readiness can provide a range of resources and programs to help you identify new hobbies and introduce you to undiscovered potential interests.

Here are some tips on unlocking your passion with FFR:

ATTEND CLASSES, ACTIVITIES AND EVENTS

Fleet & Family Readiness is comprised of Fleet & Family Support Center and Morale, Welfare and Recreation. These two programs offer a myriad of classes, activities, and events focused on personal and professional development, career exploration, health and fitness, and hobby and interest groups. Attending these events can help you discover new interests and meet like-minded individuals who can support and encourage you.

TRY SOMETHING NEW

One of the best ways to discover your passions is to try new things. MWR offers an array of recreational programs – such as sports teams and fitness classes – as well as classes and creative activities including art and music. The Community Recreation office can offer you opportunities to seek outdoor adventures, trips and travel. Trying new things can help you discover what you enjoy and at which activities you might excel.

TAKE ADVANTAGE OF CAREER COUNSELING SERVICES

Fleet & Family Support Centers help you identify your skills, strengths and interests, as well as explore career paths that align with your passions. These services help you focus on a plan to achieve your career goals and provide guidance on educational and training opportunities.

CONNECT WITH OTHERS

Networking with others who share your interests can help you gain insight into your passions and provide support and encouragement in pursuit of a better you. FFR offers a wealth of social events and interest groups where you can connect with like-minded individuals.

REFLECT ON YOUR EXPERIENCES

Take time to reflect on your past experiences and think about the activities and tasks that brought you the most joy and satisfaction. This reflection can help you identify patterns and themes that can guide you in discovering your passions. If you are not finding events and activities that speak to your passions, tell us, we are often interested in building new programs that meet all needs.

SEEK GUIDANCE AND SUPPORT

Fleet & Family Support Center offers an extensive selection of support services, such as counseling, EFMP Case Liaisons, New Parent Support, clinical and financial counseling, which can help you overcome any barriers that may be preventing you from pursuing your passions. Seeking guidance and support can help you stay motivated and focused on your goals.

Unlocking YOUR Passion

Finding passion in providing for others ...

Alison Campbell, MWR Community Recreation Programmer, says she loves seeing the outcome of activities and patrons' reactions to events.

“It is fulfilling for me as a programmer to create an event and see it to its fruition. It makes me happy to make something come alive.”



Finding passion through dance and belonging ...

Cora Gray and husband Zane – a retired US Marine – are ballroom dancers who have been sidelined the last three years because of COVID protocols. She says she is excited to be active again because dancing is their passion.

“(Zumba returning) brings back camaraderie among the people. It’s a very good feeling that I belong to this place”



Finding your passion at any time ...

CS2 Cole Duvall is the lead baker at the Trident Inn Galley on NBK-Bangor for the last two years. Interestingly, Duvall did not start baking until stationed at the galley but it quickly became his personal passion.

“At least try something once. You never know what you will enjoy doing and end up growing and loving it.”





CHILD & YOUTH PROGRAMS

CHILD & YOUTH PROGRAMS

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



CHILD DEVELOPMENT CENTERS (CDC)

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

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

CHILD DEVELOPMENT HOMES (CDH)

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

KITSAP CHILD DEVELOPMENT HOMES

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

SCHOOL LIAISON

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

NAVAL BASE KITSAP SCHOOL LIAISON

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



NAVY SCHOOL LIAISONS

Connecting Military Families, Commands and K-12 Schools

Did you know?

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

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

Families, Contact your School Liaison for help with:

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

Navy School Liaisons Provide SEVEN CORE SERVICES to Assist Families:

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

Online Resources:

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

Stay on Target with your School Liaisons



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

NAVY REGION NORTHWEST

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

NAVAL BASE KITSAP

360-340-2824 nbk.sl@us.navy.mil

NAVAL STATION EVERETT

425-304-3688 nse.sl@us.navy.mil

NAS WHIDBEY ISLAND

360-257-6863 naswi.sl@us.navy.mil

WORLDWIDE SCHOOL LIAISON DIRECTORIES

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



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

NAVY CYP WE'RE HIRING!



MAKE A DIFFERENCE. BUILD A CAREER.

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Apply Today! www.navylifepnw.com/jobs

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.



NAVY CHILD CARE PROGRAMS

Start Here: [MilitaryChildCare.com](https://militarychildcare.com)

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



Child Development Centers, Family Child Care and School Age Care. You have options.

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



Hourly child care? You've got it.

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



Child Care In Your Home Fee Assistance Program

Fee assistance for families who have determined that full-time, in-home child care is the best solution to meet their needs. *The Child Care in Your Home pilot program has a limited number of child care spaces and is only available in select locations. For assistance, call Military OneSource consultants, available 24/7/365, at 800-342-9647 or schedule a live chat.*

Military Child Care in Your Neighborhood

Fee Assistance for Community-Based Child Care

Serving U.S. Navy Families

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

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



MCCYN



Expanding Affordable Child Care



MILITARY
CHILDCARE  .com

Scan here to get started



Veteran Expanded Facility Access

Navy Exchange, Commissary and MWR activities.

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



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

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

MWR Facilities & Locations: www.navylifepnw.com

Commissary: www.mycommissaries.com

Navy Exchange: www.mynavyexchange.com



navylifepnw.com
f y o

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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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NAVAL BASE KITSAP
CHILD & YOUTH PROGRAMS

WELCOME TO **FUN** TEEN CENTER NIGHTS

Admiral Boorda Teen Center
4168 Greenfish Circle

MONTHLY,
EVERY 1ST & 3RD FRIDAY
4-7 P.M.

Offering a safe space to relax and connect.
Refreshments!

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



SCAN for DETAILS



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www.navylifepnw.com/sponsorship



NAVY HOUSING

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



HOUSING SERVICE CENTER

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

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

HUNT MILITARY COMMUNITY

877-264-7657
westsoundfamilyhousing.com

UNACCOMPANIED HOUSING

BANGOR/PERCH & PICKEREL/KEYPORT CHECK-IN

360-396-4046
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.



LEARN TIPS & TRICKS

FOLLOW US ON SOCIAL MEDIA



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



DEPLOYED FORCES SUPPORT

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

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



For reservations or questions, call 360-476-5936

Transferring PCSing?
Looking for local rentals?



or contact your local Housing Services Office




HOUSING SERVICE CENTER

Let us help you!

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

Visit any Housing Service Center (HSC) for:

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



“I didn’t realize that this moment would become the blueprint of what I would call my passion project, the Pregnancy Loss Awareness Network (P.L.A.N.) at FFSC.”

In December 2021, Jodi was selected for the Navy’s Emerging Leaders Program (ELP) and had the opportunity to promote a necessary change within the workplace and/or Command. “I didn’t realize that this moment would become the blueprint of what I would call my passion project, the Pregnancy Loss Awareness Network (P.L.A.N.) at FFSC,” Jodi says.

What is P.L.A.N.?

What is its mission?

P.L.A.N. is currently a Naval Base Kitsap pilot program designed to create easy access to customized trauma and informed care support services within the Command for service members and immediate family members who have experienced pregnancy loss. It also establishes a complete process for the U.S. Navy to address a pregnancy loss at commands as a primary prevention goal. P.L.A.N. defines a pregnancy loss as an infant death via involuntary or voluntary loss of pregnancy – a miscarriage at less than 20 weeks; stillborn at 20 weeks or more; or, neonatal loss (loss of life for newborn through first 28 days.

The *Passion* behind the P.L.A.N.

Contributed by navylifepnw Staff



The Navy Region Northwest Fleet and Family Support Center has enhanced how it supports our service members and families who have experienced a pregnancy loss crisis. Jodi Hooper is the founder and coordinator of the groundbreaking program and represents just one of the many faces at FFSC who are passionate about their work and inspiring transformation through the nascent program.

Pregnancy loss is, unfortunately, a shared experience many Service Members battle silently. P.L.A.N. is here to help. The Network consists of a group of providers in Command delivering easy access to the following informed-care services:

- A customized care service plan of multiple individualized services and advocate support within the FFSC framework
- Confidential counseling services via FFSC clinical counselors
- Religious Services for spiritual support
- MWR Fitness Center for physical aid with health, nutrition, and other self-care needs
- Command and leadership for military policies or leave support
- Naval Hospital Bremerton or Primary Care Provider for immediate or ongoing physical needs

The P.L.A.N. mission is to “help shatter the silence of pregnancy loss, which educates, empowers, and enhances service members to remain mission ready and focused.” The FFSC is the hub to connect service members and families with support needs. For example, a Care Advocate is assigned to families to link those in need to available resources within the Network.

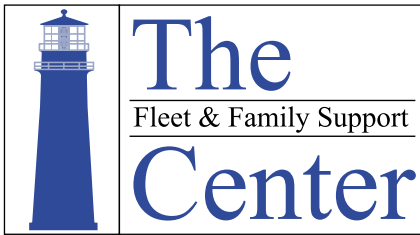
What sparked your passion for creating P.L.A.N. while raising awareness for pregnancy loss, and how do you hope to make a difference in the lives of military families?

In 2017, while stationed with my family in Monterey - my husband was studying at the Naval Postgraduate School - we were expecting our third child. I was pregnant at the same time as a group of close friends who were fellow military spouses.

Unfortunately, one of these friends was a service member who experienced the loss of her pregnancy in her third trimester. Due to this devastating and traumatic experience, she naturally sought counseling. However, there was no pregnancy loss system in place that could be identified within Command to offer additional support and services.

Experiencing this alongside a close friend opened my eyes to this tragedy's prevalence. Soon after, I began to notice a trend among service members, spouses and even fellow staff members who encountered similar journeys and who suffered in silence for many years.

Since its inception in October 2022, P.L.A.N. has received ongoing information and referrals related to pregnancy loss. The program is currently underway at Naval Base Kitsap, and is in its early stages at NAS Whidbey Island and Naval Station Everett. To learn more about P.L.A.N. and how FFSC can help you or anyone who experiences a loss, visit navylife.com/pregnancy-loss.



FLEET & FAMILY SUPPORT CENTER (BLUE)

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

FLEET & FAMILY SUPPORT CENTER (GOLD)

866-854-0638
1099 Tautog Circle, Silverdale, WA

NAVY GOLD STAR CALL CENTER

888-509-8759

24/7 SAPR ADVOCATE

360-340-7037

24/7 SEXUAL ASSAULT RESPONSE COORDINATOR (SARC)

360-340-7156

DOD SAFE HELPLINE

877-995-5247

FLEET & FAMILY SUPPORT

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



NEW SPOUSE

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

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

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

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



EMOTIONAL SUPPORT SERVICES

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

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

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



PARENTHOOD

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

New Parent Support Staff are part of Fleet & Family Support Centers can support 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.



SERVICE MEMBER DEPLOYMENT

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

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

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



EMPLOYMENT & ADULT EDUCATION

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

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

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.

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.



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

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

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



TRANSITION & RETIREMENT

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

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

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



FINANCIAL PLANNING

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

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

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



MOVING & RELOCATION

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

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

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

Visit your FFSC or scan the QR code to learn more.



EXCEPTIONAL FAMILY MEMBER SUPPORT

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

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

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

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

NAVY WOUNDED WARRIOR



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

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



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

navywoundedwarrior.fct@navy.mil

www.navywoundedwarrior.com





Urgent realities.



There is hope



Easier access.



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

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

FERP

FAMILY EMPLOYMENT READINESS PROGRAM

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

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



FLEET & FAMILY READINESS
WORK that MATTERS.



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**WE'RE SEEKING TALENT LIKE YOU
TO JOIN OUR WORLD-CLASS TEAM**

BENEFITS & PERKS

► COMPETITIVE WAGES & BENEFITS

- Benefits begin DAY ONE (Regular Full- and Part-Time). Recruitment or retention bonuses available!*
- Access to base FFR services such as recreation centers, gyms, movie theaters, Navy Exchange and AmericanForcesTravel.com

► GLOBAL CAREER OPPORTUNITIES

- Free training and worldwide transfer opportunities to Navy bases around the world
- Start or advance your career by following US Navy FFR on LinkedIn

► MAKE A POSITIVE IMPACT ON THE MILITARY COMMUNITY



APPLY TODAY!

WWW.NAVYLIFEPNW.COM/JOBS



*Terms & Conditions apply. Contact NAF HR for details



10 Great Reasons to Work for FFR

Contributed by navylifepnw Staff

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

As an FFR Employee ...

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

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

3. Free gym membership. The state-of-the-art fitness centers on each base give you access to cardio equipment, free weights, TRX, spin bikes, outstanding group fitness classes and much more! Fitness equipment orientations, fitness

assessments and facility tours are also available to ensure you know what to do to achieve your desired fitness goals

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

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

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

7. TSA PreCheck® for free. Federal civilian employees are able opt-in to TSA PreCheck®. Save your DoD ID number as your known traveler number when booking a ticket and travel through the airport with ease.

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

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

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



IMPORTANT PHONE NUMBERS

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

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

EMERGENCY ASSISTANCE

FFSC Centralized Scheduling & Urgent Respite Care

866-854-0638

ffsp.cnrnw@navy.mil

FFSC Support Centers

Blue, Bldg. 2901:

396-4115/315-6995

Gold, Bldg. 1099:

396-4896/315-5028

Suicide & Crisis Lifeline 988

Base Operator Bangor/Keyport

360-396-6111

Base Operator Bremerton

360-476-3711

Base Conditions 360-315-4636

Command Duty Officer 360-627-4024

NBK Quarterdeck 360-627-4024

Poison Control Center 800-222-1222

TRICARE Appointment Line 800-404-4506

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

Health Net Federal Services 844-866-9378

TRICARE Nurse Advice Line 800-874-2273

Active Duty Dental Program 866-984-2337

Retirees' Dental Program 888-838-8737

Base Security

Bangor 360-396-6555

Bremerton/Jackson Park 360-476-7299/7617

Keyport 360-396-2582

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



ADDITIONAL BASE RESOURCES

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

Air Mobility Command

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

NAS Flight Recording 360-257-2328

Base Access/DBIDS 800-538-9552

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

Chaplains Office 360-396-6005

Duty

Chaplains 360-396-6163 or 981-5643 (after hours)

Commissary

Bangor 360-396-6025

Bremerton 360-405-1971

Funeral Services

360-315-3456

Honor Guard

360-315-3273/3275

Human Resources 360-257-2979

Legal Office 360-396-6003

Lodging

Navy Gateway Inns & Suites (NGIS) 877-628-9233

Navy Lodge 800-NAVY-INN or 360-779-9100

Navy Exchange

Bangor 360-315-4563/4565

Bremerton 360-627-4843

Navy-Marine Corps Relief Society

Bangor 360-396-6704

Bremerton 360-627-2187

Personal Property 360-396-4366/5977/1732

Personnel Support Detachment 360-396-5508

Public Affairs 360-627-4030

Public Works

360-396-4640

Recycling

360-396-7005

Veterinary Clinic 360-396-7900

ADDITIONAL RESOURCES

Fraud, Waste & Mismanagement 800-522-3451

Navy Family Accountability and Assessment System (NFAAS)

1-877-414-5358 or navyfamily.navy.mil

Madigan Army Hospital 253-968-1110/1145

Military OneSource

800-342-9647 or www.militaryonesource.com

Ready Navy (202) 433-9348/DSN 288-9348 or email readynavy@navy.mil, www.ready.navy.mil/

Veterans Affairs 800-827-1000

NON-DOD RESOURCES

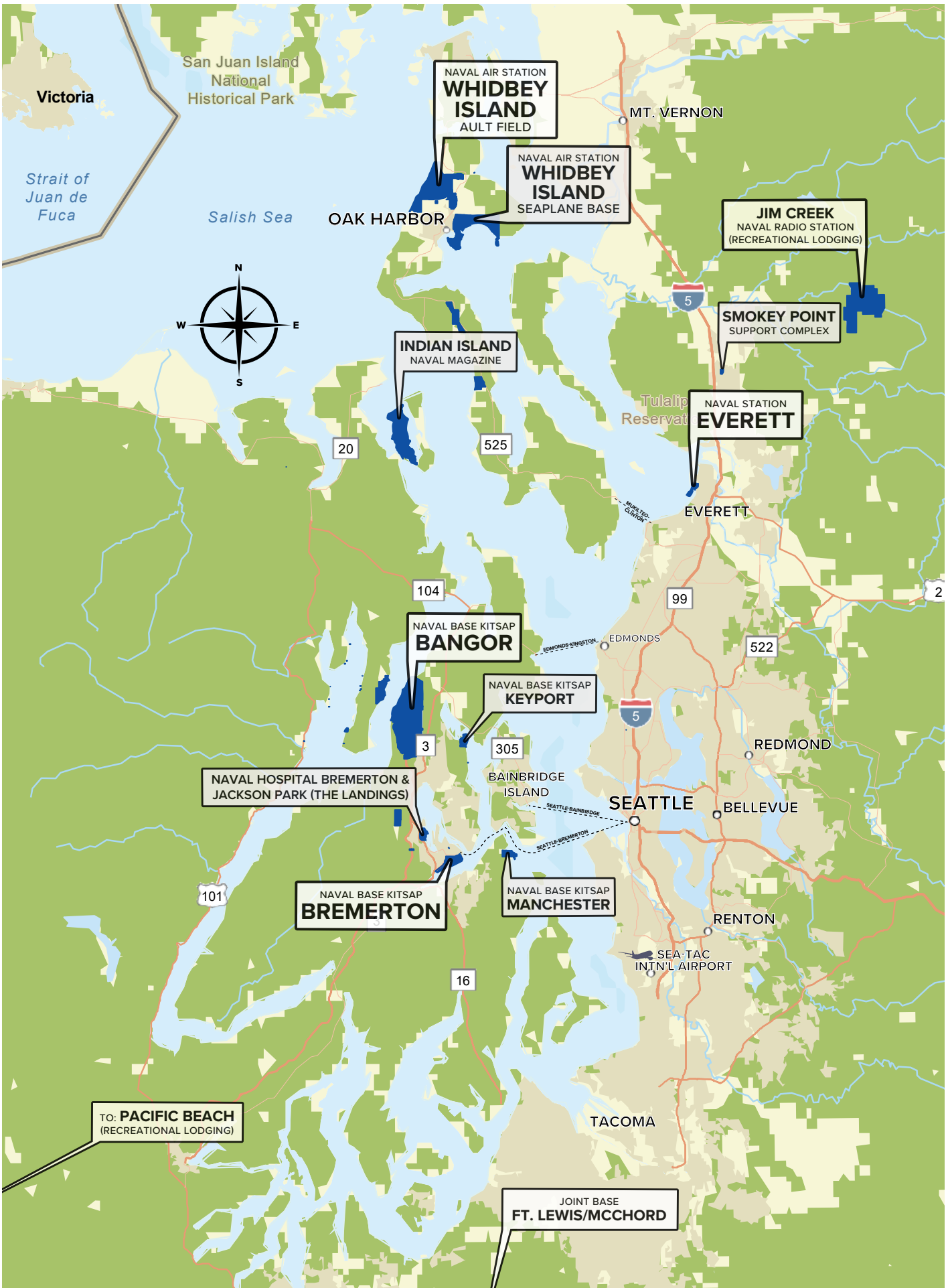
American Red Cross 1-877-272-7337

DSHS/Food Stamps 877-501-2233

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

Victims Services Specialist 360-479-6188

Washington State Dept. of Health Emergency Contacts 1-877-539-4344 (24/7) or 1-206-418-5500 (24/7) or www.doh.wa.gov/Emergencies

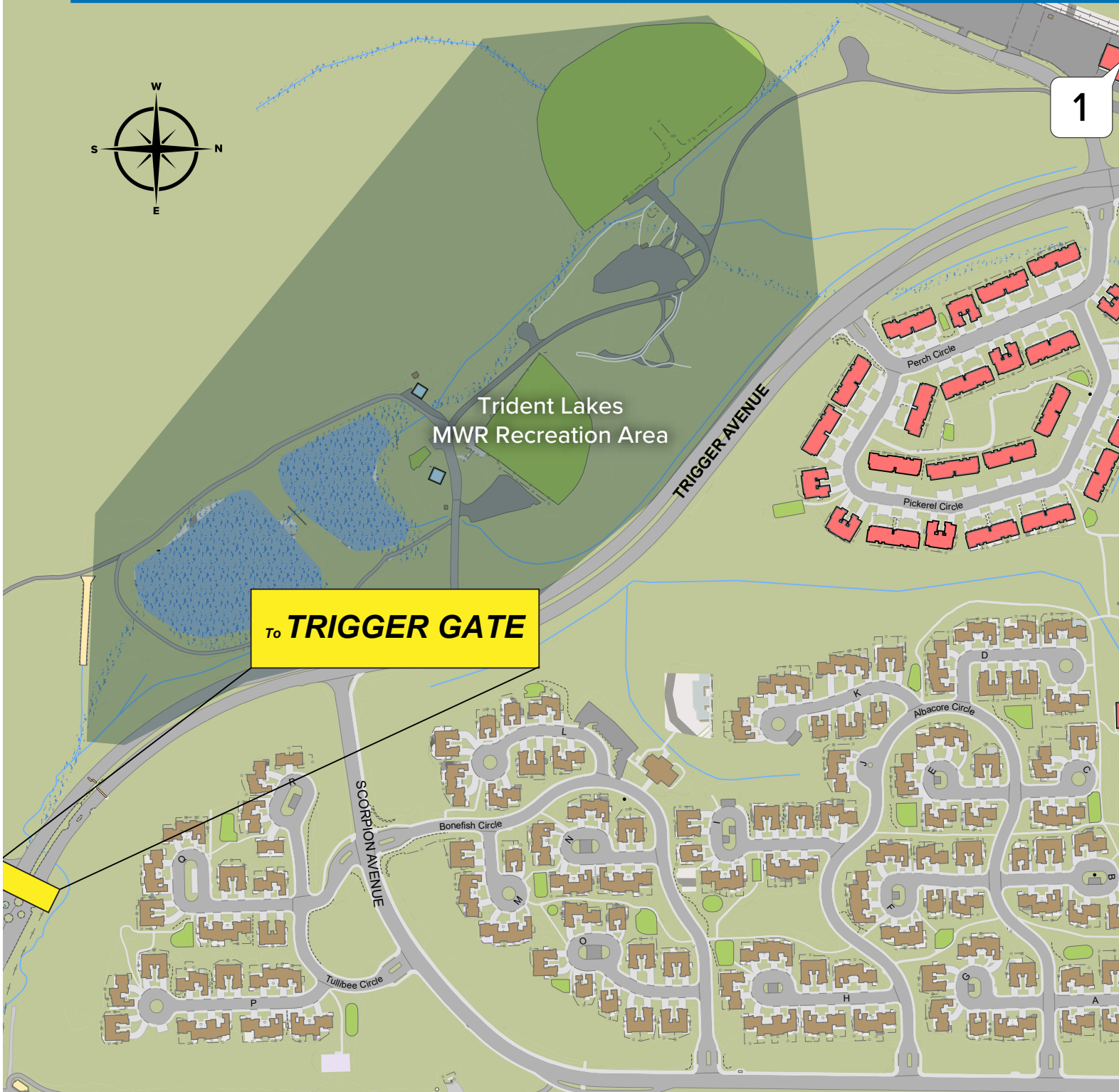
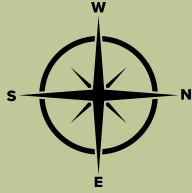


DIRECTORY

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

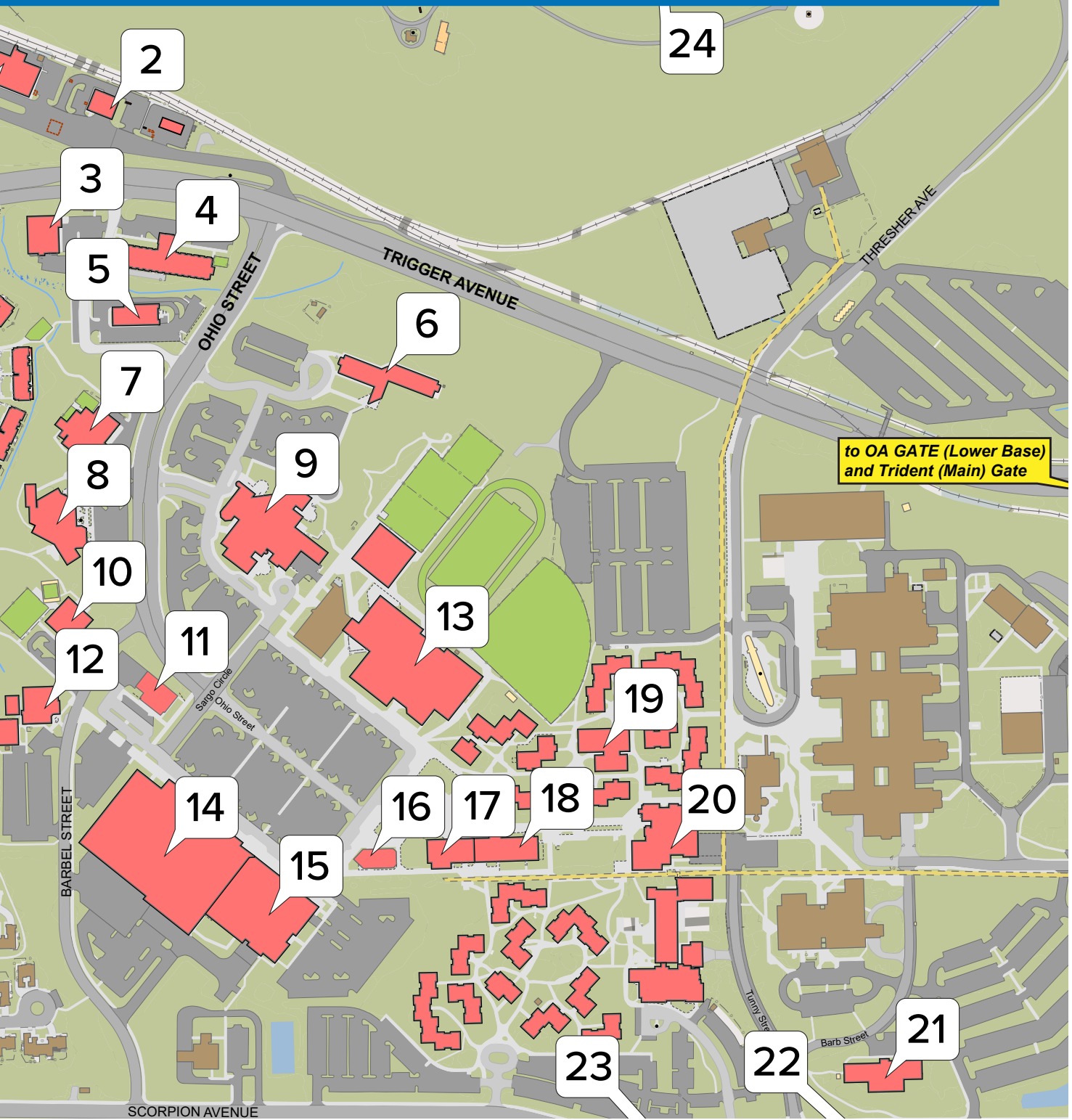
- 7 Child Development Center (CYP)
- 8 Chapel
- 9 Bangor Plaza (includes: Inside Out Cafe & Lounge, Island Express, LIBERTY Center, Bangor Recreation Center - Trips & Tours, Outdoor Recreation Equipment Rental, Catering & Conference, Housing Services Center, MWR Admin Offices)

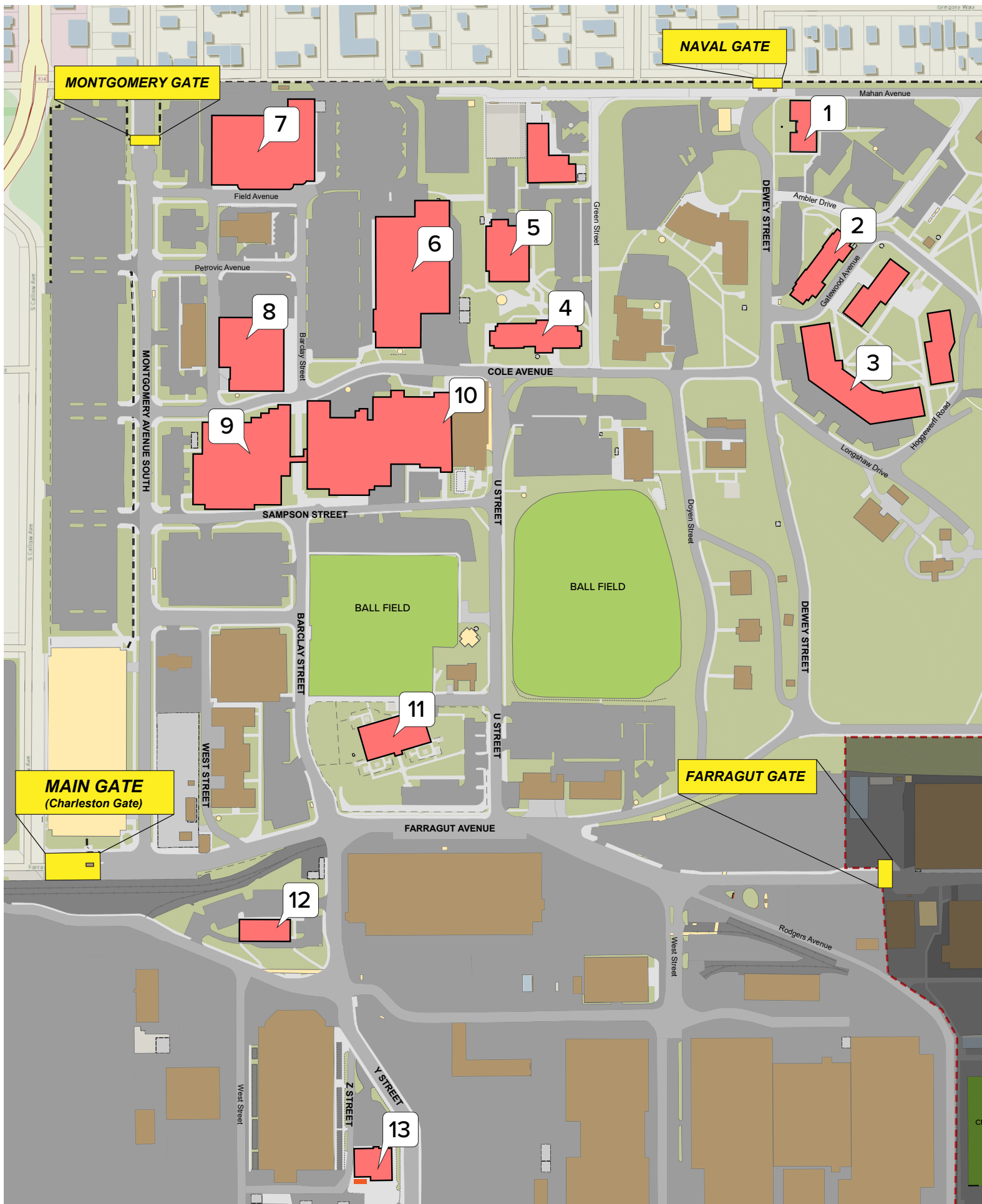
- 10 Litehouse School-Age Care
- 11 US Post Office
- 12 Fleet & Family Support Center
- 13 Bangor Fitness & Aquatics
- 14 Commissary, Subway
- 15 Navy Exchange (NEX), Starbucks

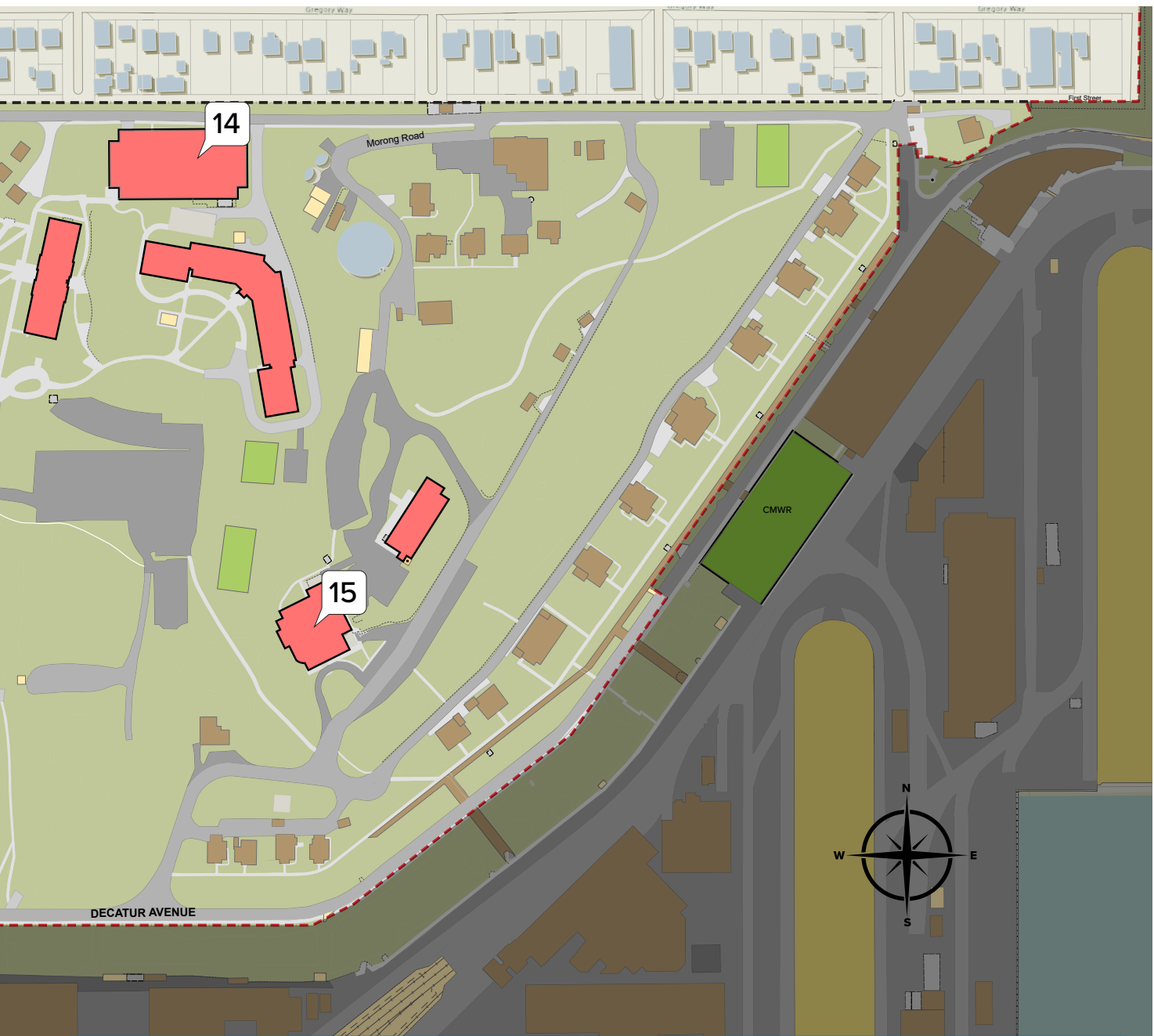


Center (CYP)
Center (Blue)
Center
Starbucks

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







DIRECTORY

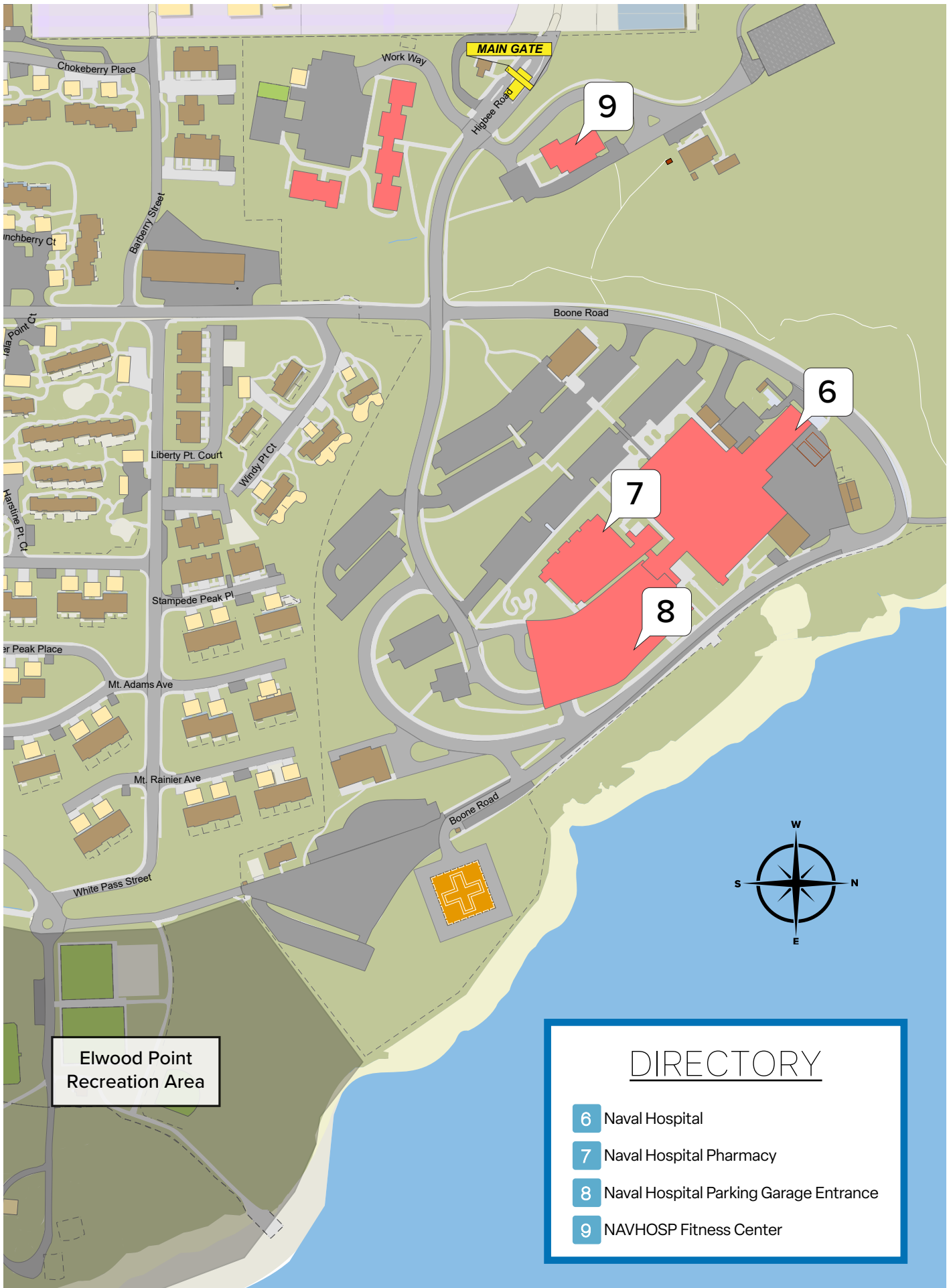
- | | | |
|---|--|---|
| 1 NBK Commanding Officer Building | 6 Navy Exchange (NEX), Subway | 11 Infant & Toddler Center (CYP) |
| 2 Fleet & Family Support Center (FFSC) Annex, Deployed Forces Support (DFS) Office | 7 Commissary | 12 Wendy's |
| 3 Unaccompanied Housing (UH Check-in) | 8 NEX Furniture Gallery/Appliances | 13 Fleet Recreation Center (Includes: Gaming Room, Wi-Fi Computers, TV Lounge, Free Laundry, Espresso Bar) |
| 4 Navy Gateway Inns & Suites (NGIS) | 9 Bremerton Fitness & Aquatics Center | 14 UH Parking Garage |
| 5 All American Restaurant - Bremerton | 10 Bremerton Recreation Center (includes: Bowling, Library & Resource Center, Trips & Tours, Outdoor Recreation Equipment Rentals, Movie Room, Multipurpose Room, Gaming Stations, Wi-Fi and Computers) | 15 Olympic Lodge |



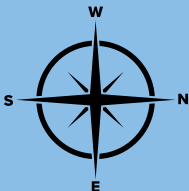
DIRECTORY

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





Elwood Point
Recreation Area



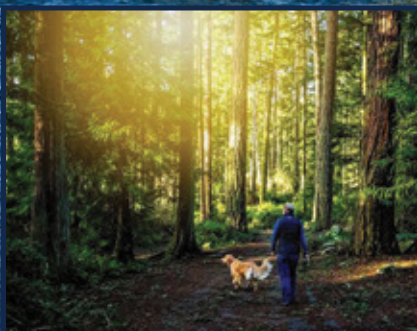
DIRECTORY

- 6 Naval Hospital
- 7 Naval Hospital Pharmacy
- 8 Naval Hospital Parking Garage Entrance
- 9 NAVHOSP Fitness Center



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