

SPRING/SUMMER
2024

FLEET & FAMILY READINESS (FFR)

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



navylifepnw

THE OFFICIAL RESOURCE GUIDE FOR EVERYTHING
NAVAL STATION EVERETT AND NAVY REGION NORTHWEST

WHAT'S INSIDE



- Upcoming Events Calendar
- Paddle, Pedal, Play: MWR's Must-Have Rental Gear for Your Best Summer Yet
- Welcome to Navy Getaways Pacific Beach!
- Navigating Success: Employment Services at The Fleet & Family Support Center (FFSC)




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



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*2020 Consumer Assessment of Healthcare Providers and Systems (CAHPS) **Military retirees and eligible family members under age 65
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Deryck Gorman
CNRNW N9 | FFR Director
Naval Station Everett

Hello from the Fleet and Family Readiness team at Naval Station Everett. We are proud to serve Sailors and their families as well as our DoD partners at the Navy's newest and most modern homeport in the world. Our first-class services include recreation, fitness, housing, childcare, and resiliency-building programs and classes. Throughout this season's magazine, you will find opportunities to connect with your local quality of life programs and learn what they can do for you. You will also find highlights of Navy Getaways Pacific Beach – or Pac Beach, as we affectionately refer to it – a real gem nestled along the Pacific Coast.

Take some time to unwind and find your inner relaxation escape to our pristine shorelines. Enjoy new local

dining options, surreal forest walks, and golden sunsets from the comfort of your own RV or relax in one of our deluxe hotel rooms or roomy beachside cottages. All paths lead to maximum relaxation at Pac Beach!

FFR is always seeking fantastic staff to support our amazing programs. We encourage you to consider joining our team if you, or someone you know, are interested in a fantastic career! We offer flexible, part-time and full-time positions in a variety of fields. Our jobs offer training, career advancement opportunities and access to the base services described in this resource guide. Full-time jobs include benefits such as health insurance, paid holidays, paid time off, and more.

We look forward to serving you and your family!

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PADDLE, PEDAL, PLAY: MWR'S MUST-HAVE GEAR FOR YOUR BEST SUMMER YET

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UPCOMING EVENTS CALENDAR

See what FFR events are coming up for 2024.

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WELCOME TO NAVY GETWAYS PACIFIC BEACH!

Say YES to a getaway and discover the charm of Navy Getaways Pacific Beach.

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NAVIGATING SUCCESS: EMPLOYMENT SERVICES AT THE FLEET & FAMILY SUPPORT CENTER

The FFSC offers a range of services such as job placement, career development, resume writing, interview techniques and more.



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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: everett.navylifepnw.com/magazine.



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

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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.

36

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 everett.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

425-304-3943
2000 W Marine View Dr., Bldg. 2025

Open seven days a week, the All American serves hearty, wholesome meals for breakfast, lunch and dinner. Open to anyone with base access, including Retirees, guests and contractors. See our monthly lunch menu at navylifepnw.com. Call or scan this QR code to learn more.



PIERSIDE GRILLE & PLAZA

425-304-3696
Located adjacent to Pier Alpha on the main wharf

Pierside Grille & Plaza is a great place to eat, watch a movie, surf the Internet, play video games and get your laundry done! Menu offerings include burgers, sandwiches, wraps, combo meals and pizza. Call or scan this QR code to learn more.



TREMORS NEIGHBORHOOD SPORTS BAR

425-304-3906
2000 W. Marine View Dr., Bldg. 1950

NAVSTA Everett's own watering hole is a place to unwind after work, watch sporting events or get together with friends. Open to patrons 18 years of age and older. Tremors features large screen TVs, food and plenty of seating. Call or scan this QR code to learn more.



EVERETT CATERING & CONFERENCE CENTERS

425-304-3906
2000 W Marine View Dr., Bldg. 1950

Let us handle your private party, wedding reception, corporate meeting, grad night or official military function from start to finish. We offer menu selections, room configurations and entertainment packages to suit most any group size and budget. Catering options include box lunches, plated meals and buffet stations. Call or scan this QR code to learn more.



COMMUNITY RECREATION FACILITIES

Tickets & Tours: 425-304-3167
Equipment Rental: 425-304-3449
The Commons, 2000 W Marine View Dr., Bldg. 1950

Great memories start with MWR! 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 offers 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! Call or scan this QR code to learn more.



SAILOR'S CHOICE MARINA & MINI STORAGE

425-304-3449

Intersection of Spruance Blvd. & Thatcher St.

The marina, near Fletcher Way, offers year-round moorage. Services include power and water supplied to slips, pump-out station and 24/7 security. Slip sizes are available for the following boat lengths: 28', 32', 39', 52' and 72'.

The mini storage is conveniently located a short walk from the piers. There are 56 mini-storage units available 24/7 to all DoD-eligible patrons, with units available in 5' x 5' or 5' x 10' sizes. Call or scan this QR code to learn more.



VEHICLE STORAGE

Smokey Point Support Complex, 425-304-3449

Located at the North Marysville Support Complex at Smokey Point, we offer 24/7 secure-access storage for vehicles from 10' to 50', within a locked, fenced and paved lot.

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.



LIBERTY PROGRAM

VIBES LIBERTY LOUNGE

425-304-3680

The Commons, 2000 W Marine View Dr.,
Bldg. 1950, Everett

The LIBERTY Program offers low-cost or free activities and entertainment to junior service members (E1-E6 single or geo bachelors). 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 LIBERTY facilities feature the latest video gaming stations with large screen TVs and comfortable seating, FREE Wi-Fi and CAC-enabled workstations, movie theater, copy/scan/fax services. LIBERTY offers regular weekly programming* such as prize giveaways, tournaments and competitions, volunteer opportunities, birthday celebrations, e-sports and more!

Want to know more about LIBERTY trips, events and exclusives?

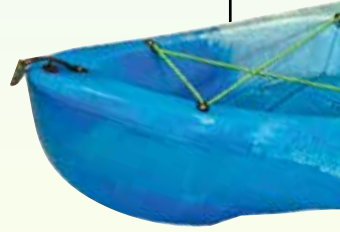
SCAN the QR Code to learn more.



Paddle, Pedal, Play:

MWR's Must-Have Rental Gear
for Your Best Summer Yet

Contributed by navylifeprw Staff



● Stand-Up Paddleboard **\$30***
Includes paddle, leash and PFD
(Hard and inflatable styles available)



● Mountain Bikes **\$39***
Includes helmet



● Family Camping Package **\$50***
Includes five to six-person tent, two-burner
stove, four rectangular bags and four pads



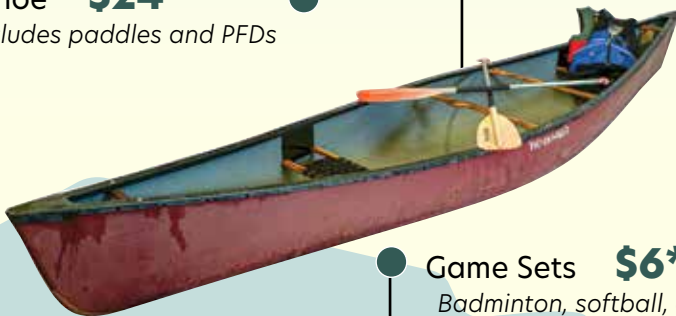
● **Kayak Single \$40***
Sit-on-top includes paddle and PFD



● **BBQ - Propane or Charcoal, Towable \$62***



● **Canoe \$24***
Includes paddles and PFDs



● **Game Sets \$6***
Badminton, softball, corn hole, bocce, disk golf, volleyball, horseshoes, bean bag, flag football, etc.



"Thanks to MWR outdoor recreation rentals, my family and I have ventured into exciting outdoor experiences in Washington that were once unfamiliar to us. Knowing we can access the equipment we need means we never have to miss out on unforgettable adventures."

This spring and summer, while planning your upcoming outdoor adventures, remember to stop by your local MWR Community Recreation office to gear up! Community Recreation boasts a well-stocked inventory of outdoor equipment rentals such as kayaks, stand-up paddleboards and camping items. Not only can Community Recreation outfit you for your adventures, but they also have equipment for parties and picnics. Choose from a selection of pop-up canopies, grills, folding tables and chairs, and yard games to make your party planning a breeze.

For more information about equipment rentals, download the latest brochure or call the Recreation Center at 425-304-3449.

*Prices based on full-day rate Weekend/3-Day Rate = Day Rate x 2 Week/7-Day Rate = Day Rate x 3
Availability varies by facility, please contact your local Community Recreation Center for details. All prices are subject to change.





TRIPS & TOURS

YOU RIDE, WE DRIVE



Sit back, relax, and let the community recreation team drive you to the best of Washington's sights and events.


SCAN for
DETAILS



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

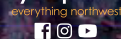


N2NW
ESPORTS

MEET | PLAY | COMPETE



navylifepnw.com





NOW OPEN *with*
NEW HOURS!

COME BY, RELAX WITH FRIENDS,
WATCH A GAME AND ENJOY FOOD SPECIALS.
CHECK OUT OUR UPCOMING EVENTS.

SUNDAY 11 A.M.-9 P.M.

MONDAY 4-9 P.M.

TUESDAY | WEDNESDAY CLOSED

THURSDAY 3:30-9 P.M.

FRIDAY 4 P.M.-MIDNIGHT

SATURDAY 11 A.M.-9 P.M.

SCAN FOR DETAILS



For more information call 425-304-3906
Open to ages 18+, must be 21+ to purchase alcohol.



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BRAND” TO
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and their families.

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the amazing programs we offer.**

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and support our cause? }**

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*For an immediate response,
please address any issues
with a staff member
or manager.*

FFR
FLEET & FAMILY READINESS

Upcoming EVENTS 2024

SOMETHING FOR EVERYONE

APRIL

April 11 | NOFFS Games

Test your strength and endurance in a battery of events. All include NOFFS components. Prized awarded to the top competitors.

April 20 | Touch a Truck:

Wonderful world of wheels and boats on display from NSE, the community and emergency organizations.



MAY

May 4 | Kids' Obstacle Course with CYP

Children can enjoy an exhilarating experience at Constitution Park, where they can dash, leap, and navigate a dynamic 10-course obstacle.

May 16 | Health Fair

Annual Health and Recreational Fair hosted in The Commons, in Bldg. 1950. Local departments and outside vendors provide health and wellness information.

LIBERTY Barracks Bash

Open to LIBERTY-eligible active duty Sailors and geo bachelors E1-E6. Featuring free food, games, music and prizes.

JUNE

MWR Summer Reading Program Begins

Kick off the summer with books and fun. MWR hosts a range of activities for children, teens, and adults that encourage and support a love of reading all summer long.

JUNE 14 | Operation MWR Concert/Summer Fest

Join us for an unforgettable day of music by BRELAND and Plain White T's! Food, music, games, activities and much more.



Spring is in the air and summer is fast approaching. It's time to get outside! These are snapshots of the Naval Station Everett FFR upcoming events. From runs, concerts, camp and more, there is something for everyone! Scan here for details.



JULY

Summer Command Challenge

Commands compete in physical and mental fitness event challenges. For active duty only.

AUGUST

Aug. 10 | Skookum Run

More than 15 obstacles. A 4-mile run where you will lift, crawl, flip, pull and swing for glory.



SEPTEMBER

Sept. 12 POW/MIA Run and Walk

Two-mile run/walk in honor and remembrance of our POW/MIA. This is not a timed event.

Sept. 14 | Jim Creek Great Navy Campout

Laser tag, hay wagon rides, Alpine Tower & Rock Wall, arts/crafts and more.

FFSC Gold Star Bells Across America

A ceremony honoring Fallen Service Members and the loved ones they left behind.



NAS EVERETT

WHAT'S NEW FOR YOU

Serving You Better, Your Ideas Into Action

MWR facilities are serving you better in 2024!
More to experience for improved quality of life.

NEW FITNESS EQUIPMENT

Your workout just leveled up! At MWR Fitness you'll find new treadmills, weights, floor mats, flip tires and yoga balls that will help propel you toward your fitness goals. Come challenge yourself on the latest cutting-edge equipment.

"I really like the new PRECOR Treadmills because I can feel the difference of the impact on the Ground Reaction Force and it makes a difference. I also appreciate the ability to enter more data into the touchscreen for an ending run analysis."

- Daniel Alvarez



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@EverettFFR

*Our goal is to make a positive difference
in a Sailor's health and well-being.*

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

DoD MWR
LIBRARIES



ALL
AMERICAN
 ★RESTAURANT★

NAVAL STATION EVERETT

WE ARE OPEN!

The All American is serving meals in Bldg. 2025, nestled next the Unaccompanied Housing Barracks, just a short walk from The Commons (Bldg. 1950) and the PSD Office (Bldg. 2000).

Dine-in and take-out services available.

Fresh greens during spring and summer. Entrées always include full salad bar, beverage and dessert.



MARINA

85 slips of varying lengths. Amenities include a sheltered harbor, access-controlled gate, pump-out station, utilities, potable water and individual dock box per slip. Guest moorage is available with advance reservation.



VEHICLE/RV STORAGE

The vehicle storage at Smokey Point features over 200 spaces with automated gate access, conveniently located close to the NEX, Commissary and NEX AutoPort.



MINI STORAGE

56 mini-storage units, located on Spruance Boulevard, just a short walk from the marina. Accessible to renters 24-7.



NAVAL STATION EVERETT

SAILOR'S CHOICE

MARINA, VEHICLE & MINI STORAGE

RESERVE TODAY!

425-304-3449





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Book Now

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SEXUAL ASSAULT PREVENTION AND RESPONSE PROGRAM

Naval Station Everett
24/7 SAPR Response Line: 425-754-5977

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:

Smokey Point Support Complex, 13910 45th Avenue NE, Suite 857, Marysville, WA 98271

- 24/7 SARC: 425-754-9867
- 24/7 SAPR VA: 425-754-2744

Legal Assistance for Victims of Sexual Assault:

- VLC: 425-304-3363
- VLC: 360-913-0427

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

WELCOME TO NAVY PACIFIC BEACH



options) lining the ocean bluff. Perhaps a room for two, with a view, is more your style, with one of our hotel rooms providing the perfect staycation. Or “rough it” at the onsite RV park and campgrounds.

These accommodations aren't just a place to stay, they are an integral part of the coastal experience for those who serve.

PLAY

Pacific Beach offers a myriad of outdoor activities for those with an adventurous spirit! From kayaking along the pristine coastline to hiking the scenic trails, there's something for every member of the military family. Nature enthusiasts can delight in the diverse flora and fauna surrounding the area, making it a haven for birdwatchers and wildlife fans. Our rental center offers clam-digging

Say YES to a getaway!

STAY

Discover the charm of a cozy, beachside hideaway at Navy Getaways Pacific Beach. The tranquil MWR retreat proudly welcomes our military service members and their families to a coastal escape, just 2-1/2 hours southwest of Seattle. Retirees, DoD Civilians, and sponsored guests are also welcome.

Wake up to the soothing sounds of crashing waves in a fully-furnished cottage (with 3-, 4- or 5-bedroom

GETAWAYS EACH!



equipment, and you'll find a clam-cleaning station onsite so you can enjoy your succulent treat on demand.

The resort hosts a range of family-friendly activities, from beachside bonfires to organized games that create lasting memories for children and adults alike. Build sandcastles, fly kites, or simply enjoy quality time with your loved ones against the backdrop of the Pacific horizon.

RELAX

Comb the beach or delight in some whale watching during your stay. The Olympic National Forest is just minutes

from this destination and the coastal communities of Seabrook and Ocean Shores are both within a 30-minute drive from the resort.

The night sky reveals a mesmerizing display of stars, far away from the city lights. Let the ocean breeze carry your worries away for a serene and enchanting experience!

GET AWAY

Learn more at <https://pacbeach.navylifepnw.com>.



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.



2024

GREAT NAVY CAMPOUT

Discover Your Adventure

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T-Mobile

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FOR DETAILS.



NAVAL BASE KITSAP
COMMUNITY
RECREATION
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everything northwest



No Navy endorsement implied.



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 everett.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.



The Seismos Fitness Center has a full-size basketball court, two racquetball courts, weight rooms, a multipurpose group fitness classroom, PRT training room and NOFFS Zone.

We have an aquatics facility that offers lap/fitness swims and water safety training. The Tsunami Pool employs a saltwater purification system that is less harsh than pools that use chemicals. The pool also features eight, 25-yard lanes, with depths ranging from 4' to 13'.

Whatever sport you are looking to participate in, chances are our Intramural Sports has a league or tournament to fit your interests. We have regularly scheduled intramural sports leagues throughout the year, such as volleyball, flag football, golf, basketball and softball. In addition, there are opportunities to participate in tournaments and regional competitions throughout the year.



SEISMOS FITNESS CENTER

425-304-3336
The Commons, 2000 W Marine View Dr., Bldg. 1950

TSUNAMI POOL

425-304-3388
The Commons, 2000 W Marine View Dr., Bldg. 1950

INTRAMURAL SPORTS

425-304-3935
The Commons, 2000 W Marine View Dr., Bldg. 1950

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.

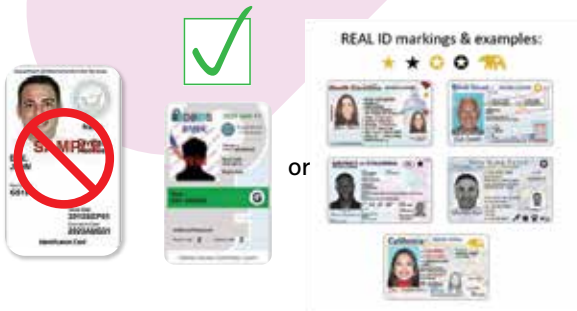
**NEW YEAR
NEW LOOK**

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

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



FFSC now offers Virtual Support Services.

Support is just a click away.

Getting help is a sign of strength.

Contact your local FFSC for more information.
www.hfp.navy.mil

The Falkenberg Center CNIC

NAVY CYP PROFESSIONALS

THANK YOU FOR THE LIVES YOU TOUCH.

WE APPRECIATE YOU SO MUCH!

NAVY CYP CNIC



FITNESS INCENTIVE PROGRAM

See Front Desk for details.

EARN PRIZES FOR WORKING OUT!

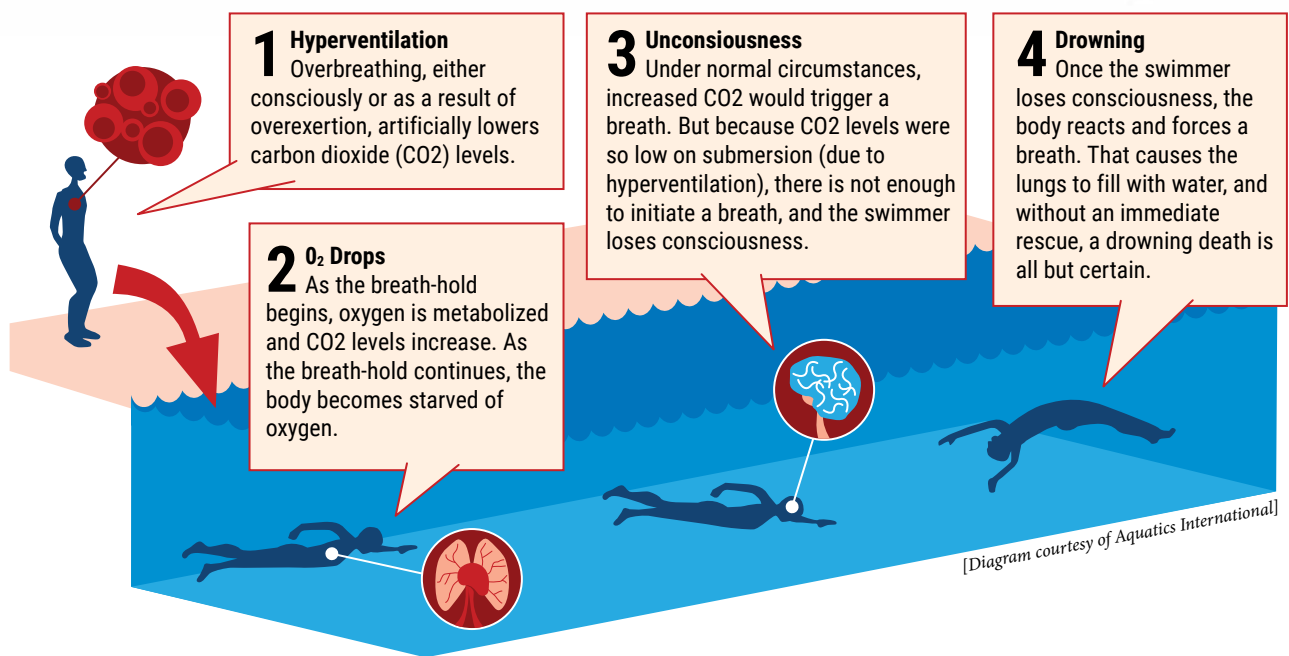
30 min. of activity = 5 points (max. 10 points daily).
Sign up and turn in your log sheets at the Seismos Fitness Center front desk.

- 200 points = MWR drink bottle
- 500 points = MWR workout towel
- 1000 points = MWR duffel bag
- 2000 points = Bluetooth mini speaker

PREVENT SHALLOW WATER BLACKOUT

The practice of hyperventilating and extended breath-holding is prohibited at Navy MWR Aquatics facilities.

Shallow Water Blackout: How it Happens



PREVENT SHALLOW WATER BLACKOUT:

- Never hyperventilate before swimming or diving.
- Swim with a buddy who is closely supervising you and not working out at the same time. If it isn't during an official training evolution, don't rely on a lifeguard to spot your shallow water blackout.
- Give your body enough time to recover, and catch your breath between sets. This will allow oxygen levels to return to normal.

[Source: Human Performance Resources by CHAMP (HPRC) at the Uniformed Services University]

See a Navy MWR Aquatics professional for more information.



www.navyfitness.org



DISCOVER THE EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) YOUR FLEET AND FAMILY SUPPORT CENTER WILL GUIDE THE WAY.

Trained EFMP case liaisons assist with:

- Information and Referral
- Education and Training Opportunities
- PCS Transition Assistance
- Respite Care Options
- Priority Housing
- Navigating TRICARE/ECHO



Contact your
Fleet and Family Support Center
for more information.

EFMP Exceptional
Family Member
Program



2024 EVENTS CALENDAR

FAMILY FUN

MARINA CLEANUP DAY
APRIL 20

PACIFIC ICE COMMUNITY ICE RINK
NOVEMBER 2024–JANUARY 2025

BEACHES & BOATING

FREE VESSEL SAFETY CHECKS
YEAR ROUND

KAYAK SHARE RENTALS
YEAR ROUND

FREEDOM BOAT CLUB
YEAR ROUND

JETTY ISLAND DAYS
JULY 5–SEPTEMBER 1

HARBOR TOURS

“THROWBACK THURSDAY” HISTORIC EVERETT WATERFRONT HARBOR TOURS
JULY 11, 25, AUG. 8, 22, 29

PORT OF EVERETT WORKING WATERFRONT HARBOR TOURS
JULY 10, 17, 31, AUG. 14, 28

MUSIC & MOVIES

MUSIC AT THE MARINA
JULY 11–AUGUST 29 (THURSDAYS)

ROCK THE BOAT
JULY 19 + 20

SAIL-IN CINEMA OUTDOOR MOVIE SERIES
JULY 26–AUGUST 30 (FRIDAYS)

PUGET SOUNDS STEEL DRUMS
AUGUST 2–30 (FRIDAYS)



WATERFRONT FESTIVALS

WHEELS ON THE WATERFRONT CAR SHOW
AUGUST 24

MUKILTEO LIGHTHOUSE FESTIVAL
SEPTEMBER 6–8

HOLIDAY ON THE BAY
DECEMBER 7

FISHING DERBIES

SALMON FOR SOLDIERS
SEPTEMBER 14

EVERETT COHO DERBY
SEPTEMBER 21 + 22



WALKS & RUNS

MILL TOWN MARATHON
MARCH 24

WALK MS: EVERETT 2024
APRIL 27

WALK TO END ALZHEIMER'S
OCTOBER 5

FOR ADDITIONAL EVENT DETAILS, SCAN THE QR CODE OR VISIT [PORTOFEVERETT.COM/EVENTS](https://portofeverett.com/events)

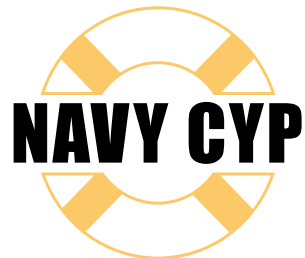


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@portofeverett | #portofeverett

(UPDATED: JAN. 2024)



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 everett.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.

EVERETT CHILD DEVELOPMENT CENTER

425-304-3778, 2000 W Marine View Dr., Bldg. 1980, Everett

FAMILY CHILD CARE (FCC)

When you need professional care with the comfort of home, our FCC are here to help. FCC providers are self-employed individuals, 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.

EVERETT CHILD DEVELOPMENT HOMES

425-304-3046, 13912 45th Ave. NE, Marysville

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 STATION EVERETT SCHOOL LIAISON

425-304-3688, The Commons, 2000 W Marine View Dr., Bldg. 1950





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 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.

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, Family Child Care Providers (FCC) and School-Age Care. You have options.

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



Hourly child care? You've got it.

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



Child Care In Your Home Fee Assistance Program

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

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



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 i

SCAN TO DOWNLOAD
THE FACT SHEET





NAVY HOUSING SERVICES

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



HOUSING SERVICE CENTER

425-304-3402
2020 W Marine View Dr., Bldg. 2028, Rm. 115

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

360-565-0400
constitutionparkfamilyhousing.com

UNACCOMPANIED HOUSING

CHECK-IN: UNACCOMPANIED HOUSING OFFICE

425-304-3111
2000 W Marine View Dr., Bldg. 2029
Front Desk is open 24/7 and a Front Desk Associate is available to assist.
After-hours Emergency Maintenance: 425-304-3111

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



UNACCOMPANIED
HOUSING

RESIDENT RECOGNITION PROGRAM:

RESIDENT *of the* MONTH/QUARTER

**Be Recognized for your
Exemplary Contributions!**

The Resident of the Month receives a LOA from the Base CO.
The Resident of the Quarter earns a designated parking spot for three months.
The Resident must win Resident of the Month before qualifying for Resident of the Quarter.

See the front desk for details.

The resident must demonstrate the following qualities:

1. Room is kept in exceptionally clean and organized manner.
2. Consistently receives outstanding ratings during scheduled and non-scheduled inspection.
3. Actively participates in UH/MWR recycling program.
4. No violation in any UH Policies (guests, cooking, alcohol, etc.)
5. Displays pro-active attitude, respect for others, and proven organizational and mission support.
6. Contributions have made the nominee a more valuable resident of UH.

**Transferring
PCSing?
Looking for
local rentals?**

HOUSES.mil

or contact your local
Housing Services Office



HOUSING SERVICE CENTER

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

**Let us
help
you!**

**Navy
Housing**

In the dynamic and demanding world of military life, service members and their families often face unique challenges, especially when it comes to employment. Recognizing the importance of supporting military families on all fronts, the Navy Fleet & Family Support Center (FFSC) has become a beacon of assistance. This article delves into the comprehensive employment services provided by the Navy FFSC, highlighting how it plays a crucial role in helping service members and their families navigate the complex terrain of career development and job placement.

CAREER COUNSELING AND GUIDANCE:

At the heart of the Navy FFSC's employment services is its commitment to providing personalized career counseling and guidance. Trained professionals work closely with service members and their spouses to identify their skills, interests and career goals. Whether transitioning to civilian life or seeking new opportunities within the military, the FFSC's career counselors offer valuable insights and resources to empower individuals to make informed decisions about their professional paths.

RESUME BUILDING AND JOB SEARCH ASSISTANCE:

Crafting a compelling resume and navigating the job market can be challenging for anyone, but it can be particularly daunting for military members transitioning to civilian life. The Navy FFSC addresses this challenge head-on by offering comprehensive resume-building and job search assistance. Through workshops, one-on-one consultations and access to industry-specific resources, the FFSC equips individuals with the tools they need to showcase their skills effectively and connect with potential employers.

EMPLOYMENT WORKSHOPS AND TRAINING:

Recognizing the importance of staying competitive in the job market, the Navy FFSC conducts a range of employment workshops and training programs. These sessions cover various aspects of career development, including interview preparation, networking skills and job retention strategies. By providing ongoing education and training opportunities, the FFSC ensures that military members and their families are well prepared to thrive in diverse professional environments.



NAVIGATING SUCCESS

EMPLOYMENT SERVICES AT THE FLEET & FAMILY SUPPORT CENTER

Contributed by navylifepnw Staff

JOB FAIRS AND NETWORKING EVENTS:

Creating bridges between military talent and employers is a key aspect of the Navy FFSC's employment services. The center organizes job fairs and networking events that bring together service members, veterans and military spouses with potential employers from various industries. These events provide a platform for direct interaction, allowing job seekers to showcase their skills and build valuable connections within the civilian workforce.

SPECIALIZED PROGRAMS FOR MILITARY SPOUSES:

Military spouses face unique challenges due to frequent relocations and the demands of military life. The Navy FFSC acknowledges these challenges and offers specialized programs to support military spouses in their pursuit of employment. From remote work opportunities to portable career resources, the FFSC is dedicated to helping spouses overcome the barriers they may encounter in maintaining a fulfilling career.

The Navy Fleet & Family Support Center's employment services are the go-to resources for service members and spouses for career counseling and guidance, networking, and successful career transitions and building resilience within the military community. As military personnel and their families navigate the ever-changing landscape of employment, the Navy FFSC remains a steadfast ally, guiding them toward a future filled with professional fulfillment and success.





FLEET & FAMILY SUPPORT CENTER - SMOKEY POINT

866-854-0638
425-304-3367
13910 45th Ave. NE, Ste. 857
Marysville, WA 98271

FLEET & FAMILY SUPPORT CENTER ANNEX

425-304-3735
2000 W Marine View Dr.
Bldg. 2000, Rm. 133
Everett, WA 98207

NAVY GOLD STAR CALL CENTER

888-509-8759

24/7 SAPR ADVOCATE

425-754-5977

24/7 SEXUAL ASSAULT RESPONSE COORDINATOR (SARC)

425-754-9867

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 everett.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





FOR THE PEOPLE WHO SERVE™

USO Northwest Centers

The USO strengthens America's military service members by keeping them connected to family, home and country, throughout their service to the nation.

USO Sea-Tac Center at Sea-Tac International Airport

Open: M-Th, Sat: 0800-0000, Sun: 1200-2000
 Tel: (253) 722-7082
 Email: msult@uso.org

USO Shali Center at JBLM (McChord Field)

Open: M-F 0900-1500
 Tel: (231) 250-6390
 Email: dlochner@uso.org

USO Camp Lewis at JBLM (Lewis Main)

Open: M-F 0900-1500
 Tel: (360) 979-6642
 Email: ddutcher@uso.org

USO PDX Center at Portland International Airport

Open: M-F 0800-1700, S-S 0900-1500
 Tel: (503) 943-9431
 Email: jkeller@uso.org

Mobile USO

The USO Northwest utilizes three Mobile USO's to take USO's morale support directly to service men and women.

Our Mobile USO's support our armed forces and their families at deployments, homecomings, and other military locations throughout Washington and Oregon.

Tel: (231) 250-6390
 Email: Dlochner@uso.org
 Website: northwest.uso.org/mobile

Pathfinder® Transition

The USO Pathfinder® Transition Program supports active duty, Reserve, National Guard and military spouses by offering professional development services throughout the duration of service member or military spouse's career, to well into your transition to civilian life.

USO Transitions Specialists collaborate with you to identify your personal and professional goals and the services and resources that best fit your needs.

Connect with your USO Transition Specialist today at: uso.org/transition.

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

Visit Northwest.USO.org to learn more!



FLEET & FAMILY READINESS
WORK that MATTERS.



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

WE'RE HIRING!

**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

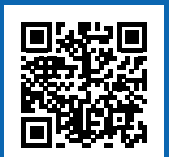
▶ GLOBAL CAREER OPPORTUNITIES

- 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.



NAVY CHILD AND YOUTH PROGRAMS (CYP) MAKE A DIFFERENCE. BUILD A CAREER.



FOLLOW THESE SIMPLE STEPS TO SEARCH [NAVYCYP.ORG/CAREERS](https://navycyp.org/careers) FOR NAVY CHILD AND YOUTH PROGRAMS CAREER OPPORTUNITIES.

1 Open [NavyCYP.org/careers](https://navycyp.org/careers)

Use your web browser to open the [NavyCYP.org/careers](https://navycyp.org/careers) website. A listing of all the available CYP jobs is displayed on the webpage.

2 Enter “Keyword”

To view openings for a specific type of CYP job, type the job title/key word into the “Keyword” box. To view all CYP job openings, leave the box empty and scroll through the job listings.

3 Enter “Location”

To view all Navy CYP job openings worldwide, leave the “Location” box empty.

To view positions at a specific location, type a city, state, zip code or country in the “Location” box, and then click the “Search” button.

4 View Positions

The webpage displays nine job positions per page. Click on the position title for more information.

5 Review Job Details

Information about the position is listed on the page. Scroll down to review the job Location, Summary, Duties and Responsibilities, Qualifications Required, Benefits, and How to Apply information.

6 Required Documents

Ensure that all documents supporting your job application are current (e.g., CDA credentials, transcripts, forms).

7 Apply

Click on the USAJOBS hyperlink for the job announcement, which is above the Job Summary section. Then click on the blue “Apply” button on the right side of the USAJOBS webpage. Follow the steps to either create a USA Jobs account or log in to your existing account.



FACILITY DIRECTORY

A

All American Restaurant:
425-304-3943

Alpine Tower:
425-304-5367

C

Catering-Naval Base Kitsap:
360-396-5466

Catering-NS Everett (Grand Vista
Ballroom): 425-304-3906

Catering-NAS Whidbey Island:
360-257-2892

Commissary (Smokey Point):
425-304-3379

Cyber Cafe:
425-304-3579

D

Deployed Forces Support:
425-304-3149

E

NS Everett Child Development
Center: 425-304-3778

NS Everett Child Development
Homes: 425-304-3046

NS Everett Community Recreation
Office: 425-304-3167

F

Family Housing/Housing Service
Center: 425-304-3402

Faultline Flicks:
425-304-3680

Fleet & Family Support Center:
866-854-0638

(Seismos) Fitness Center:
425-304-3336

G

Gallery Golf Course:
360-257-2178

M

(Sailor's Choice) Marina, Mini & RV
Storage: 425-304-3449

N

NS Everett Intramural Sports:
425-304-3935

Navy Exchange - Smokey Point:
425-304-4940

Navy Exchange Fleet Store:
425-304-4447

Navy Getaways Cliffside RV Park:
360-257-2649

Navy Getaways Jim Creek:
425-304-5315

Navy Getaways Pacific Beach:
360-276-4414

Navy Gold Star Program:
866-854-0638

Navy Lodge - NBK Bangor:
360-779-9100

Navy Lodge - NAS Whidbey Island:
360-675-0633

Navy Wounded Warrior:
360-315-2645

O

Outdoor Equipment Rentals:
425-304-3449

P

Pierside Grille:
425-304-3696

R

Resource Center:
425-304-3579

S

NS Everett School Liaison:
425-304-3688

Subway:
425-304-4440

T

The Commons:
425-304-3909

Tremors Neighborhood Sports Bar:
425-304-3906

NS Everett Trips & Tours:
425-304-3449

Tsunami Pool:
425-304-3388

U

Unaccompanied Housing (UH):
425-304-3111

V

Vibes LIBERTY Lounge:
425-304-3680

Y

NS Everett Youth & Teen Program:
425-304-3778



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

EMERGENCY ASSISTANCE

**Fleet & Family Support
Center Smokey Point**
425-304-3367

NS Everett Annex
425-304-3735

Information and Referral is available at the
Fleet & Family Support Center

Suicide & Crisis Lifeline 988

Base Information Line
425-304-3000

Base Hotline
425-304-5665

Crisis Hotline 800-584-3578 or 425-258-4357

Fire Department 360-257-2532
Fire Prevention/Inspection 360-257-6110

NS Everett Quarterdeck 425-304-3366

Poison Control Center 800-222-1222

TRICARE West Appointment Line 844-866-9378

Health Clinic 425-304-4060

Health Net Federal Services 844-866-9378

TRICARE Nurse Advice Line 800-874-2273

Active Duty Dental Program 866-653-4061

Retirees' Dental Program 888-838-8737

Base Security 425-304-3211/3121

Self-Help 877-273-8255

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





ADDITIONAL BASE RESOURCES

Air Terminal/Space-A Flights (McChord)
253-982-7268

Air Mobility Command
JBLM-McChord/SEATAC 253-982-7259/0555

Ombudsman Coordinator 425-304-3724

Base Access/DBIDS 425-304-3260
DEERS/ID Card Office (Ault Field)
360-257-1390/6770

DEERS/ID Card Office (SeaP.L.A.N.e Base)
360-257-6070

Chaplain 425-304-3342

Commissary 425-304-3379

Funeral Services 360-315-3456 **Honor Guard** 360-315-3273/3275

Legal Services (RLSO) 425-304-4551

Navy Lodge 800-NAVY-INN or 360-653-6390

Navy Exchange 425-304-4940

Personal Property 425-304-4015

Personnel Support Detachment 425-304-4256

Public Affairs 425-304-3202

Public Works 360-257-3348 **Recycling** 360-257-5481

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

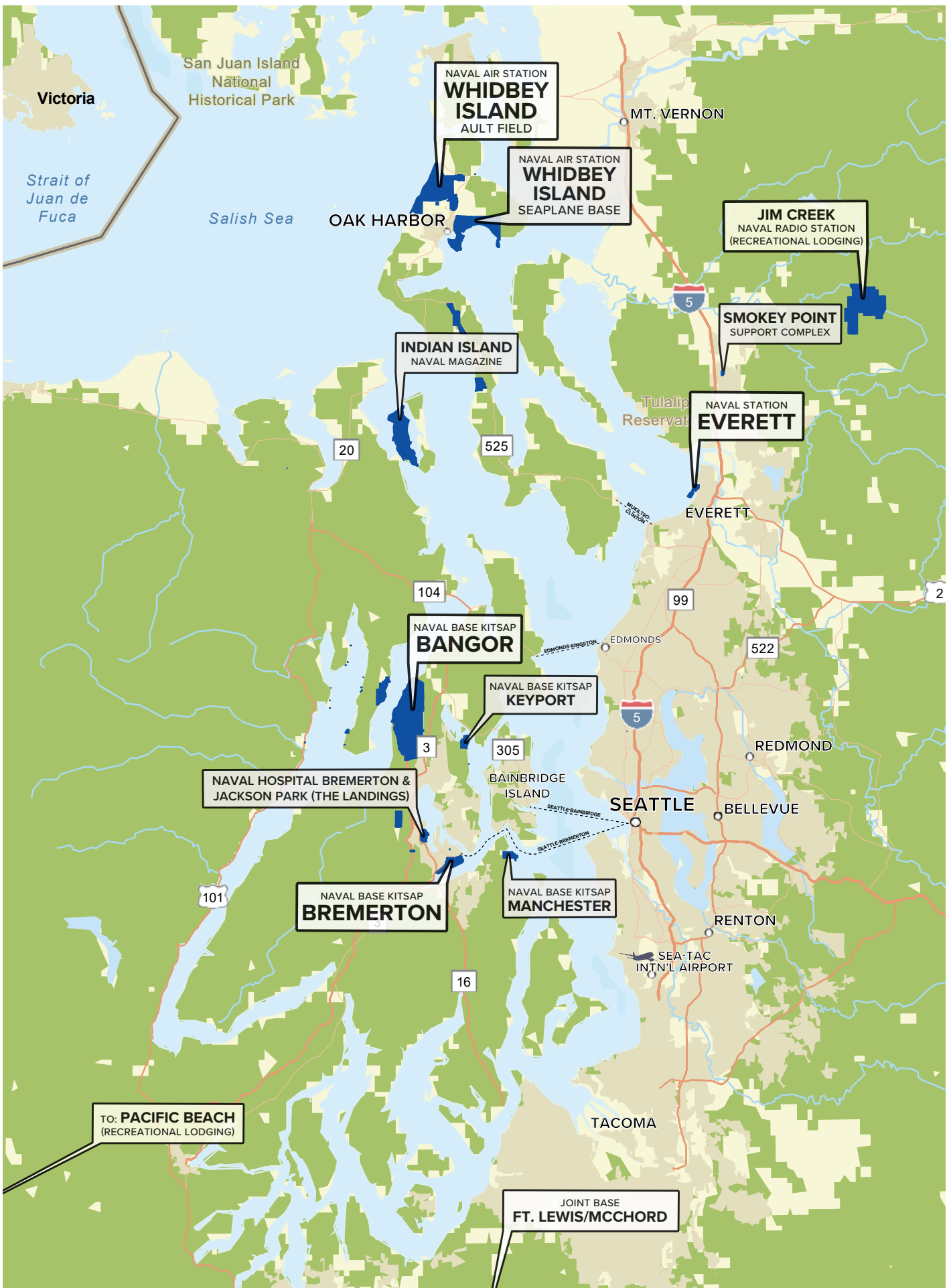
American Red Cross 1-877-272-7337

DSHS/Food Stamps 877-501-2233

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

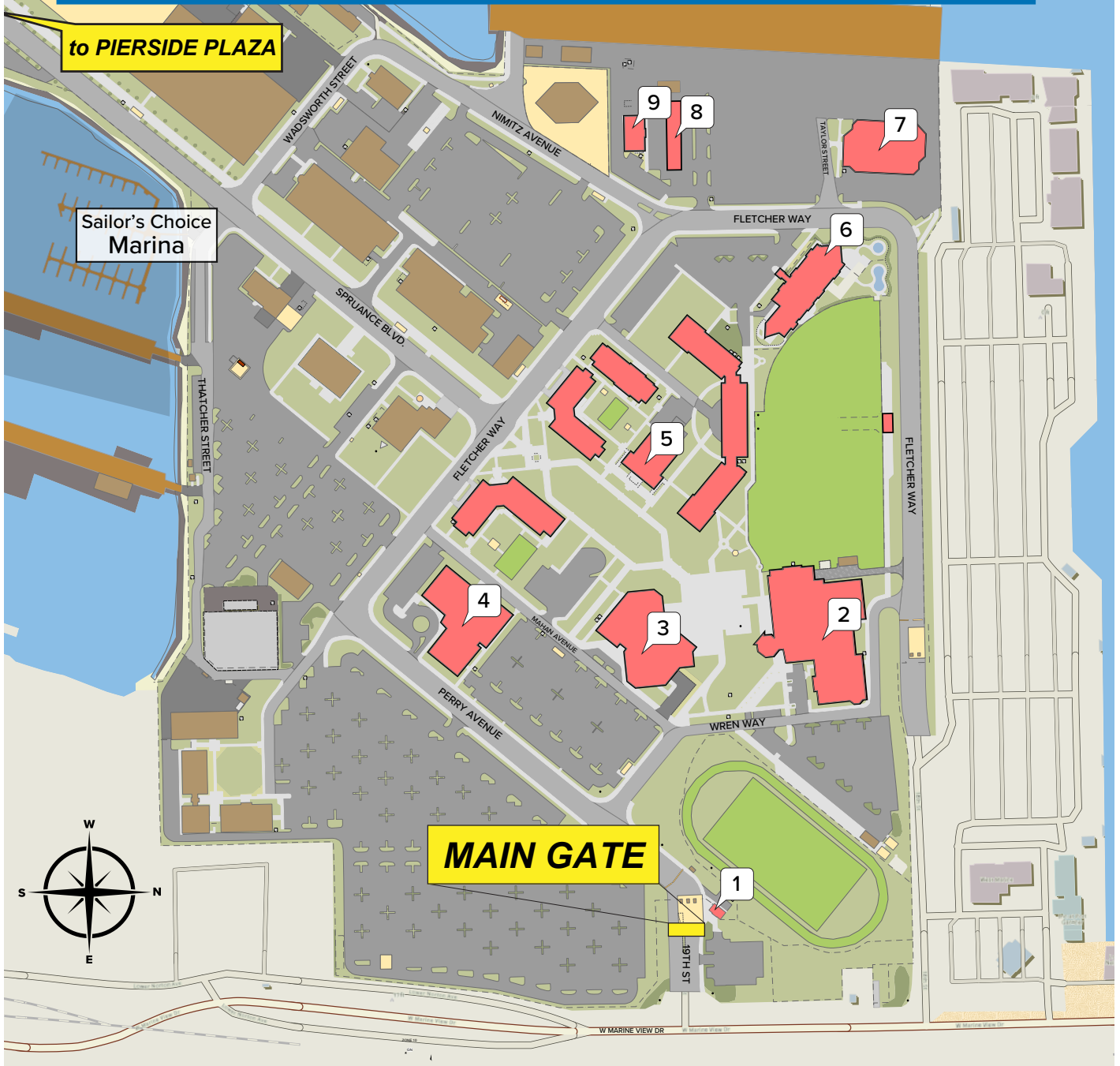
Victims Services Specialist 360-479-6188

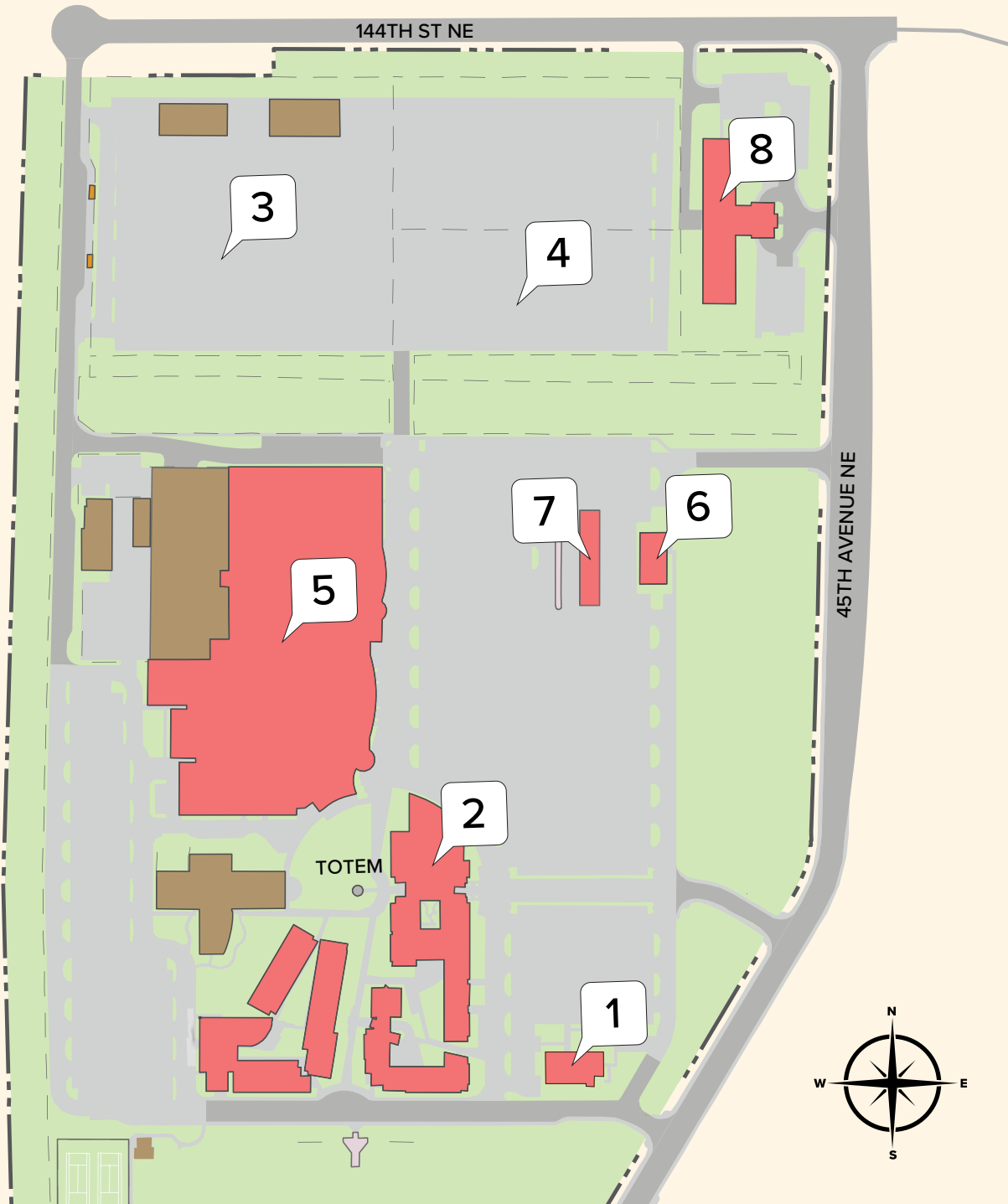
Washington State Dept. of Health Emergency Contacts 1-877-539-4344 (24/7) or 1-206-418-5500 (24/7) or www.doh.wa.gov/Emergencies



DIRECTORY

- 1** Visitor Control Center (VCC)
- 2** The Commons
Includes: MWR Seismos Fitness & Aquatics Center, Vibes LIBERTY Center & Faultline Flicks, Community Recreation Office, Grand Vista Ballroom
- 3** NSE Administration (PSD, JAG, FFSP)
- 4** Naval Branch Clinic, Everett
- 5** MWR All American Restaurant & Galley
- 6** Child Development Center (CYP)
- 7** Navy Exchange (NEX) Fleet Store
- 8** NEX Gas Station
- 9** Navy Federal Credit Union
- Pierside Plaza
Includes: MWR LIBERTY Center, laundry facility and Pierside Grille





DIRECTORY

- | | | |
|---|------------------------------|--------------------------|
| 1 Child & Youth, MWR Family Fitness Facility | 3 MWR Vehicle Storage | 7 NEX Gas Station |
| 2 Fleet & Family Support Center
Includes: Library, Columbia College, Classrooms, Thrift Shop and Navy Federal Credit Union (NFCU) | 4 MWR RV Parking | 8 Navy Lodge |
| 5 Commissary, Navy Exchange (NEX) | 6 NEX Mini Mart | |

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on beautiful Whidbey and Camano Islands



360-675-3755

OakHarborChamber.com

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Department of the Navy
Fleet & Family Readiness
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Silverdale, WA 98315



WHENEVER. WHEREVER. CONNECT WITH US

for everything Navy Region Northwest



start here for
exclusive offers,
announcements,
prizes and more!

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