

WINTER
2024

FLEET & FAMILY READINESS (FFR)

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



navylifepnw

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



WHAT'S INSIDE



- Upcoming Events Calendar
- The Navy Child Development Home Provider:
A Win-Win Solution for Childcare
- Community Through Family Readiness Groups



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everything northwest





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!

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Casey Reed
CNRNW N9 | FFR Director
Naval Base Kitsap

Community has a few meanings – a group of people living in the same place or having a common characteristic, or a feeling of fellowship with others because of common attitudes, interests or goals. In terms of location, Naval Base Kitsap is our community. And for most of us, the Navy is our commonality.

We belong to many other groups that bolster our sense of fellowship, such as the Chief’s Mess, our individual command or boat, where we work, our families, friends, customs, culture, or religion. So how do we build upon our community here at Naval Base Kitsap?

Something as simple as taking a Kayaking 101 class with MWR or participating in an Exceptional Family Member Program event with Fleet and Family Support could provide an increased sense of belonging. Talking to other parents about parenting challenges, while dropping off your kids at the Child Development Center, could lend insight and help you feel like you are not alone.

Too often, in today’s world, people seem to focus on their differences. I challenge us to keep an open mind in 2024 and focus on what we have in common with others to improve collaboration and networking, and increase our sense of fellowship, positivity, and even mental health.

FFR DIRECTOR WELCOME MESSAGE

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UPCOMING EVENTS CALENDAR

See what FFR events are coming up for 2024.

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THE NAVY CHILD DEVELOPMENT HOME PROVIDER: A WIN-WIN SOLUTION FOR CHILDCARE

Learn about the Child Development Home Provider program. Be your own boss, earn an income at home, gain rewarding skills and provide a valuable service to Navy families.

30

COMMUNITY THROUGH FAMILY READINESS GROUPS

Family Readiness Groups, an important link between a Sailor’s command and their families and the Navy community.



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

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



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MWR

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

22

CHILD & YOUTH

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

32

FFSC

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

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HOUSING

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

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

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

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

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

navylifepnw.com



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





FOOD, FUN & RECREATION

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



ALL AMERICAN RESTAURANT

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

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



ALL HANDS BAR

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

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



INSIDE OUT CAFÉ/ ISLAND EXPRESS

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 and Hawaiian cuisine. Our menu features a selection of salads, wraps, burgers, sandwiches, whole pizzas, kid-friendly options and Hawaiian plate bowls. Open to anyone with base access including retirees, guests and contractors.



PSNS & IMF EMPLOYEE FOOD SERVICES

360-627-2096

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

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



NBK CATERING & CONFERENCE CENTERS

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

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



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.





COMMUNITY RECREATION FACILITIES

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

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



BANGOR RECREATION CENTER

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

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

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

BREMERTON RECREATION CENTER

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

Featuring six 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 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 geobachelors). Eligible users may escort up to one guest 18+. LIBERTY is here to get you out of the barracks to enjoy the great Pacific Northwest. Transportation is included in the cost of all of our trips.

Our 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?
Scan the QR code to learn more.

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

BREMERTON FLEET RECREATION CENTER
360-476-7553
Located at the head of Delta Pier, 120 S Dewey St. Bldg. 1027 Bremerton, WA

BREMERTON RECREATION CENTER
360-476-3178
120 S Dewey St., Bldg. 502, Bremerton, WA 98314

*Some programming held at Naval Hospital Bremerton (NHB) Schon Hall




**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



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 360-340-2407

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!




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**



Upcoming EVENTS 2024

SOMETHING FOR EVERYONE

JANUARY

MWR Pajama & Stuffy Movie

Wear your comfiest pajamas and bring your favorite stuffed animal to snuggle up with while we screen a movie at the Bangor Theater.

FEBRUARY

MWR LIBERTY* Super Bowl Watch Party *(E1-E6)

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

MWR/Strike Out Abuse-Teen Dating Violence

Featuring cosmic bowling and activities with information for recognizing and preventing teen dating violence.

MARCH

MWR Shamrock Shuffle 5K

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

Military Appreciation Day

An interactive event that highlights the community support for our local military members. Be sure to stop by NBK's Fleet & Family Readiness tables to learn more what we can offer you.

CYP Eggstravaganza

Gather your egg baskets for the most anticipated event of the Spring season!

MWR Dr. Seuss Celebration

A whimsical world of Dr. Seuss comes to life in a celebration filled with rhymes, characters, and colorful adventures.



Beat the winter blues. These are just the tip of the iceberg of Naval Base Kitsap FFR upcoming events. From trips, crafts, fitness classes, job fairs, special meals and more, there is something for everyone! Scan here for details.



APRIL

CYP Month of the Military Child (MOMC)

A tribute to the youngest heroes in military families. MOMC is dedicated to celebrating and supporting the resilience and sacrifices of military children. Expect a range of family-friendly activities throughout the month.

FFSC Spring Job Fair

Visit with more than 100 employers representing local, national and international companies, and land your dream job.

MAY

Armed Forces Culinary Arts Competition

Featuring military culinary specialist from around the Pacific Northwest competing for top honors in several culinary specialties at Olympic College, Bremerton.



JUNE

MWR Family Fishing Day

With our Trident Lakes fully stocked, you'll get a catch. Best of all no license or permit is required for the day!



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

SCAN TO DOWNLOAD
THE FACT SHEET



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.



We have cottages, hotel rooms and suites, RV sites and camping!

PACIFIC BEACH

Come stay, play and relax.



Check out our

2024 WEEKEND & HOLIDAY ACTIVITIES

Family fun all year round, book your stay today!

01 JANUARY

13 Brush and Bean

02 FEBRUARY

9-11 Sweetheart Package

11 Touchdown Party

03 MARCH

16 Glass Float Frenzy

30 Easter Eggstravaganza

04 APRIL

Month of the Military Child

13 Coloring Contest

26-28 Super Magical Weekend

05 MAY

10-12 Mother's Day Weekend

25 Tie-Dye & Summer Kickoff

06 JUNE

Tie-Dye every Saturday

14-16 Father's Day Weekend

07 JULY

Tie-Dye every Saturday

08 AUGUST

Tie-Dye every Saturday

16-18 Great Navy Campout & Bounce to the Beach

09 SEPTEMBER

21 Glass Float Frenzy

10 OCTOBER

26 Spooktacular Beach Bash

11 NOVEMBER

16 Brush and Bean

12 DECEMBER

07 FREE Cocoa

14 Cookie Decorating

21 Holiday Craft

28 FREE Cocoa

31 NYE Party in the Bar

BOOK YOUR STAY TODAY!

Come stay, play and relax, you'll find something that will make your trip to Pacific Beach an annual tradition.

Activities are subject to change.

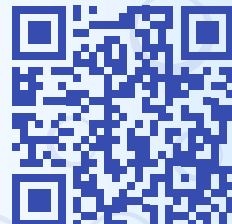
FRONT DESK • RESERVATIONS
360-276-4414 EXT. 2

ONLINE RESERVATIONS AND SUPPORT
WWW.NAVYGETAWAYS.COM • 877-NAVY-BED

PACBEACH.NAVYLIFEPNW.COM



Scan for lodging info





RECREATIONAL LODGING

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



CLIFFSIDE RV PARK & CAMPGROUND

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

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



JIM CREEK RECREATION AREA & CAMPGROUND

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

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

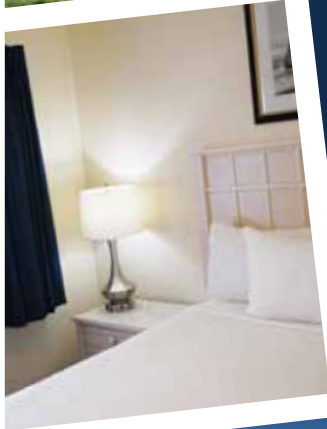


PACIFIC BEACH HOTEL, COTTAGES, RV PARK & CAMPGROUND

Front Desk: 360-276-4414
 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 QR code to find out about our upcoming specials and promotions. Open to anyone with base access, including Retirees, guests and contractors, unless otherwise noted.



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

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

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

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

BANGOR FITNESS & AQUATICS CENTER

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

BREMERTON FITNESS & AQUATICS CENTER

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

UNMANNED FITNESS CENTERS

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



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

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

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

INTRAMURAL SPORTS

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

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

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

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



ALL-NAVY SPORTS: 2024 SPORTS CALENDAR

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



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

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

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


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

**NEW YEAR
NEW LOOK**

**VISIT US AT KITSAP.NAVYLIFEPNW.COM
FOR EVERYTHING FLEET & FAMILY READINESS**

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



Find the Perfect Seat

Shop a wide selection of 1,000,000+ event tickets.
No hidden fees, no surprises.

AmericanForcesTravel.com

Book Now

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



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 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!

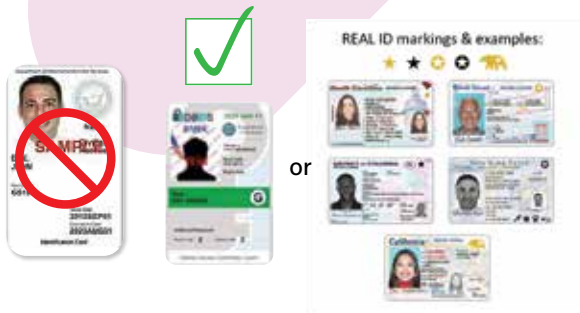
SCAN to DOWNLOAD the FITNESS ASSESSMENT FORM



DoD CIVILIAN RETIREES

REQUIRE NEW ID CARDS

Federal civilian retirees wanting to access MWR facilities onboard U.S. Navy bases can acquire a Defense Biometric Identifications Systems (DBIDS) access card at the nearest installation Visitor Control Center (VCC).



Learn more at



ALL AMERICAN RESTAURANT

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



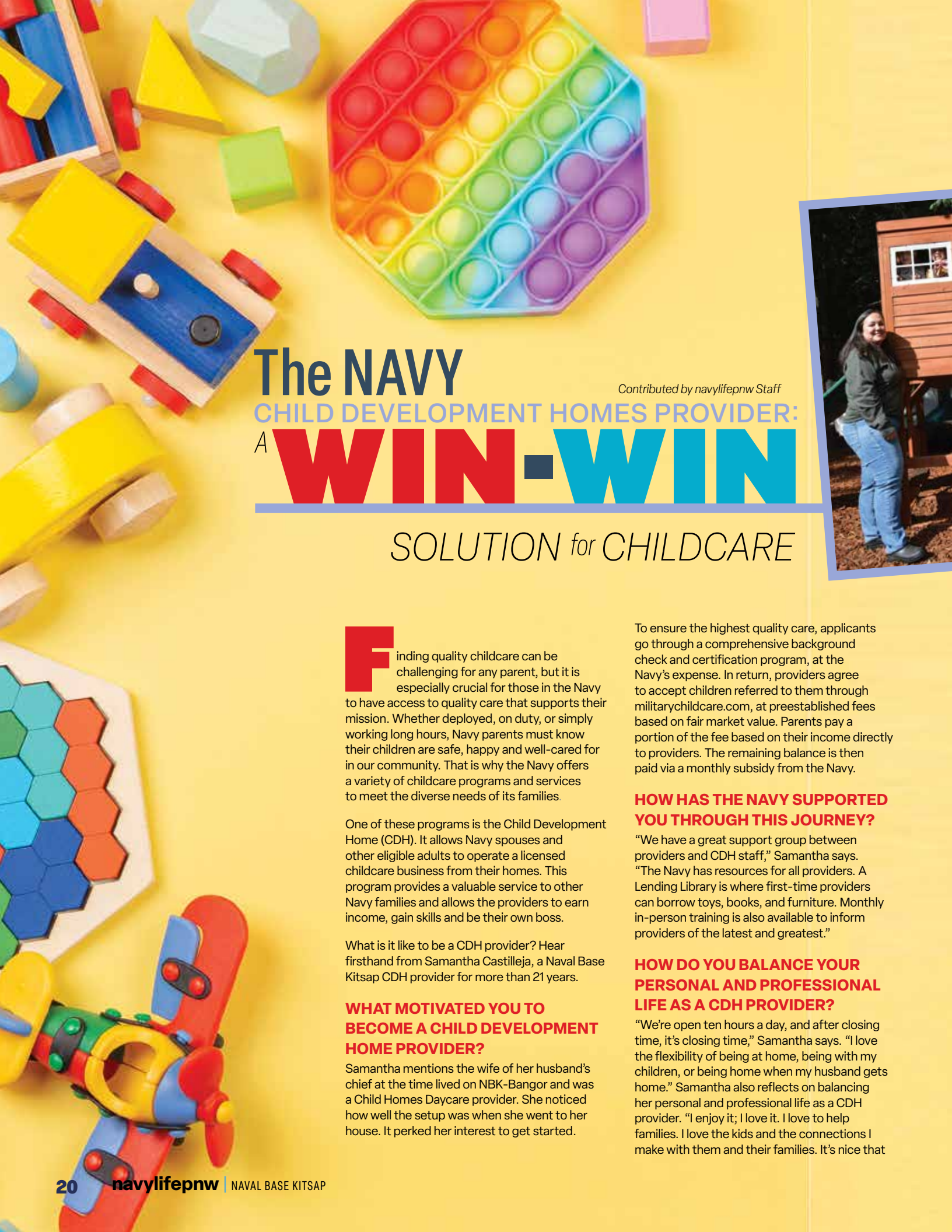
SCAN for DETAILS



APRIL 2024 Month of the Military Child

We honor and celebrate
the sacrifice and service
of our military children





The NAVY

Contributed by *navylifepnw Staff*

CHILD DEVELOPMENT HOMES PROVIDER: A **WIN-WIN**

SOLUTION for CHILDCARE

Finding quality childcare can be challenging for any parent, but it is especially crucial for those in the Navy to have access to quality care that supports their mission. Whether deployed, on duty, or simply working long hours, Navy parents must know their children are safe, happy and well-cared for in our community. That is why the Navy offers a variety of childcare programs and services to meet the diverse needs of its families.

One of these programs is the Child Development Home (CDH). It allows Navy spouses and other eligible adults to operate a licensed childcare business from their homes. This program provides a valuable service to other Navy families and allows the providers to earn income, gain skills and be their own boss.

What is it like to be a CDH provider? Hear firsthand from Samantha Castilleja, a Naval Base Kitsap CDH provider for more than 21 years.

WHAT MOTIVATED YOU TO BECOME A CHILD DEVELOPMENT HOME PROVIDER?

Samantha mentions the wife of her husband's chief at the time lived on NBK-Bangor and was a Child Homes Daycare provider. She noticed how well the setup was when she went to her house. It perked her interest to get started.

To ensure the highest quality care, applicants go through a comprehensive background check and certification program, at the Navy's expense. In return, providers agree to accept children referred to them through militarychildcare.com, at preestablished fees based on fair market value. Parents pay a portion of the fee based on their income directly to providers. The remaining balance is then paid via a monthly subsidy from the Navy.

HOW HAS THE NAVY SUPPORTED YOU THROUGH THIS JOURNEY?

"We have a great support group between providers and CDH staff," Samantha says. "The Navy has resources for all providers. A Lending Library is where first-time providers can borrow toys, books, and furniture. Monthly in-person training is also available to inform providers of the latest and greatest."

HOW DO YOU BALANCE YOUR PERSONAL AND PROFESSIONAL LIFE AS A CDH PROVIDER?

"We're open ten hours a day, and after closing time, it's closing time," Samantha says. "I love the flexibility of being at home, being with my children, or being home when my husband gets home." Samantha also reflects on balancing her personal and professional life as a CDH provider. "I enjoy it; I love it. I love to help families. I love the kids and the connections I make with them and their families. It's nice that

“ I love the flexibility of being at home, being with my children, or being home when my husband gets home. ”



the Navy has a program for younger enlisted Sailors to afford available quality childcare, and I think that is important. CDH is a home-like environment where we offer quality, loving care. Many times, these families become our extended families! Just like any job, you find the balance between work and home life. We have flexible schedules as well,” Samantha says.

WHAT ARE THE ADVANTAGES OF A CDH PROVIDER?

Samantha states a major benefit is the flexibility of taking the business with you when you PCS. She started at NBK-Bangor, moved to Naval Base San Diego, returned to Bangor and reopened. She was able to continue with her business throughout that time. “It doesn’t have to be short-term,” Samantha says.

BE YOUR OWN BOSS AND BECOME A NAVY CHILD DEVELOPMENT HOME PROVIDER

With the Navy CDH provider program, you can go from a dream to reality in just a few short weeks. As a qualified applicant, you’ll receive the training and support you need to operate a successful childcare business with little to no startup costs or upfront expenses. Best of all, the skills you learn are in high demand and will transfer quickly to another city or state if you ever must move. For more information about the CDH program.

For more information about the CDH program, call Naval Base Kitsap: 360-731-1894 or scan the QR code to learn more.





CHILD & YOUTH PROGRAMS

CHILD & YOUTH PROGRAMS

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



CHILD DEVELOPMENT CENTERS (CDC)

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

BANGOR CHILD DEVELOPMENT CENTER (CLOSED FOR RENOVATIONS)

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

BREMERTON INFANT & TODDLER CENTER

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

JACKSON PARK CHILD DEVELOPMENT CENTER

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

JACKSON PARK SCHOOL-AGE CARE

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

ADMIRAL BOORDA TEEN CENTER

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

LITEHOUSE SCHOOL-AGE CARE

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

CHILD DEVELOPMENT HOMES

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

NAVAL BASE KITSAP SCHOOL LIAISON

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



NAVY SCHOOL LIAISONS

Connecting Military Families, Commands and K-12 Schools

Did you know?

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

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

Families, Contact Your School Liaison for Help with:

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

Navy School Liaisons Provide SEVEN CORE SERVICES to Assist Families:

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

Online Resources:

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

Stay on Target with your School Liaisons



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

NAVY REGION NORTHWEST

360-396-4860 nrnw.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.

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

NAVY CHILD CARE PROGRAMS

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



Start Here: MilitaryChildCare.com

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

Child Development Centers, Child Development Homes (CDH) and School-Age Care. You have options.

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



Hourly child care? You've got it.

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



Child Care In Your Home Fee Assistance Program

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

The Child Care in Your Home pilot program has a limited number of child care spaces and is only available in select locations. For assistance, call Military OneSource consultants, available 24/7/365, at 800-342-9647 or schedule a live chat.



Military Child Care in Your Neighborhood

Fee Assistance for Community-Based Child Care

Serving U.S. Navy Families

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

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



MCCYN 
 Expanding Affordable Child Care



MILITARY
 CHILDCARE  .COM

Scan here to get started

NAVAL BASE KITSAP
CHILD & YOUTH PROGRAMS

WELCOME TO **FUN** TEEN CENTER NIGHTS

Admiral Boorda Teen Center
4168 Greenfish Circle

MONDAY-FRIDAY
2-7 P.M.

Offering a safe space to relax and connect.
Refreshments!

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

SCAN for DETAILS



BREAK THE



AND TELL US HOW WE'RE DOING!

RATE YOUR EXPERIENCE AT ANY FLEET AND FAMILY READINESS FACILITY
BY COMPLETING A COMMENT CARD OR GOING ONLINE TO :



navylifepnw.com



JUST CLICK ON THE ICE LOGO! YOUR FEEDBACK IS IMPORTANT TO US IN HELPING
PROVIDE YOU WITH THE BEST SERVICE AND PRODUCTS POSSIBLE.

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

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

Share your business with Sailors and their families.

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

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

www.navylifepnw.com/sponsorship



Security. Peace of mind.



TRICARE Prime® benefits. All-civilian network.

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.

VISIT: USFHPOption.org | CALL: 866-635-2641

FOR ACTIVE-DUTY FAMILIES AND MILITARY RETIREES.**

Trust your family's health care to the US Family Health Plan.



A Department of Defense TRICARE Prime® option



*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.



SEXUAL ASSAULT PREVENTION AND RESPONSE PROGRAM

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

RESTRICTED REPORTING

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

UNRESTRICTED REPORTING

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

To Make a Report of Sexual Assault Outside of Your Chain of Command:
1099 Tautog Circle, Office 109, Silverdale, WA 98315
• 24/7 SARC 360-340-7156
• 24/7 SAPR VA 360-340-3004

Legal Assistance for Victims of Sexual Assault:
• VLC: 360-516-9473
• VLC: 360-488-3907

CATCH
A SERIAL OFFENDER PROGRAM



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



Additional Support for Victims of Sexual Assault:
DoD Safe Helpline: 877-995-5247
Text 55247, click safehelpline.org



NAVY HOUSING SERVICES

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



HOUSING SERVICE CENTER

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

We offer free maps and faxes, pre-screened inbound and outbound community housing listings, personalized counseling to find what will work best for your situation, including any exceptional family member needs you may have, and free review and a plain English explanation of your lease terms. We can also help you negotiate favorable leasing terms. You can also access listings 24/7 via HOMES.mil, 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.

CONNECT
HSC has got your answers!

LEARN TIPS & TRICKS
FOLLOW US ON SOCIAL MEDIA



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

Your Feedback Matters.

Living in the Barracks? Take the Tenant Satisfaction Survey

Coming Spring 2024

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





PARCEL LOCKERS ARE HERE!

UNACCOMPANIED HOUSING



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

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

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

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



navylifepnw.com
everything northwest

Transferring
PCSing?
Looking for
local rentals?



or contact your local
Housing Services Office



HOUSING SERVICE CENTER

Let us help you!

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

Visit any Housing Service Center (HSC) for:

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





Military families are the backbone of our nation’s defense. They provide unwavering support to our service members, who in turn, protect our country with valor and honor. However, navigating the complexities of Navy life can be overwhelming for many loved ones. Trying to wade through the waters of caretaking, networking, deployment and homecoming preparations – and even just knowing where to find basic information on Navy life – can be a daunting task for many loved ones. Enter Family Readiness Groups (FRG), integral components of the Navy lifestyle, helping to shape a support community for a common experience.

An FRG is the support network families can turn to for resources rather than tackling challenges alone. They can help welcome and mentor young people who are new to Navy life. They can provide valuable information on what to expect from a service member’s next deployment, or assist with a personal crisis that may occur while a service member is underway.

“The FRG’s main goal is to provide support for every family in our command,” Rachel Burkholder says.

Rachel is an FRG president for a patrol squadron at Naval Air Station Whidbey Island. “Being a part of the FRG gives our families a place to meet new friends and feel like they have someone to ask questions to about the new area they find themselves in, or things that come up being a military family,”

Belonging to a robust FRG helps ensure a pathway to positive outcomes for family members and service members. Lasting friendships are woven, bolstered by the shared experiences and understanding that bind Navy families together. The satisfaction derived from aiding others and the sense of pride in contributing to a greater cause uplift both members and the broader community.

“FRGs create a sense of camaraderie within the military community,” Tara Dotson says, Naval Station Everett fitness specialist and former Sailor and current Navy spouse. Her background and experience provide a unique perspective on the crucial role of the FRGs in supporting military families. “During deployments, they may organize monthly or quarterly get-togethers to provide support and a sense of belonging.”

The anxiety for service members and family members during deployments can be alleviated through the sense of unity cultivated within the FRG, which can act as a buffer against the strains of separation.

“Having a place to connect and make friends with other people who understand what you are going through is essential to good mental health,” Rachel says.

The value of an effective FRG shines even brighter when they can provide military families – especially those experiencing their first deployment – knowledge about available resources, the companionship of newfound friends, and engaging activities, ensuring families of deployed service members are better equipped to navigate the challenges that come their way.

Com



If a command needs to establish an FRG, the Fleet and Family Support Center (FFSC) from Fleet and Family Readiness can help provide the necessary guidance for creating one. FRGs require their own bylaws and FRG leadership must be properly trained to liaise with commands and steer the group toward success. FFSC is also able to support established FRGs with refresher training and resources.

“Fleet and Family Support Center can provide you with a two-day course that will give you the knowledge and tools necessary to start up and operate an effective FRG that can support families before, during and after deployment,” Naval Base Kitsap FFSC Work and Family Life Supervisor, Terry Wimmer says. She also notes FFSC FRG coordinators can assist the FRGs in attracting and motivating members, financial planning, fundraising policies, event planning, homecoming and other social gatherings, and operation preparedness and emergency response.

A strong support system for military families cannot be understated, which is why FRGs play such a vital role in our military communities. They also serve as an integral extension from commands to service members’ families. FRGs contribute to a resilient overall well-being, from disseminating important information to boosting morale by keeping service members’ families well cared for during deployments.

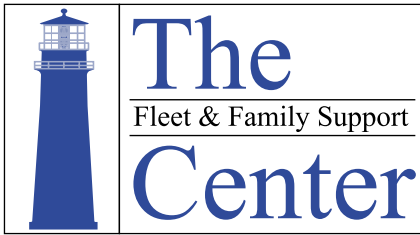
“Whether it’s offering emotional support, providing practical assistance, or creating a network of understanding, our FRG is there to support our community,” Rachel says.

New to Family Readiness Groups or looking to establish an FRG group for your command? Contact your local FRG coordinator at the FFSC or visit kitsap.navy.mil/life/pnw.com/fleet-family/family-support for information on how you can enhance your FRG or lead the effort in starting one for your command.



community

THROUGH FAMILY READINESS GROUPS



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 & Family Support Centers (FFSC) are an invaluable resource for your new Navy adventure. You can attend a workshop and meet other new Navy spouses, gather informational materials, get help with finding a job or a volunteer opportunity or learn about educational opportunities.

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

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



EMOTIONAL SUPPORT SERVICES

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

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

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



PARENTHOOD

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

New Parent Support Staff, part of the Fleet & Family Support Center, can assist you with in-home visits after the baby is born to help smooth the transition to new parenthood. New Parent Staff can also help with parenting toddlers and preschool children up to age four.

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

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



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

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

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

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



LIFE SKILLS EDUCATION

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



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 & Family Support Centers (FFSC) ensure service members and their families are well prepared for civilian life with extensive tools, education and support needed for a successful transition into the civilian community.

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

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



FINANCIAL PLANNING

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

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

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



MOVING & RELOCATION

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

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

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

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



EXCEPTIONAL FAMILY MEMBER SUPPORT

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

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

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

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

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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RECREATION, FITNESS AND MORE**

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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 U.S. 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.



WORK



PERKS

10 Great Reasons to Work for FFR

Contributed by navylifepnw Staff

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

As an FFR Employee ...

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

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

3. Free gym membership. The state-of-the-art fitness centers on each base give you access to cardio equipment, free weights, TRX, spin bikes, outstanding group fitness classes and much more! Fitness equipment orientations, fitness assessments and facility tours are also available to ensure you know what to do to achieve your desired fitness goals.

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

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

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

7. TSA PreCheck® for free. Federal civilian employees are able to 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

**Fleet & Family Support
Center Centralized
Scheduling &
Urgent Respite Care**
866-854-0638

**Fleet & Family Support
Center 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 QR 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

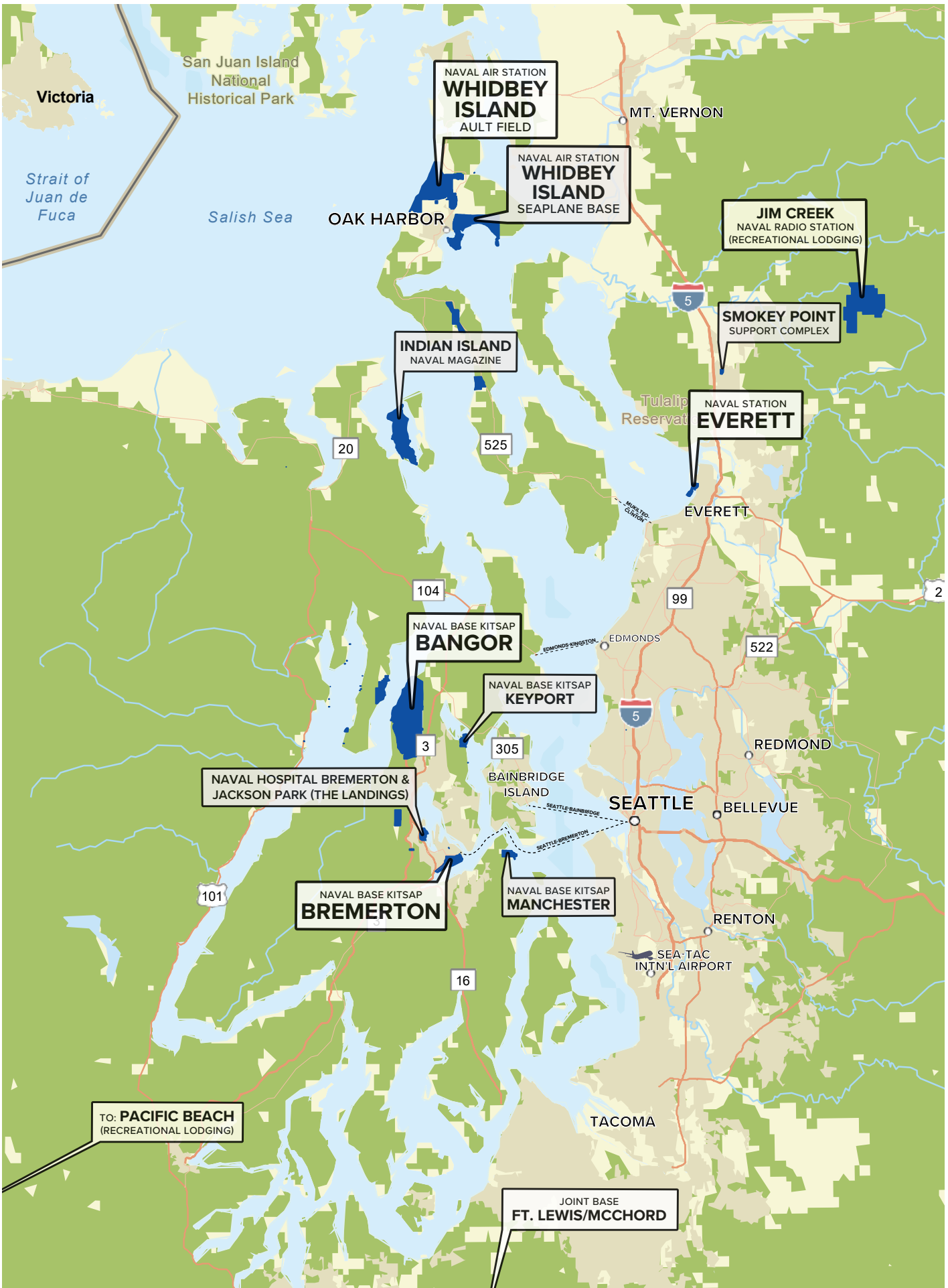
Victims Services Specialist 360-479-6188

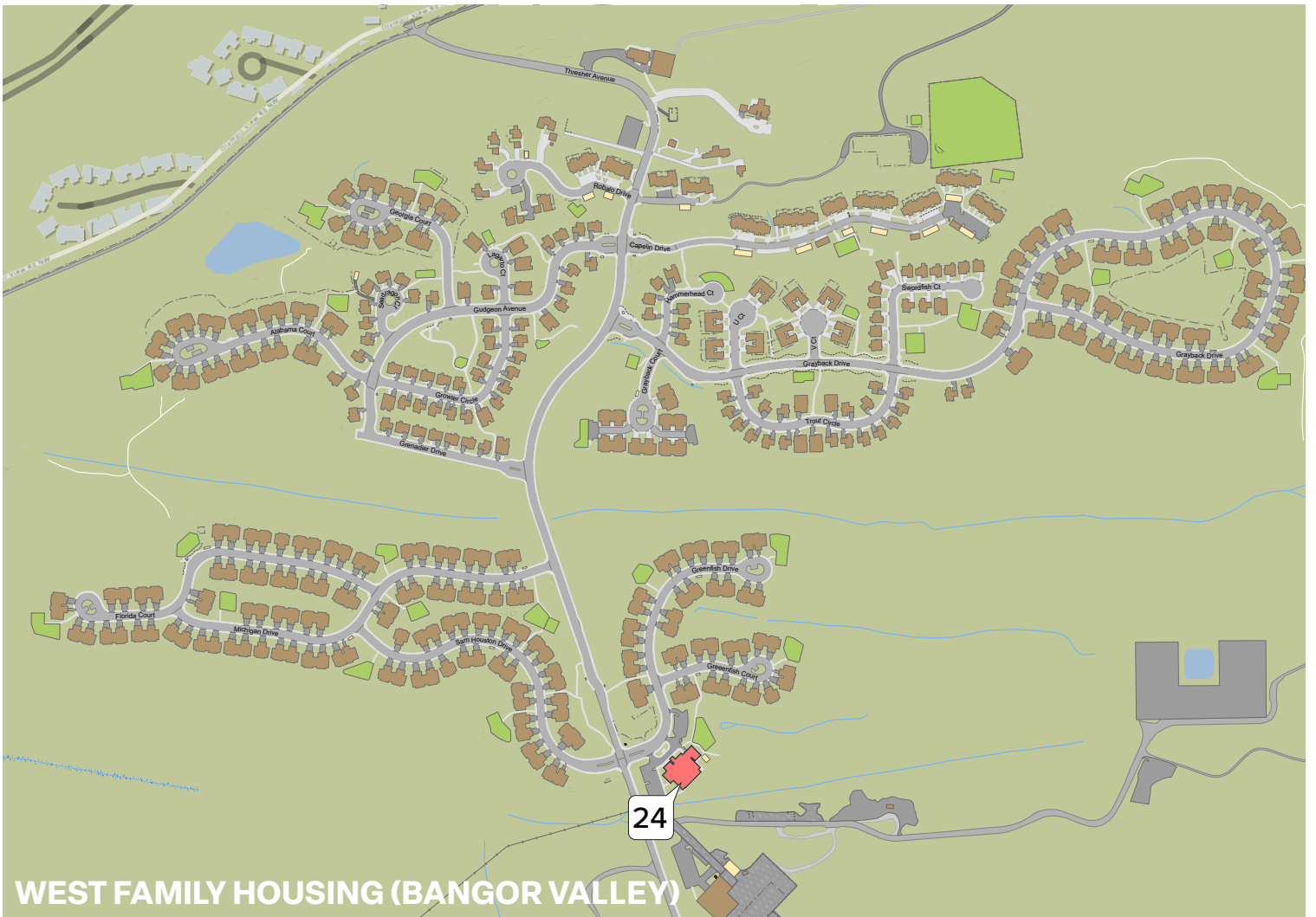
Washington State Dept. of Health Emergency

Contacts 1-877-539-4344 (24/7) or

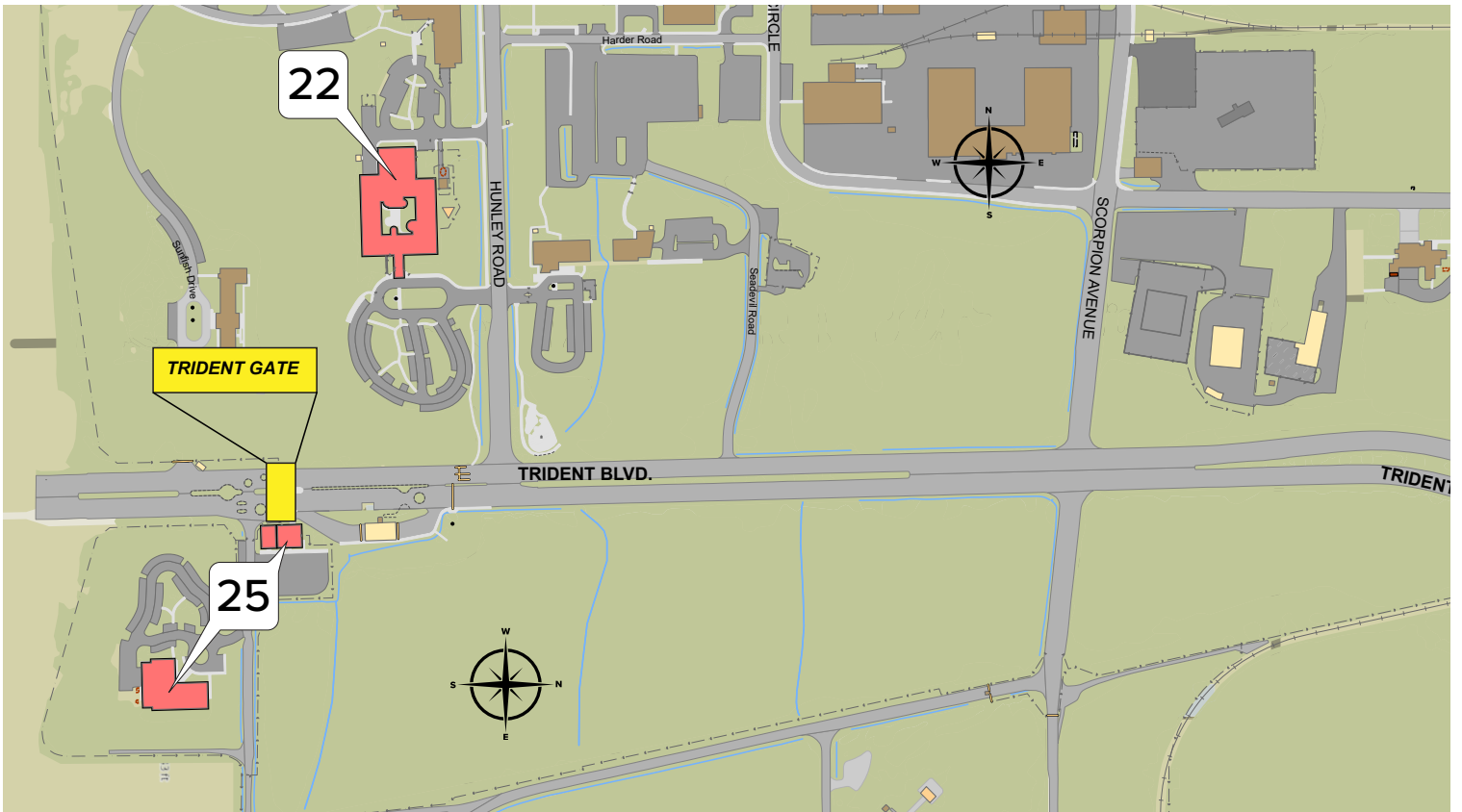
1-206-418-5500 (24/7) or www.doh.wa.gov/

[Emergencies](#)





WEST FAMILY HOUSING (BANGOR VALLEY)



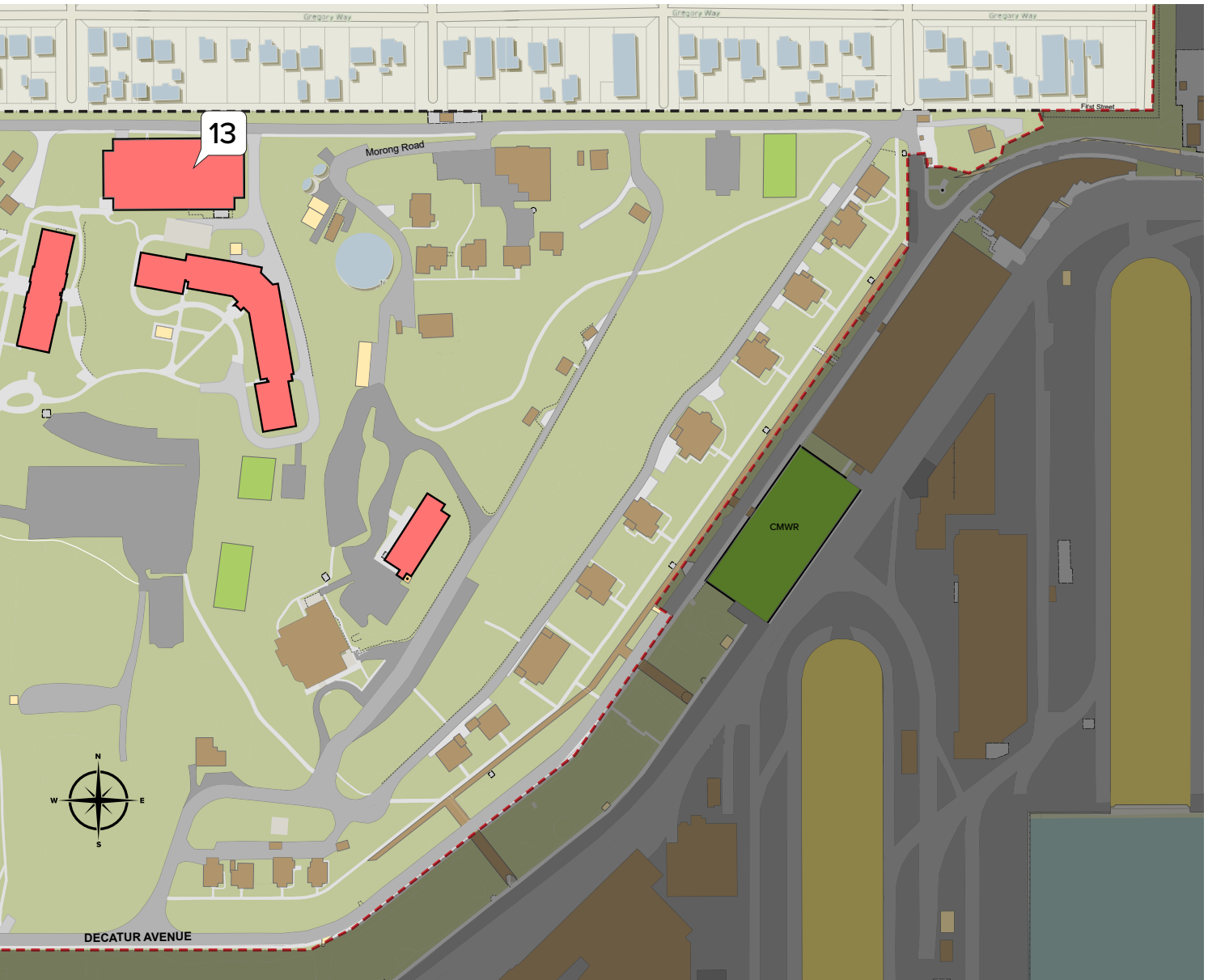


EAST FAMILY HOUSING (BANGOR CREEK)

DIRECTORY

1	RV & Mini Storage	8	Chapel	13	MWR Bangor Fitness & Aquatics Center	20	Trident Inn Galley
2	Autoport/Gas Station/Car Wash (NEX)	9	Bangor Plaza Includes: MWR Inside Out Cafe & Lounge, Island Express, LIBERTY Center, Bangor Recreation Center, Catering & Conference, Housing Services Center, MWR Admin Offices	14	Commissary, Subway	21	Transient Personnel Unit (TPU)
3	NEX Min Mart	10	Litehouse School-Age Care Center (CYP)	15	Navy Exchange (NEX), Starbucks	22	CNRNW HQ (Regional Business Office)
4	Navy Lodge	11	US Post Office	16	Kitsap Credit Union	23	Fleet & Family Support Center (Gold)
5	McDonald's	12	Fleet & Family Support Center (Blue)	17	NEX Uniform Shop	24	Admiral Boorda Center (CYP)
6	Navy Gateway Inns & Suites (NGIS)			18	MWR Bangor Theater	25	Visitor Control Center (VCC) / PSD/DEERS
7	Bangor Child Development Center (CYP) <i>(Under Construction)</i>			19	Unaccompanied Housing (UH) Central Check-in	26	Parcel Delivery
						27	Parcel Delivery





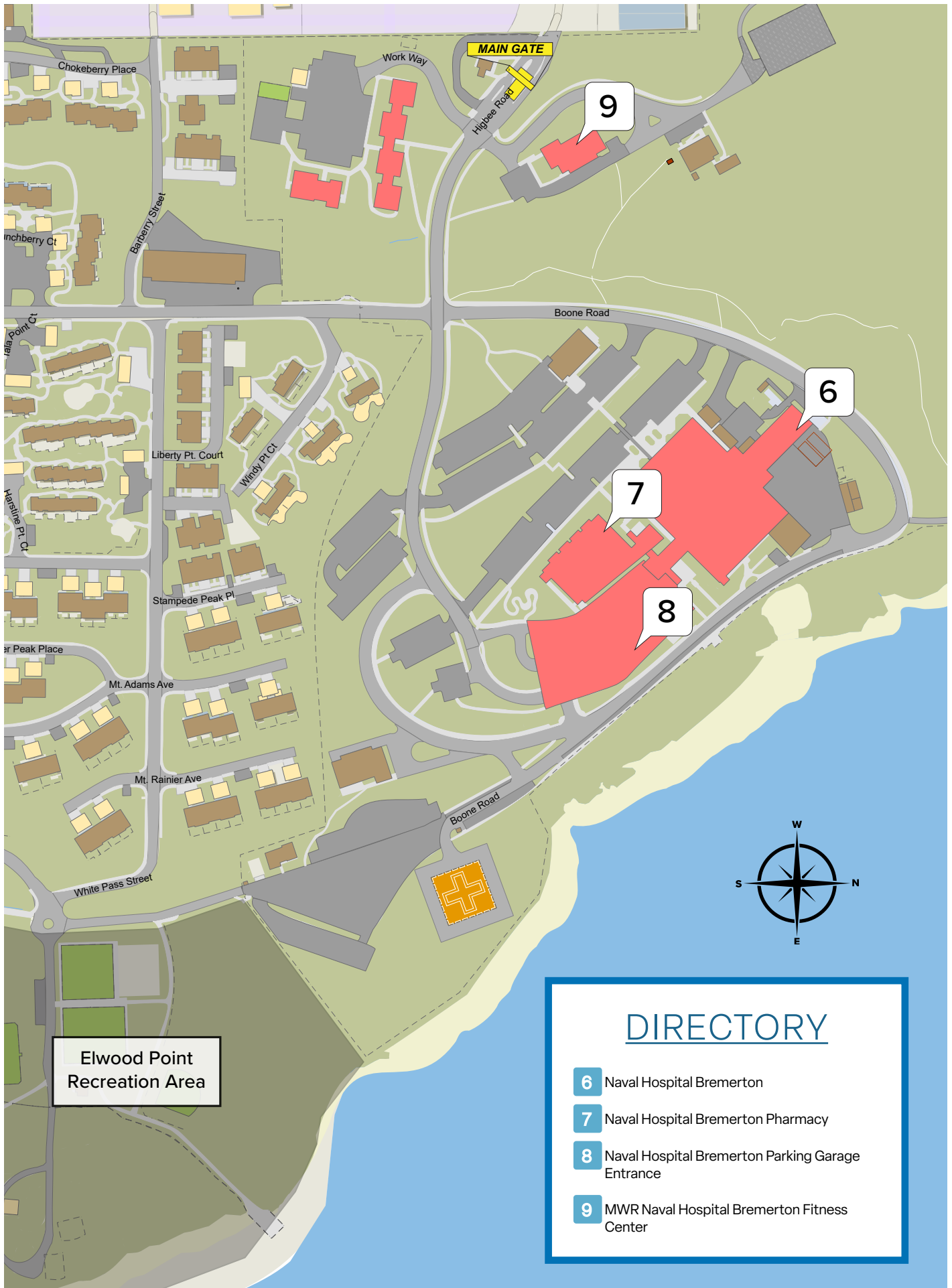
DIRECTORY

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

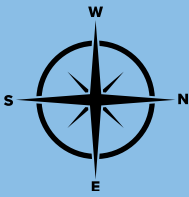


DIRECTORY

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



Elwood Point
Recreation Area



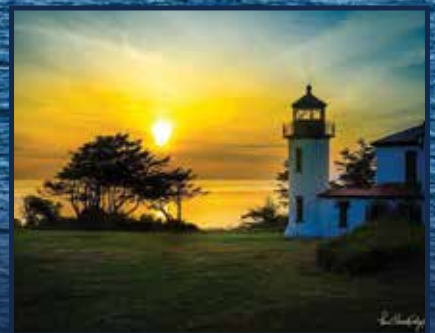
DIRECTORY

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



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