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

Fall 2025–Winter 2026

THE JOURNEY UP

FLEET & FAMILY READINESS (FFR)



The official resource guide for
everything Naval Station Everett
and Navy Region Northwest

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UPCOMING EVENTS

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REST AS READINESS: RELAX AT PACIFIC BEACH

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Greetings from the Fleet and Family Readiness team at Naval Station Everett!

As we approach the Winter Solstice, it's a time to reflect, prepare for the colder months, and remember—The Journey Is Up from here.

We're excited to spotlight the many ways Fleet & Family Readiness is here to enhance your experience at Naval Station Everett and beyond. From scenic getaways to local hidden gems, we've curated a variety of programs offering relaxation, adventure, and community for Sailors and their families.

In this edition, we're highlighting Navy Getaways Pacific Beach, which offers the perfect blend of relaxation and recreation for military-connected personnel and their families. Nestled along the stunning Pacific Coast, just 15 miles north of Ocean Shores, Washington, this serene getaway is your ideal destination to stay, play, and unwind.

CNRNW N9 Team
Naval Station Everett

As we continue to grow and serve our community, we're also hiring! If you or someone you know is looking for meaningful work, consider joining the Fleet & Family Readiness team. We offer flexible part-time and full-time positions, along with training, career advancement, and great benefits, like health insurance, paid holidays, and paid time off for full-time roles.

We hope this edition inspires you to explore, connect, and make the most of your time with us. There's a world of hidden treasures waiting to be discovered—and we're here to help you find them.

For more information or assistance, reach out to any FFR team member. We're here to ensure your time at Naval Station Everett is enjoyable and fulfilling. Stay connected with us on Facebook and Instagram (@everettffr) or visit <https://everett.navylifepnw.com> for updates and more details.

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FFR DIRECTOR WELCOME MESSAGE



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



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

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



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MWR

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

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CHILD & YOUTH

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

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HOUSING

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

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FFSC

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

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

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

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

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

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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, and while you're there, check out our special meals! 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.



EVERETT CATERING & CONFERENCE CENTERS

425-304-3906
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Let us handle your private party, wedding reception, corporate meeting or official military function from start to finish. We offer menu selections and room configurations 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

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LIBERTY PROGRAM

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

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

**LIBERTY Program is open to active-duty service members, E1-E6, and their authorized guests 18 years+.*

Located inside The Commons

2000 W Marine View Dr
Bldg 1950
Everett, WA 98207

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@kitsapFFR

UPCOMING EVENTS

OCTOBER

Everett Fall Fest



DECEMBER

A Jim Creek Christmas



JANUARY

Wizardsing World of Jim Creek



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



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CLIMBING IN COMMUNITY



Victoria and family enjoy a moment together atop an overlook.

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

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

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

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

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



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

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

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



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

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

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

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



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

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

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

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

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

Contributed by navylifepnw staff



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.

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



GET THE SQUAD
BACK TOGETHER

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and support our cause? }**

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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.

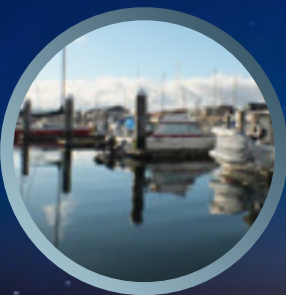
Fresh greens during spring and summer. Entrées always include full salad bar, beverage and dessert.



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NAVAL STATION EVERETT SAILOR'S CHOICE MARINA, VEHICLE & MINI STORAGE



MARINA

80 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.



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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: 2025 SPORTS CALENDAR

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



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

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

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

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

INTRAMURAL SPORTS

Get ready to play and have a blast with our MWR Intramural Sports program! Socialize, stay fit, and have fun with our recreational and competitive leagues, co-ed social leagues, and seasonal tournaments.

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FOR DETAILS



navylifepnw.com





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

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

Our LIBERTY Center is more than just a place to kill time; it's a retreat. Outfitted with video game consoles, movies, Wi-Fi and quiet spaces to relax and unwind, it's a pressure-free zone where Sailors can just be. Walking through those doors can feel like exhaling for the first time in days or weeks for young Sailors just arriving, not yet knowing a single person.

But LIBERTY doesn't stop inside. It invites Sailors out into the world, with FREE and low-cost trips and adventures that give them a chance to connect beyond the center walls. Snowboarding in the Cascades, kayaking through coastal inlets, catching a concert or professional sports game in the city, or just sharing a meal somewhere off-base, each outing is more than recreation. It's a shared story and friendship in the making, creating memories that lift the weight off the day-to-day.



"LIBERTY isn't just about getting off base, it's about making real memories, building friendships, and doing things you'd never expect while serving," PO3 Adam Ruiz says. "If you get the chance, don't sleep on it."

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

Contributed by navylifepnw staff

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

STOP THE WORLD TOGETHER

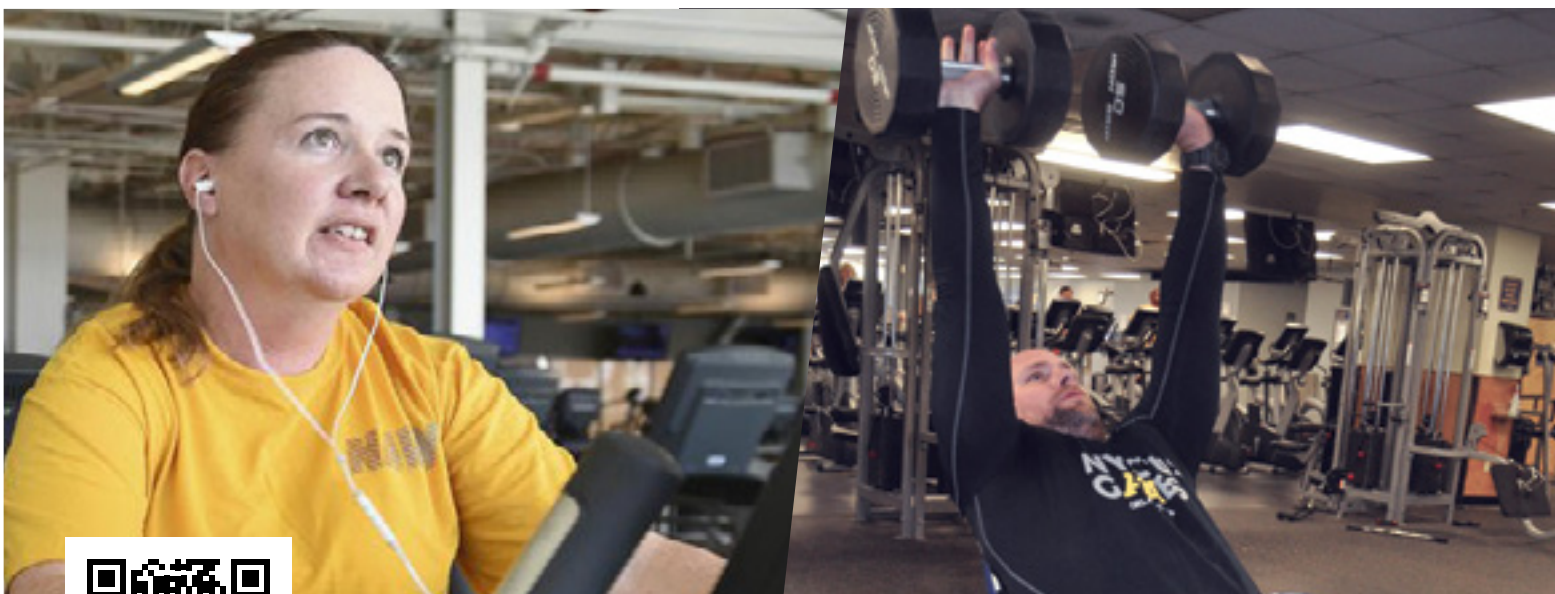
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24/7 access to Naval Station Everett MWR Fitness Center.

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at the fitness center today.
Contact your fitness center front desk for more info.*



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RECREATIONAL LODGING

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



CLIFFSIDE RV PARK & CAMPGROUND

Front Desk: 360-257-2649

Located on Ault Field at the end of Intruder Street
Watch for the directional signs on base

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



JIM CREEK RECREATION AREA & CAMPGROUND

Front Desk: 425-304-5315/5361

21027 Jim Creek Rd., Arlington, WA

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



PACIFIC BEACH HOTEL, COTTAGES, RV PARK & CAMPGROUND

Front Desk: 360-276-4414x2

108 First St. N, Pacific Beach, WA

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





COTTAGES
RV SITES
HOTEL SUITES
HOTEL ROOMS
CAMPING



CABINS
RV SITES
LODGE
CAMPING

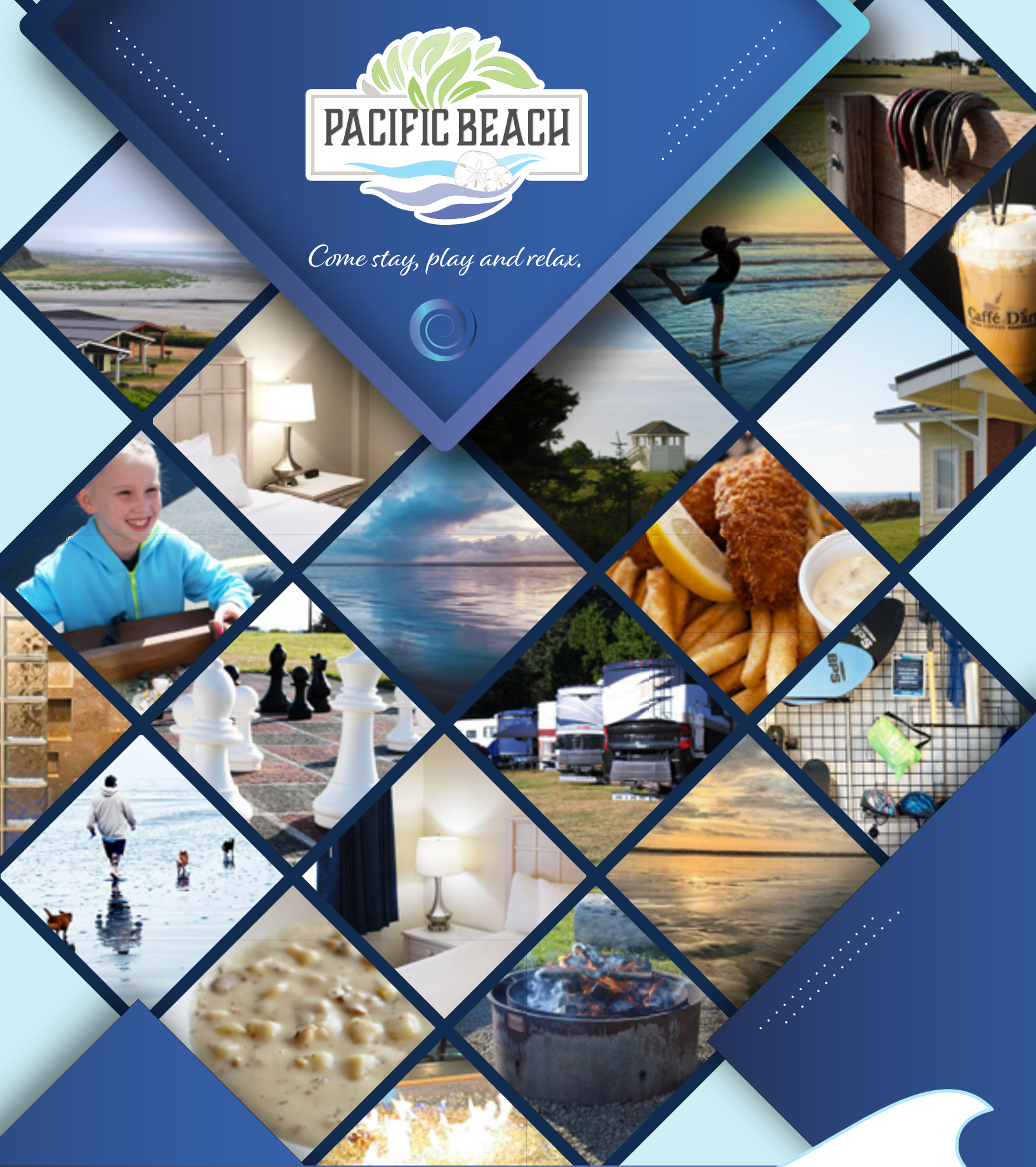


YURTS
RV SITES
CABINS
CAMPING



Come stay, play and relax.





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New Look & Links!

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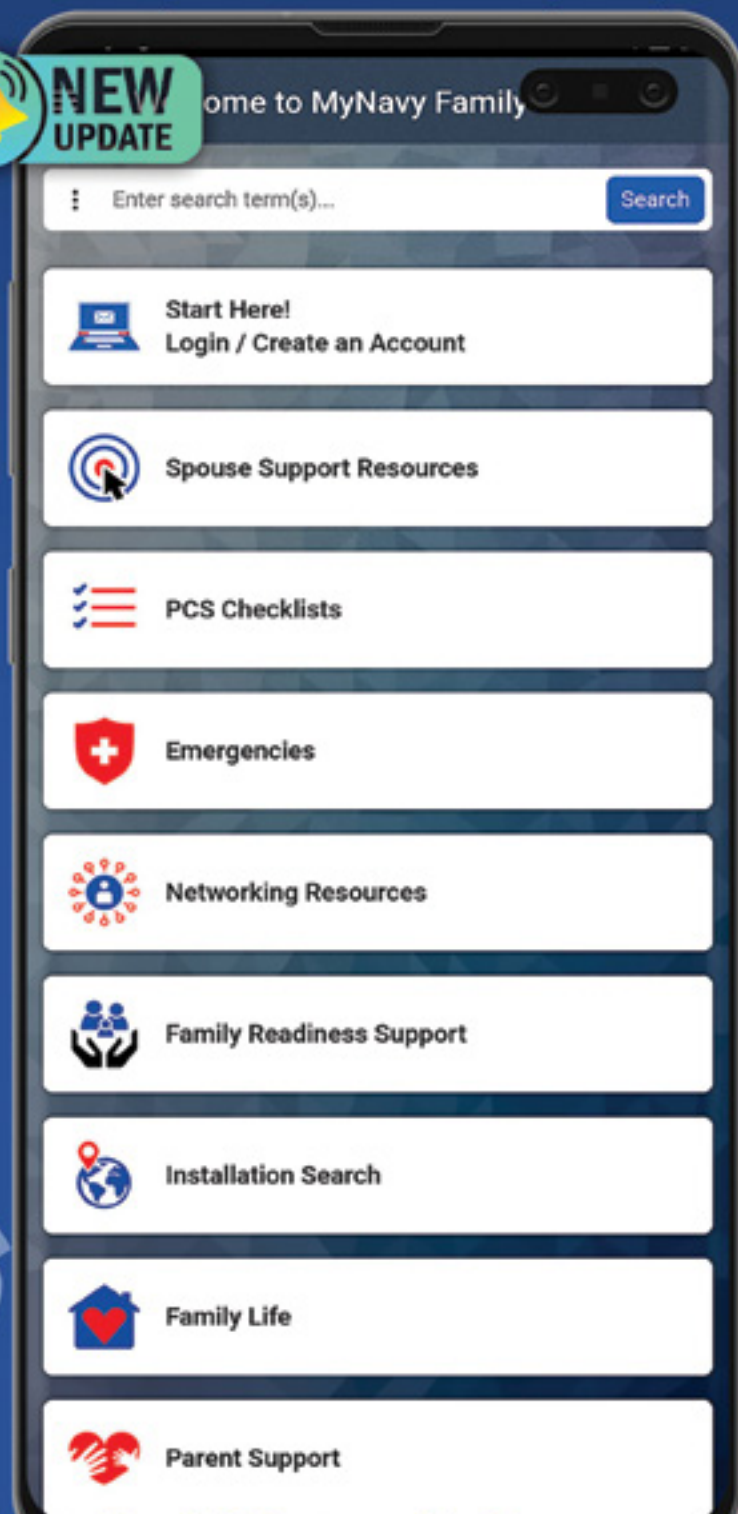
The MyNavy Family app connects Navy spouses and families to information and resources to help them successfully navigate the complexities of life in a Navy family.

Explore Our New Links!

- Education Support
- Emergencies
- Family Life
- Family Readiness Support
- Legal Resources
- Installation Search
- Navy App Locker
- Spouse Support Resources
- Parent Support
- Special Needs Family Support
- Networking Resources
- Spouse Employment Resources
- Survivor Resources
- Need Help?



**NEW
UPDATE**



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

REST AS READINESS



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

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

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

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

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

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

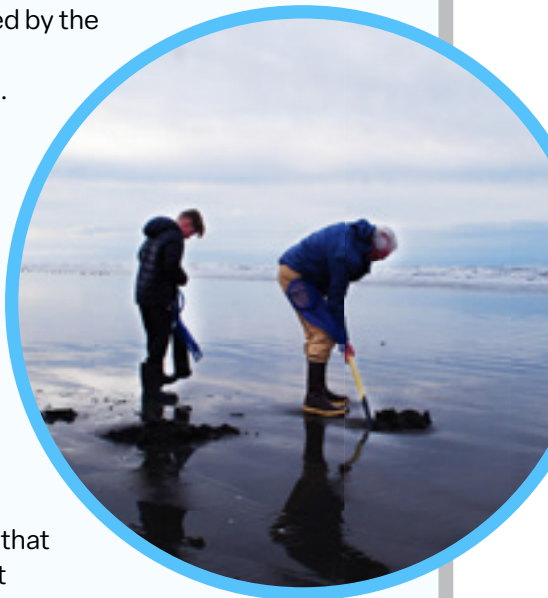
"Just having something to look forward to at the end of the day/mission gives service members and their families some light at the end of the tunnel," Pacific Beach Manager, Brian Jansma says. "We are a central overnight location for diverse outdoor opportunities! The Beach, Rain Forests, the Olympic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



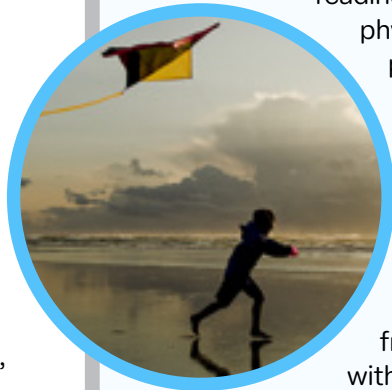
A break at Pacific Beach offers more than just scenery. It's a restorative journey. A chance to catch your breath and realign. Families can rediscover small joys like kite flying, or try your hands at razor clam digging, which draws guests to the beach in boots and headlamps, turning low tide into a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

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

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



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

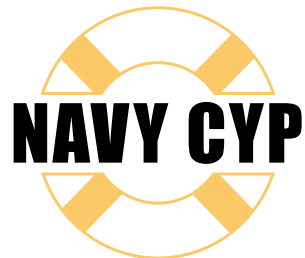


Taking time to rest isn't indulgence. It's an investment in one's mental and physical well-being. And when sailors and families return from places like Pacific Beach, they often come back with clearer heads, stronger minds, and more grounded for all of life's challenges.

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

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

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



CHILD & YOUTH PROGRAMS

CHILD & YOUTH PROGRAMS

The mission of Child & Youth Programs (CYP) is to make sure you can do yours by providing high-quality child care and support services close to home. Visit 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 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 FAMILY CHILD CARE

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 CHILD CARE PROGRAMS

Learn about military child care programs and quality care.

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



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

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

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

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



Hourly child care? You've got it.

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



Child Care In Your Home Fee Assistance Program

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

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



Facing delayed child care availability after your PCS?

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

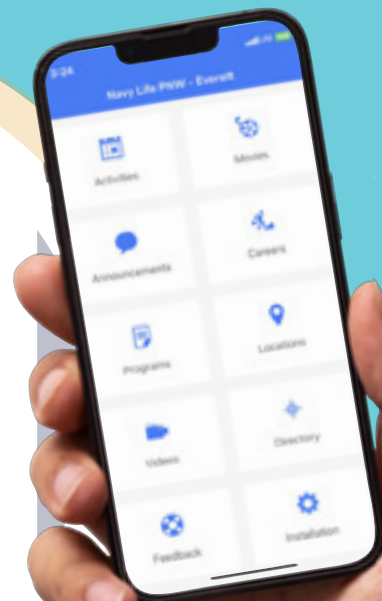


Learn more at
[MilitaryChildCare.com](https://militarychildcare.com)



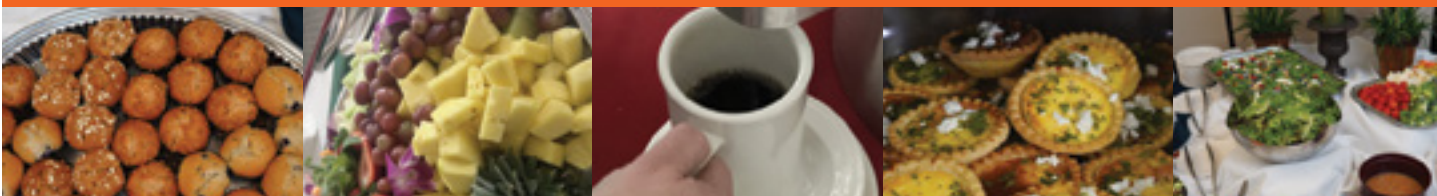
EVERYTHING AT YOUR FINGERTIPS

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NAVAL STATION EVERETT · FOOD & BEVERAGE



**Exceptional
flavors and
impeccable
service.**

CATER *with us*

Offering menus and services for any event or occasion.
Our facilities provide the ideal setting for your special event.



FOR MORE INFORMATION, CALL:
425-304-3906

**CATERING
DETAILS**
SCAN TO VISIT THE WEBSITE



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





Raising Kids

Built in M

parent and moving into new communities multiple times,” NS Everett CYP Director, Jessica Brundidge says.

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

“When my kids are ‘off,’ I try to pause, breathe and ask what might really be going on underneath,” Heather says.

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

“An important piece of information that may be overlooked are activities that parents can provide for their children and families,” Brundidge says. “Opportunities to get to know the program and staff and learn about all programs from CDC through Youth & Teen programs.”

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

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

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

“CYP programs can provide military kids with a sense of community and peers who are going through similar situations, such as a deployed

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

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

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

g Resilient

Building Emotional Strength Military Life

Contributed by navylifepnw staff

Routine also matters.

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

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

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

“Youth Sponsorship is peer-to-peer support,” Region School Liaison, Kelly Scheese says. “Having a friendly connection helps youth feel welcome and supported when arriving to a new location. Anchored4Life Clubs are

part of our Youth Sponsorship Program. A4L helps youth build resiliency and life skills,” she says.

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

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

Looking back, Heather says she is most proud of how her kids have grown. They are

more self-aware and emotionally strong, reminding her it’s okay to feel uneasy when the journey gets tough.

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

Children often express stress differently than adults. Sadness may appear as irritability. Worry may look like withdrawal or acting out.
— Military Child Education Coalition

“CYP programs can provide military kids with a sense of community and peers who are going through similar situations.”
— NS Everett CYP Director Jessica Brundidge

Developing leadership skills can help youth build more confidence.
— Anchored4Life Program



NAVY HOUSING SERVICES

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

360-564-0400
constitutionparkfamilyhousing.com

UNACCOMPANIED HOUSING

CHECK-IN: UNACCOMPANIED HOUSING OFFICE

425-304-3111
2000 W Marine View Dr., Bldg. 2029
Front Desk is open from 0600 - 2200 daily and a Front Desk Associate is available to assist. For afterhours check-in please call 425-304-2946
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.



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





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?



or contact your local
Housing Services Office



NAVY REGION NORTHWEST

HOUSING SERVICE CENTER

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



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



navylifepnw.com



@KitsapFFR
@KitsapFFR
@WhidbeyFFR



FIND US

SCAN TO VISIT YOUR INSTALLATION
PAGE AT NAVYLIFEPNW.COM





FLEET & FAMILY SUPPORT CENTER - SMOKEY POINT

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

FLEET & FAMILY SUPPORT CENTER ANNEX

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

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.



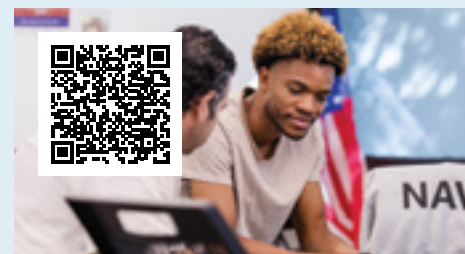
NEW SPOUSE

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 counseling by professional, licensed clinicians. FFSC clinical counselors hold a master's or doctorate-level degree in counseling, social work or psychology. Their professional services are free of charge to active-duty personnel and family members.

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



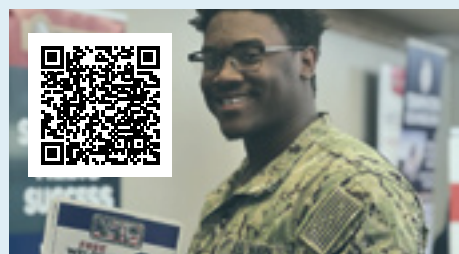
PARENTHOOD

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

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

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

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



EMPLOYMENT

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

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

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



DEPLOYMENT SUPPORT

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

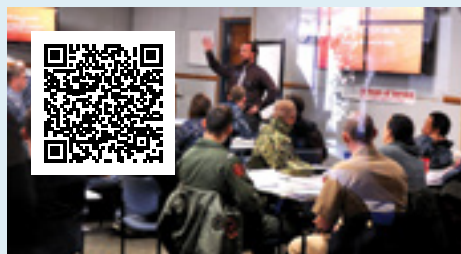
Pre-deployment information is presented around five core elements that Sailors and their families should review and update as they prepare for deployment: documents, finances, communication, relationships and resources. Mid-deployment help for families include stress-reduction classes, mind and body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

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



LIFE SKILLS EDUCATION

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



TRANSITION & RETIREMENT

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

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

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



FINANCIAL PLANNING

A key contributor to fleet and family readiness is having a solid financial plan in place. 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 PROGRAM

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.

Qualifying special needs include, but is not limited to, family members who require any kind of specialty medical care or doctors and/or any type of educational support services, either of them lasting longer than 6 months. Some examples of qualifying services: early intervention services, 504/IEPs, referrals to speech/occupational therapy, clinical counseling, required adaptive equipment assistive technology devices and services and/or wheelchair accessibility.

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



SPOUSE STRONG

Thriving on the Homefront

Spouse Strong is an empowering and informative video series designed exclusively for military spouses. Being a military spouse comes with a unique set of challenges and opportunities. Our mission is to equip you with the knowledge, skills, and support you need to thrive on the homefront. Join us in this empowering journey and become Spouse Strong.

YouTube Channel





BOOST YOUR CAREER: ATTEND AN FFSC JOB FAIR!

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

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



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.

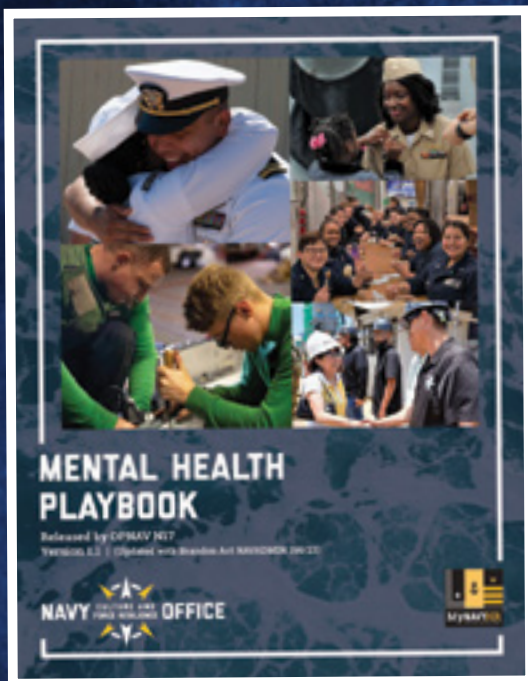


Contact your local Fleet and Family Support Center for more information or download the MyNavy Family app.
www.ffsp.navy.mil



**Feeling stressed, debating
seeking help but don't
know where to start?**

NAVY MENTAL HEALTH PLAYBOOK



**If you or someone you know
needs support now,
call or text 988
or
chat 988lifeline.org**



FFSC Virtual Clinical Counseling **CONNECT to GET CARE**

The Fleet and Family Support Center (FFSC) now provides in-person and virtual clinical counseling! Sailors and families can access virtual clinical counseling from the privacy of their own homes. Virtual clinical counseling is a nonmedical, clinical, short-term solution-focused service. It is available to individuals, couples and families.

Virtual clinical counseling helps with:

- Separation
- Grief
- Deployment
- Relocation
- Relationship issues
- Parent-child interactions
- Other challenges related to military and family life

To schedule an appointment, call 1-855-205-6749. If calling outside of regular business hours, leave a message. Your call will be returned within one business day.

www.ffsp.navy.mil





SEXUAL ASSAULT PREVENTION AND RESPONSE PROGRAM

Naval 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](https://www.safehelpline.org)



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

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 Centralized Scheduling &

Urgent Respite Care

866-854-0638

FLEET & FAMILY SUPPORT CENTERS

Smokey Point 425-304-3367

Annex 425-304-3735

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

HEALTH RESOURCES

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

Self-Help 877-273-8255

BASE SECURITY

Base Security 425-304-3211/3121



ADDITIONAL BASE RESOURCES

Air Terminal/Space-A Flights (McChord)

253-982-7268

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

NASWI Flight Recording 360-257-2328

Ombudsman Coordinator 425-304-3724

Base Access/DBIDS 425-304-3260

Deers/ID Card Office 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 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

LODGING

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

Navy Lodge 800-Navy-Inn or 360-653-6390

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

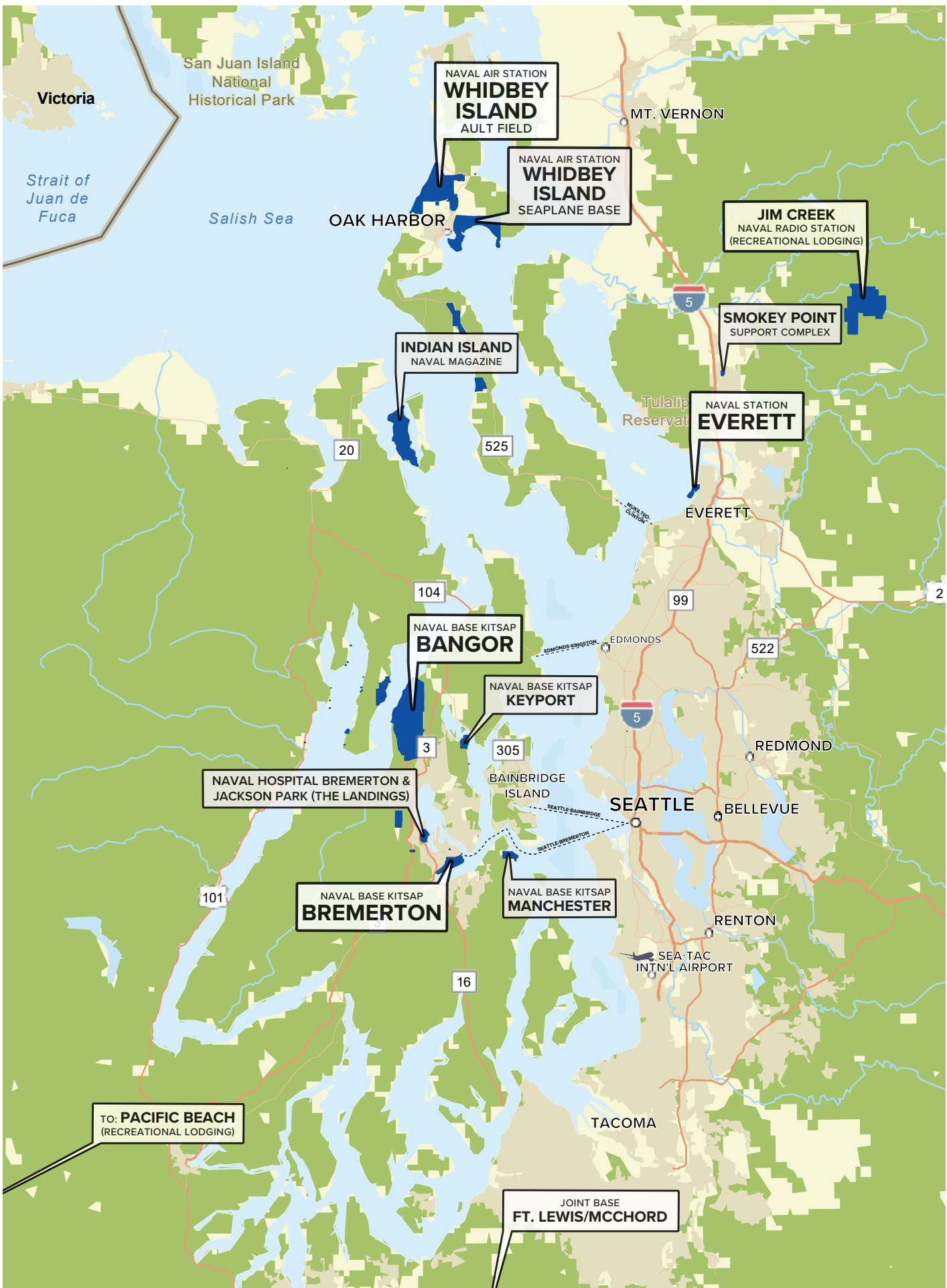
**Immigration & Naturalization Service-Military
Helpline** 877-247-4645

Victim Services Specialist 800-500-5513

Washington State Dept. of Health

Emergency Contacts 1-877-539-4344 (24/7)
or 1-206-418-5500 (24/7) or

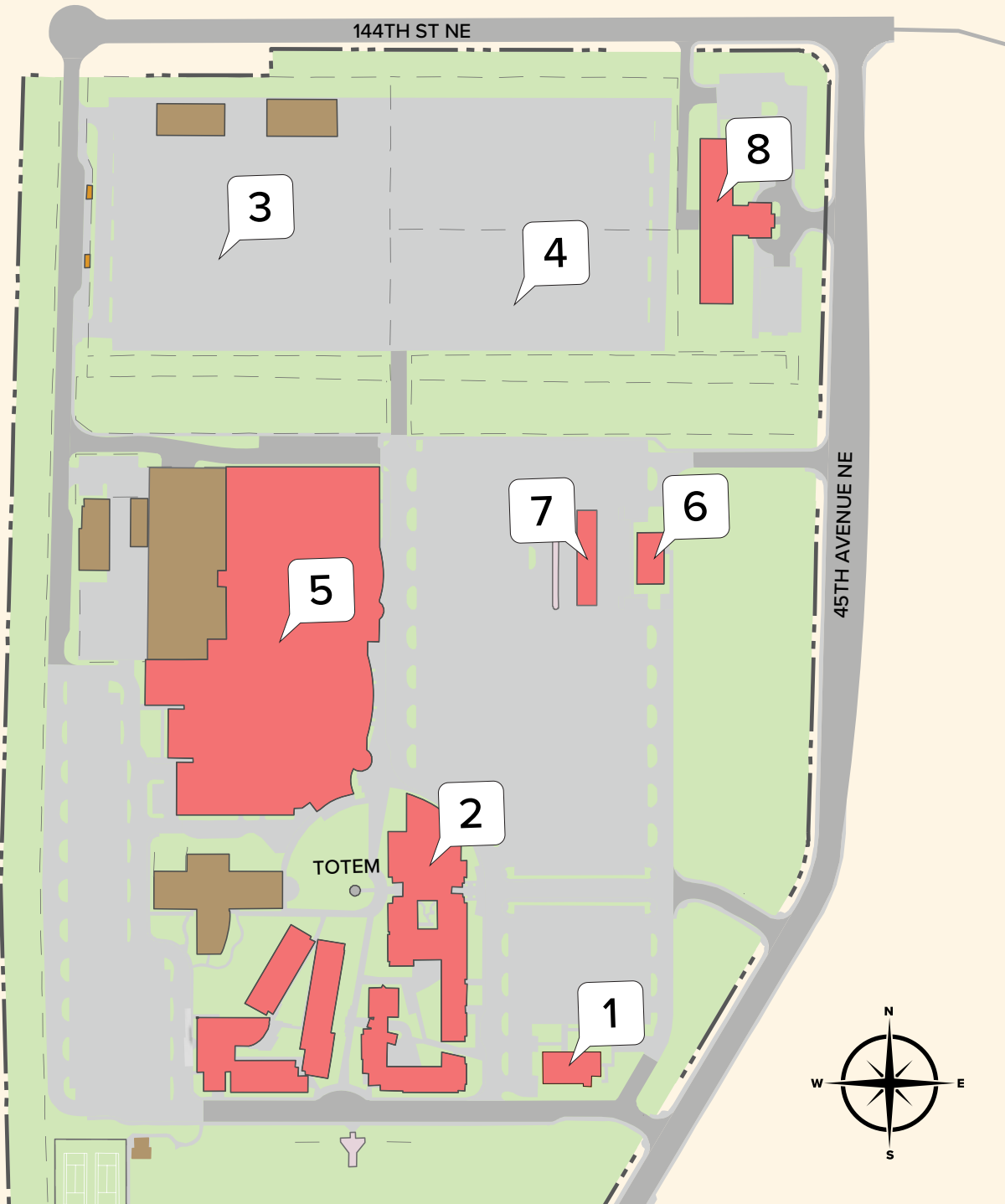
www.doh.wa.gov/Emergencies



DIRECTORY

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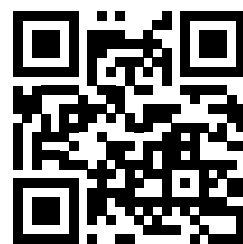
WORK WITH US

We're hiring full-time and part-time positions with benefits at Naval Station Everett, Naval Base Kitsap and Naval Air Station Whidbey Island.

- Food Services
- Recreation Assistants
- Lifeguards



APPLY TODAY at navylifepnw.com/careers





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



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