

navylifepnw

NAVAL STATION EVERETT

FLEET & FAMILY READINESS RESOURCE GUIDE

SPRING/SUMMER 2022

IN THIS ISSUE:

NAVIGATING YOUR NAVY
BENEFITS

10 GREAT REASONS TO
WORK FOR FFR





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MESSAGE FROM THE FFR DIRECTOR



Fleet & Family Readiness welcomes you to the U.S. Navy's newest and most modern homeport in the world.

Our mission is to support Sailors and families with world-class service in recreation, fitness, housing, child care, and resiliency-building programs and classes. Fleet & Family Readiness is the place to

start for those close-to-home opportunities for Sailors and families.

MWR can provide you with opportunities to get outside, be active and healthy, and have fun. Our Fleet & Family Support Center is here to support and assist our Sailors and families with every career and life change. We offer vital resources in a variety of delivery modes, from a classroom setting to live webinar workshops.

Be sure to visit everett.navylifepnw.com or follow us on our Facebook and Instagram pages @EverettFFR to stay up to date with events, facility hours and what's new.

If you're looking for a new career, consider joining our team! We offer flexible, part-time and full-time positions in a variety of career fields. All of our jobs offer training, career advancement opportunities and access to the base services described in this resource guide. Our full-time jobs include benefits such as health insurance, 10 paid holidays, paid time off and more. Learn more on page 25.

We look forward to serving you and your family.



John Lenz
CNRNW N9, FFR Director
Naval Station Everett

5 SIMPLE STEPS TO REGISTERING WITH MYFFR

1 VISIT

www.navylifepnw.com/myFFR

2 LOG IN

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

3 BROWSE

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

4 PURCHASE

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

5 ENJOY!

Rest easy knowing your reservation is complete!



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YOUR GUIDE TO
FLEET & FAMILY READINESS

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navylifepnw is produced by the U.S. Navy Region Northwest Fleet & Family Readiness (FFR) program. 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. 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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HOW TO USE THIS NEW GUIDE!



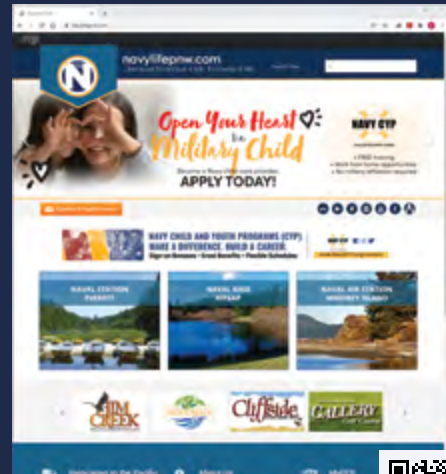
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for everything
Navy Region Northwest

1. Find a QR code
2. Open your camera app or QR code reader on your web-enabled smartphone
3. Scan the QR code for quick access to:

- Activity/event registration
- Event details and maps
- Support resources
- On-base restaurant apps
- Our social media pages
- and more!



navylifepnw.com



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



FOOD, FUN & RECREATION



MWR is proud to offer you dining, entertainment and recreation options conveniently located on base. Visit everett.navylifepnw.com/events or scan this code to find out about our upcoming specials and promotions.



All American Restaurant

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

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 code to learn more.



Everett Catering & Conference Center

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

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 code to learn more.



Pierside Grille & Plaza

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

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 code to learn more.



Everett Community Recreation

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

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!



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



Sailor's Choice Marina & Mini Storage

Intersection of Spruance Blvd. & Thatcher St., Everett, 425-304-3449

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'.

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 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. Call or scan this code to learn more.



Gallery Golf Course

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

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. Tee-time reservations may be made in person or by phone up to 14 days in advance

for Military (including active duty, reservists and retirees and their family members) and up to seven days in advance for DoD civilians and other civilian guests. Call or scan this code to learn more.



LIBERTY PROGRAM

SCAN BELOW FOR

**TRIPS
EVENTS
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Open to junior service members (E1-E6) who seek recreation and entertainment in an alcohol- and tobacco-free environment. Bring a friend! Eligible users may escort up to two guests 18+. LIBERTY is here to get you out of the barracks and out to enjoy the great Pacific Northwest. Transportation is included in the cost of all of our trips.

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

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

Vibes LIBERTY Lounge

The Commons, 2000 W Marine View, Dr. Bldg. 1950, Everett, 425-304-3680

GREAT MEMORIES START *with* MWR!

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Visit your local Community Recreation
office to start your next adventure!



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MWR proudly operates three DoD lodging facilities in Navy Region Northwest. Visit www.dodlodging.net or scan this code to explore these and hundreds of other DoD-owned properties around the world.



Cliffside RV Park & Campground

Located on Ault Field, Oak Harbor, WA 98278.
Front Desk: 360-257-2649

Nestled along the shoreline of Whidbey Island, Navy Getaways Cliffside offers an awe-inspiring location, the ambiance of shoreline living, ever-changing marine environment and unparalleled sunsets. Rent one of our RV campers or bring your own. We also rent tent sites and yurts. Call or scan this code to learn more.



Jim Creek Recreation Area & Campground

21027 Jim Creek Rd., Arlington, WA 98223
Front Desk: 425-304-5315/5361

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



**Pacific Beach
Hotel, Cottages, RV Park & Campground**

108 First St. N, Pacific Beach, WA 98571
Front Desk: 360-276-4414

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



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

YOUR VACATION Navy Getaways CLOSE TO HOME



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



Pacific Beach, WA
pacbeach.navylifepnw.com
360-276-4414



Oak Harbor, WA
cliffside.navylifepnw.com
360-257-2649



Arlington, WA
jimcreek.navylifepnw.com
425-304-5315

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 code for the latest class and activity schedules.



The Seismos Fitness Center has a full-size basketball court, two racquetball courts, weight rooms, a multi-purpose 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 ft.

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

The Commons, 2000 W Marine View Dr., Bldg. 1950, Everett, 425-304-3922

Tsunami Pool

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

Naval Station Everett Intramural Sports

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



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 NASWI Fitness Center Front Desk.

200 points = MWR drink bottle

500 points = MWR workout towel

1000 points = MWR Duffel bag

2000 points = Bluetooth mini speaker



ALL-NAVY SPORTS: 2022 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 boxing, 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 visit the Navy Sports website. Ensure you have your command's endorsement.



NOFFS

Navy Operational Fitness and Fueling System

BUILT FOR YOU



Your wellness journey is unique to you. Whether you enjoy movement at a fitness center, the great outdoors or simply in your living room, there is always a space and a place for exercise. When duty calls you to be away from your routine and onto an aircraft carrier, submarine or out of the country, fitness can be found in the palm of your hand.

The Naval Operational Fitness & Fueling Systems (NOFFS) was built by the Navy for the Navy and it lays a foundation for a lasting and successful journey of fitness and wellness. NOFFS has four, easy-to-use apps that you can download for FREE on any phone or tablet. Once downloaded, you can access NOFFS resources and routines at anytime, even without Wi-Fi or cellular signal! These apps can be used by everyone in your family, not just Active Duty service members.

Brittney Beitel, Fitness Manager at Naval Station Everett, highly recommends NOFFS. "The program was formulated to be accessible regardless of location or resources of a training facility. It not only allows for physical but also operational performance improvements along with nutritional guidance," she says. Remember, only you are in charge of your fitness journey and NOFFS is the perfect way to solidify that foundation. For more information about NOFFS, visit your fitness center or navyfitness.org.



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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 code to learn more about our programs and services.



Child Development Centers (CDC)

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

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

Child Development Homes (CDH)

If you prefer child care in a home setting, consider a Navy Child Development Home (CDH)! Navy CDH providers are self-employed individuals who have met the Navy's rigorous training and certification requirements for operating a child-care business in their homes. CDH Providers who reside outside of a qualifying military housing community must also be licensed by the State of Washington before certifying as a Navy CDH Provider.

Everett Child Development Homes (CDH)

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

Child and Youth Education Services (CYES) School Liaison

When it's time to relocate, we're here to help the transition to go smoothly as possible for your children. Our School Liaisons help families with children in pre-kindergarten through 12th grade. They assist with everything from a school transfer and home-school support, to meeting graduation requirements. For our elementary, preteen and teen community, the Youth Sponsorship Program adds an 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.

Everett School Liaison

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

NAVY CYP WE'RE HIRING!  

**MAKE A DIFFERENCE.
BUILD A CAREER.**

Sign-on Bonuses • Great Benefits • Flexible Schedules
Apply Today! www.navylifepnw.com/jobs



There are more than 1,000 military children on a waitlist for child care in Navy Region Northwest. Here's what you can do to help ...

OPPORTUNITIES FOR JOB SEEKERS

Stable early learning environments encourage creativity and skills development in young children, and strong school-age programs help children build confidence and excel in their formative years. Navy Region Northwest children need you to help them learn and grow! Become a part of our Child & Youth Program teams and see just how much your guidance can propel military youth. The Navy is urgently hiring:

- **Program Assistants:** Provides appropriate developmental care and instruction for infants to children up to 12 years of age by attending to their physical, social, emotional, and intellectual needs.
- **Program Leads:** Provides appropriate specialized developmental care and instruction for children and youth, as well as guidance, assistance, and mentoring for Program Assistants.
- **Operations Clerks:** Serves as clerical and administrative support, providing records management and reporting, liaising with families and programs, and collecting and monitoring fees and supplies.

BENEFITS:

- Starts at \$16.20 per hour and up (depending on experience)
- Earn up to \$2250* in sign-on and retention bonuses
- Career growth and development opportunities, including ongoing training and tuition reimbursement
- Work with a team of professionals who are passionate about their work
- Premier benefits package starting on your first day of employment (for full-time and part-time employees)

*Terms and Conditions apply. Contact NAF HR for details.

OPPORTUNITIES FOR ENTREPRENEURS

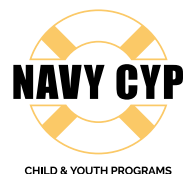
Have you ever dreamed of making a living from the comfort of your own home? Now you can go from dream to reality in just a few short weeks with the Navy Child Development Homes (CDH) program. As a qualified applicant, you'll receive all of the training and support you need to operate a successful child-care business with little to no start-up costs or upfront expenses. Best of all, the skills you learn are in high demand and will transfer easily to another city or state if you ever have to move.

We're looking for dedicated and flexible child-care providers to care for infants to children up to 12 years of age. This opportunity may be right for you if you are at least 18 years old, have a high school diploma or equivalent, own or lease your home, love working with children and have a strong desire to succeed at running your own small business.

BENEFITS

- Independence and flexibility that comes from being your own boss
- Marketing and advertising done for you
- Turnkey start-up kit that includes learning curriculum, daily schedule, templates and more
- Access to educational toys, furnishings and supplies from our Lending Library
- USDA reimbursements to supplement your food budget
- Dedicated success coach
- Plus: FREE training and opportunities to earn your Child Development Associate credential and NAFCC accreditation that will boost your skills and earning potential even further

Find out more about any of these opportunities by visiting navylifepnw.com/kids



WELCOME ABOARD NAVSTA EVERETT

20% OFF

One (1) Outdoor Recreation Rental

Valid at any Navy Region Northwest Community Recreation Center.

CASHIERS: PLEASE USE COUPON CODE ****CPN016** WITH YOUR SITE NUMBER (**). Instructions for redemption: 1. On the Payment screen select "Split Payment"; 2. Type in Pay Code 41; 3. Select "Add Split Payment"; 4. Type the coupon code into the "Scan" box then click OK or Enter; 5. Select additional Pay Codes to finish the remaining payment(s). **EXPIRES December 31, 2022**

NOT REDEEMABLE FOR CASH. ONE COUPON PER CUSTOMER. CANNOT BE USED WITH OTHER PROMOTIONS. NO REPRODUCTIONS OR ELECTRONIC IMAGES ACCEPTED. OTHER RESTRICTIONS MAY APPLY.

FREE RENTAL

One (1) FREE Camping Equipment Rental Package

Valid at any Navy Region Northwest Community Recreation Center.

CASHIERS: PLEASE USE COUPON CODE ****CPN002** WITH YOUR SITE NUMBER (**). Instructions for redemption: 1. On the Payment screen select "Split Payment"; 2. Type in Pay Code 41; 3. Select "Add Split Payment"; 4. Type the coupon code into the "Scan" box then click OK or Enter; 5. Select additional Pay Codes to finish the remaining payment(s). **EXPIRES December 31, 2022**

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\$10 OFF TRIPS & TOURS

Valid at any Navy Region Northwest Community Recreation Center.
Advance reservation required.

CASHIERS: PLEASE USE COUPON CODE ****CPN003** WITH YOUR SITE NUMBER (**). Instructions for redemption: 1. On the Payment screen select "Split Payment"; 2. Type in Pay Code 41; 3. Select "Add Split Payment"; 4. Type the coupon code into the "Scan" box then click OK or Enter; 5. Select additional Pay Codes to finish the remaining payment(s). **EXPIRES December 31, 2022**

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20% OFF

Any Outdoor Recreation Activity

Valid at any Navy Region Northwest Community Recreation Center.

CASHIERS: PLEASE USE COUPON CODE ****CPN004** WITH YOUR SITE NUMBER (**). Instructions for redemption: 1. On the Payment screen select "Split Payment"; 2. Type in Pay Code 41; 3. Select "Add Split Payment"; 4. Type the coupon code into the "Scan" box then click OK or Enter; 5. Select additional Pay Codes to finish the remaining payment(s). **EXPIRES December 31, 2022**

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15% OFF

Design-a-Trip

Valid at any Navy Region Northwest Community Recreation Center.

CASHIERS: PLEASE USE COUPON CODE ****CPN016** WITH YOUR SITE NUMBER (**). Instructions for redemption: 1. On the Payment screen select "Split Payment"; 2. Type in Pay Code 41; 3. Select "Add Split Payment"; 4. Type the coupon code into the "Scan" box then click OK or Enter; 5. Select additional Pay Codes to finish the remaining payment(s). **EXPIRES December 31, 2022**

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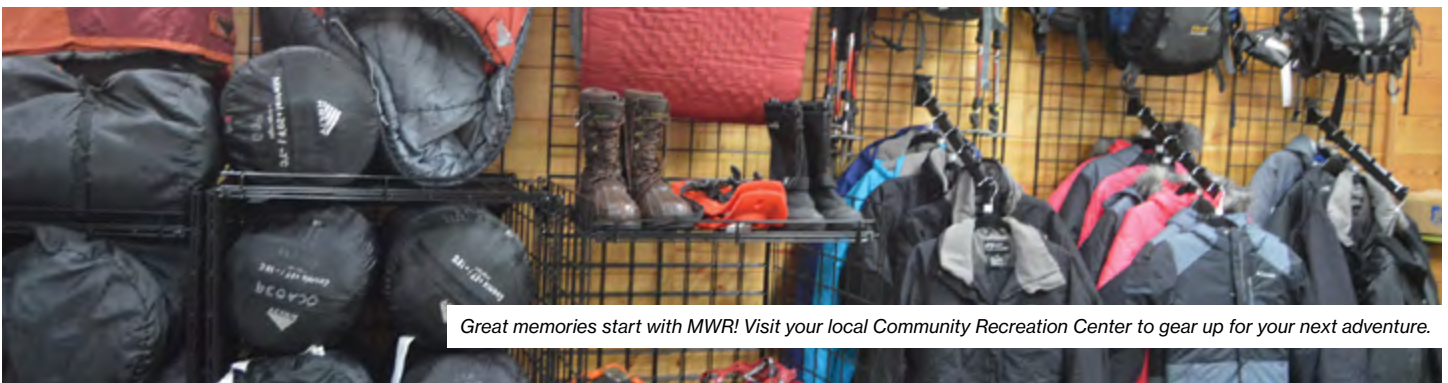
20% OFF

Any Outdoor Recreation Outing

Valid at any Navy Region Northwest Community Recreation Center.

CASHIERS: PLEASE USE COUPON CODE ****CPN024** WITH YOUR SITE NUMBER (**). Instructions for redemption: 1. On the Payment screen select "Split Payment"; 2. Type in Pay Code 41; 3. Select "Add Split Payment"; 4. Type the coupon code into the "Scan" box then click OK or Enter; 5. Select additional Pay Codes to finish the remaining payment(s). **EXPIRES December 31, 2022**

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Great memories start with MWR! Visit your local Community Recreation Center to gear up for your next adventure.



navylifepnw.com





STAY ONE NIGHT, GET THE 2ND NIGHT FREE



Valid at Navy Getaways Jim Creek Navy Community Recreation Area or Cliffside RV Park. Good for all accommodations, not valid on school breaks or holidays. Subject to availability and advance reservations. Please contact the facility directly to book your stay.

NOT REDEEMABLE FOR CASH. ONE COUPON PER CUSTOMER. CANNOT BE USED WITH OTHER PROMOTIONS. NO REPRODUCTIONS OR ELECTRONIC IMAGES ACCEPTED. OTHER RESTRICTIONS MAY APPLY.



\$10 OFF LODGING

Valid at Navy Getaways Pacific Beach.

Good for all accommodations, not valid on school breaks or holidays.

Subject to availability and advance reservations.

Please contact 360-276-4414 ext. 2 to book your stay.

NOT REDEEMABLE FOR CASH. ONE COUPON PER CUSTOMER. CANNOT BE USED WITH OTHER PROMOTIONS. NO REPRODUCTIONS OR ELECTRONIC IMAGES ACCEPTED. OTHER RESTRICTIONS MAY APPLY. VALID JANUARY 1, 2022-DECEMBER 1, 2022.

RENT 1, GET 1 RENTAL ITEM

Rent one item at single rate, get one FREE at Navy Getaways Pacific Beach

(Of equal or lesser value)

CASHIERS: PLEASE USE BOGO DISCOUNT TRANSCODE 369101. Instructions for redemption: 1. Ring up the MOST expensive rental first; 2. Ring up the LEAST expensive rental; 3. Apply BOGO Discount Transcode #369101 using the BOGO button.

NOT REDEEMABLE FOR CASH. ONE COUPON PER CUSTOMER. CANNOT BE USED WITH OTHER PROMOTIONS. NO REPRODUCTIONS OR ELECTRONIC IMAGES ACCEPTED. OTHER RESTRICTIONS MAY APPLY. VALID JANUARY 1, 2022-DECEMBER 1, 2022.

BUY 1, GET 1 ESPRESSO

Buy one espresso drink, get one FREE at Navy Getaways Pacific Beach

(Of equal or lesser value)

CASHIERS: PLEASE USE BOGO DISCOUNT TRANSCODE 369102. Instructions for redemption: 1. Ring up the MOST expensive espresso first; 2. Ring up the LEAST expensive espresso; 3. Apply BOGO Discount Transcode #369102 using the BOGO button.

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navylifepnw.com





NEED HELP NAVIGATING YOUR NAVY BENEFITS START HERE

As the spouse of an active duty service member, you are eligible for many benefits and perks, including health care, housing support, access to base recreational facilities and exclusive military discounts. Make sure you know what they are and how to take advantage of them with this handy guide.

1. Health and Dental Care

If you're married to an active duty service member, you and your children are eligible for healthcare and premium-based dental insurance plans. See www.tricare.mil for more information.

2. Exceptional Family Member Program (EFMP)

This program assists Sailors who have family members with special medical, dental, mental health, developmental or educational requirements. EFMP representatives can help you navigate available resources such as assistive technology, support groups and other services. For more information see page 23 or visit <https://www.mynavyhr.navy.mil/Support-Services/Exceptional-Family-Member/>

3. Child Care

The Navy's Child Development Centers (CDC) and after-school programs are among the best in the nation. See page 14 or contact your installation's Child and Youth Program to learn more about available childcare options on and near base. You can also find valuable information at www.childcareaware.org/.

4. Housing

To take advantage of your housing benefits, contact your Housing Service Center (see page 26). They can help you find a home, resolve common landlord-tenant issues, give you information and referral about the Service Members Civil Relief Act (SCRA) and other programs. You also have 24/7 access to www.HOMES.mil, a great resource for finding military community housing at your current and future duty station.

Tip: Get free and confidential support from FFSC in times of deployment or whenever you need it.

5. World-class Fitness and Recreation Facilities

The Navy's [Morale, Welfare, and Recreation \(MWR\)](#) program operates fitness centers and a variety of indoor and outdoor recreation facilities on and near base. MWR also offers food & beverage services, discount tickets to a variety of local and national attractions, and equipment checkout centers where you can rent bicycles, picnic and camping gear, kayaks and more all at reasonable rates. See

page 6 or visit navylife.pnw.com to see what MWR has to offer in your area.

6. Legal Help

Some Navy Legal Service offices can provide notary services, power of attorney services, and information on topics such as consumer/financial affairs, disaster relief support and advice, family law, foreclosure advice and counseling, immigration, landlord/tenant matters, Service Members' Civil Relief Act, small claims court matters, victim assistance, and wills/estate planning. To learn more, find your nearest office at https://www.jag.navy.mil/legal_services.htm

7. Chaplains

Chaplains serve all service members and their families, not just individuals or groups belonging to specific religious denominations. Pastoral counseling is provided to all who ask for assistance. Chaplains work at base chapels and are qualified to help Navy families find solutions to personal, family, marital,

and spiritual dilemmas. They can also help you establish contact with almost any religious institution or clergy. For more information, see the services directory on your installation's [official website](#).

8. Tax-free Shopping and Discounts

Navy Exchange stores (mynavyexchange.com) and Defense Commissaries (commissaries.com) boast savings between 20% and 30% of what you'd expect to pay off base for similar items. You can also get exclusive travel discounts through AmericanForcesTravel.com, just to name a few!

9. Military OneSource

Need help, but don't know who to call? The Military OneSource team is standing by to assist you in navigating the many agencies and organizations that support service members and their families. This free service is available 24/7 by visiting militaryonesource.mil or calling 1-800-342-9647.

10. Personalized Support for Your Navy Life

If you are new to this area, consider making the Fleet & Family Support Center (FFSC) program the first place you visit on base. They will help you feel at home and informed here with newcomer's orientation resources, informative classes and one-on-one support for anything from career advice to coping with deployment. FFSC's services are so wide-ranging and extensive that we dedicated a special section in this guide to describe them in detail. Turn the page to learn more!

To-Do List for New Navy Spouses

- ✓ 1. Make sure your Sailor has enrolled you in the Defense Enrollment Eligibility Reporting System (DEERS). You will need this to get medical care and other benefits.
- ✓ 2. Memorize your Sailor's Social Security number and keep your Sailor's rate, rank, department or division, email, mailing address and full command name on your phone or other handy location. You will need this information for all sorts of paperwork and forms.
- ✓ 3. Obtain a military identification card. An ID card will give you access to military exchanges, commissaries and other facilities on base.
- ✓ 4. Learn to read and understand your Sailor's Leave and Earnings Statement (LES). See <https://www.dfas.mil/militarymembers/payentitlements/les.html> for more information.
- ✓ 5. Find out who your Ombudsman is (or volunteer to become one). Ombudsmen are the spouses of command members who are specially trained to provide assistance and referrals during times of emergency and volunteer to serve as a liaisons between a command's leaders and associated families.
- ✓ 6. Ask your Sailor to list you as a beneficiary on his or her Serviceman's Group Life Insurance (SGLI) policy and update his or her record of emergency data sheet (DD Form 93). <http://www.benefits.va.gov/insurance/sgli.asp>
- ✓ 7. Visit your installation Fleet & Family Support Center (FFSC). There you will find helpful information and referrals for anything else you might need to feel at home at your new duty station. Turn the page to learn more about the many free services offered through FFSC.

Sources: *Naval Education and Training Command, US Navy JAG Corps, and Commander, Navy Installations Command (CNIC)*



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.



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 the QR code to current offerings.



Centralized Scheduling

866-854-0638
ffsp.cnrnw@navy.mil

Fleet & Family Support Center-Smokey Point

13910 45th Ave. NE
Ste. 857
Marysville, WA 98271

Fleet & Family Support Center Annex

2000 W Marine View Dr.
Bldg. 2000, Rm. 133
Everett, WA 98207
425-304-3367



Navy Gold Star Call Center

888-509-8759

24/7 SAPR Advocate

425-754-5977

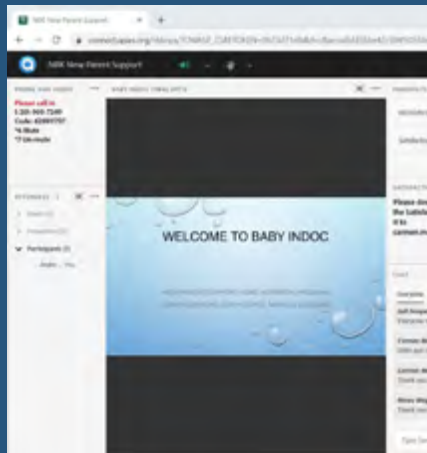
24/7 Sexual Assault Response Coordinator (SARC)

425-754-9867



DoD Safe Helpline

877-995-5247



REGISTER FOR VIRTUAL FFSC CLASSES HOSTED ON APAN

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

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

If you do not have an APAN account, allow time to follow the registration prompts for APAN and Adobe Connect prior to joining.



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

SUPPORT PROGRAMS

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.



NEW SPOUSE



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

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, you are NOT alone.

Fleet & Family Support Centers (FFSC) can support you with in-home visits after the baby is born to help smooth the transition to new parent.

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.



PARENTHOOD

MEETING YOUR NEEDS AT HOME AND AT SEA · CALL 866-854-0638

SUPPORT PROGRAMS



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 the family includes stress-reduction classes, mind and body mental fitness classes and countless other resources. Homecoming can also emphasize problems in a relationship, so FFSC understands those hurdles too.

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

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.

If you already have a career, FFSC has a wide variety of resources including information on how occupational licenses from one state can be recognized in another.

We also offer FREE support with resume writing, interview techniques, job search strategies and workshops for teen employment and WA state employment among others.

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



EMPLOYMENT & ADULT EDUCATION

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.



TRANSITION & RETIREMENT

MEETING YOUR NEEDS AT HOME AND AT SEA · CALL 866-854-0638

SUPPORT PROGRAMS

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

The 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.



FAMILY FINANCIAL PLANNING

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 to 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.



MOVING & RELOCATION

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

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

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

Fleet & 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.



SPECIAL NEEDS FAMILY SUPPORT

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FLEET & FAMILY READINESS
WORK that MATTERS.





10 Great Reasons to Work for FFR

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

- 1. Competitive pay.** FFR positions on base aim to be equivalent to similar positions in the local community. Full-time and regular part-time employees are also eligible for a retirement plan, 401(k), annual leave, sick leave, military leave, administrative leave, parental leave, court leave, overtime pay, holiday pay, Sunday premium pay and shift differential.
- 2. Affordable outdoor rentals and trips to explore the Pacific NW.** MWR Outdoor Recreation Centers are your one-stop shop for outdoor activities – from helping plan a trip to renting snowshoes, kayaks, tents, and bikes. They also have backyard party items like horseshoes, barbecue grills and ice chests. Visit with friendly staff and get info on where to go and what to do. They'll make sure you are properly outfitted with gear to make your adventure complete.
- 3. Free gym membership.** The state-of-the-art fitness centers on each base give you access to cardio equipment, free weights, TRX, spin

bikes, outstanding group fitness classes and much more! Fitness equipment orientations, fitness assessments and facility tours are also available to ensure you know what to do to achieve your desired fitness goals.

- 4. Extra savings toward retirement.** FFR offers a 401K plan (an additional retirement savings account). For every dollar you put in the plan, they will match it, up to 3% of your salary. That's a pretty good deal: You can automatically double your money.
- 5. Military discounts apply to you.** Most companies that give military discounts also give discounts to DoD employees. You are eligible for services that cater to military personnel, such as American Forces Travel, GovX and shop.id.me. Several hotels will also allow you to get the military rate, even if not traveling on military orders. On base you can shop tax-free and fill up your gas tank for less at the Navy Exchange (NEX). Always be prepared to show your ID.
- 6. Career planning and training available; never feel stuck.** FFR offers on-going training and professional development. Once a part of the federal work force, you can also take classes at a Fleet & Family Support Center to improve your skills or rebuild your resume.

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

8. Keep your kids having fun. As a federal employee, your base access allows your kids to play! Some bases have bowling, fishing ponds, playgrounds, STEM kits, crafts, libraries, as well as Child & Youth Programs, Youth & Teen Centers, movie theaters that offer family-friendly films, and events on base.

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

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

— Contributed by Ani Pendergast

NAVY HOUSING



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

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.

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.

Housing Service Center

2020 W Marine View Dr, Bldg. 2028,
Rm. 115, Everett, WA 98207
425-304-3402

Hunt Military Communities

888-597-8174 or 360-394-7297
constitutionparkfamilyhousing.com/

Unaccompanied Housing

Check-in: Unaccompanied Housing Office

2000 W Marine View Dr., Bldg. 2029, Everett, 425-304-3111
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 through the online maintenance request program at navylifepnw.com.

Transferring? PCSing? Looking for local rentals?



or contact your local
Housing Services Office



navylifepnw.com



@NAVYLIFEPNW

(800) 876-7022

whidbey_housing@navy.mil
everett_housing@navy.mil
kitsap_housing@navy.mil

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navywoundedwarrior.fct@navy.mil

www.navywoundedwarrior.com



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



For Emergencies 911

EMERGENCY ASSISTANCE

FFSC Centralized Scheduling & Urgent Respite Care

866-854-0638
ffsp.cnrnw@navy.mil

FFSC Smokey Point

425-304-3367
NAVSTA Everett Annex:
425-304-3735
Information and Referral is available at the Fleet & Family Support Centers

Base Information Line 425-304-3000

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

Base Hotline 425-304-5665

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

NAVSTA Everett Quarterdeck 425-304-3366

Poison Control Center 800-222-1222

TRICARE Appointment Line 800-404-4506

Health Clinic 425-304-4060
Health Net Federal Services 844-866-9378
TRICARE Nurse Advice Line 800-874-2273
Active Duty Dental Program 866-984-2337
Retirees' Dental Program 888-838-8737

Security 425-304-3211/3121

Self-Help 877-273-8255

ADDITIONAL BASE INFORMATION

Air Terminal/Space-A Flights (McChord) 253-9827268

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

Ombudsman Coordinator 425-304-3716

Autoport & Hobby Shop (Gas/Parts/Repair) 425-304-4926/4927

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

Lodging

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

VA Benefits Advisors 571-461-8930/8911

NON-DOD RESOURCES

American Red Cross 1-877-272-7337 or 425-304-4476/4477

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

WorkSource Everett 425-258-6300

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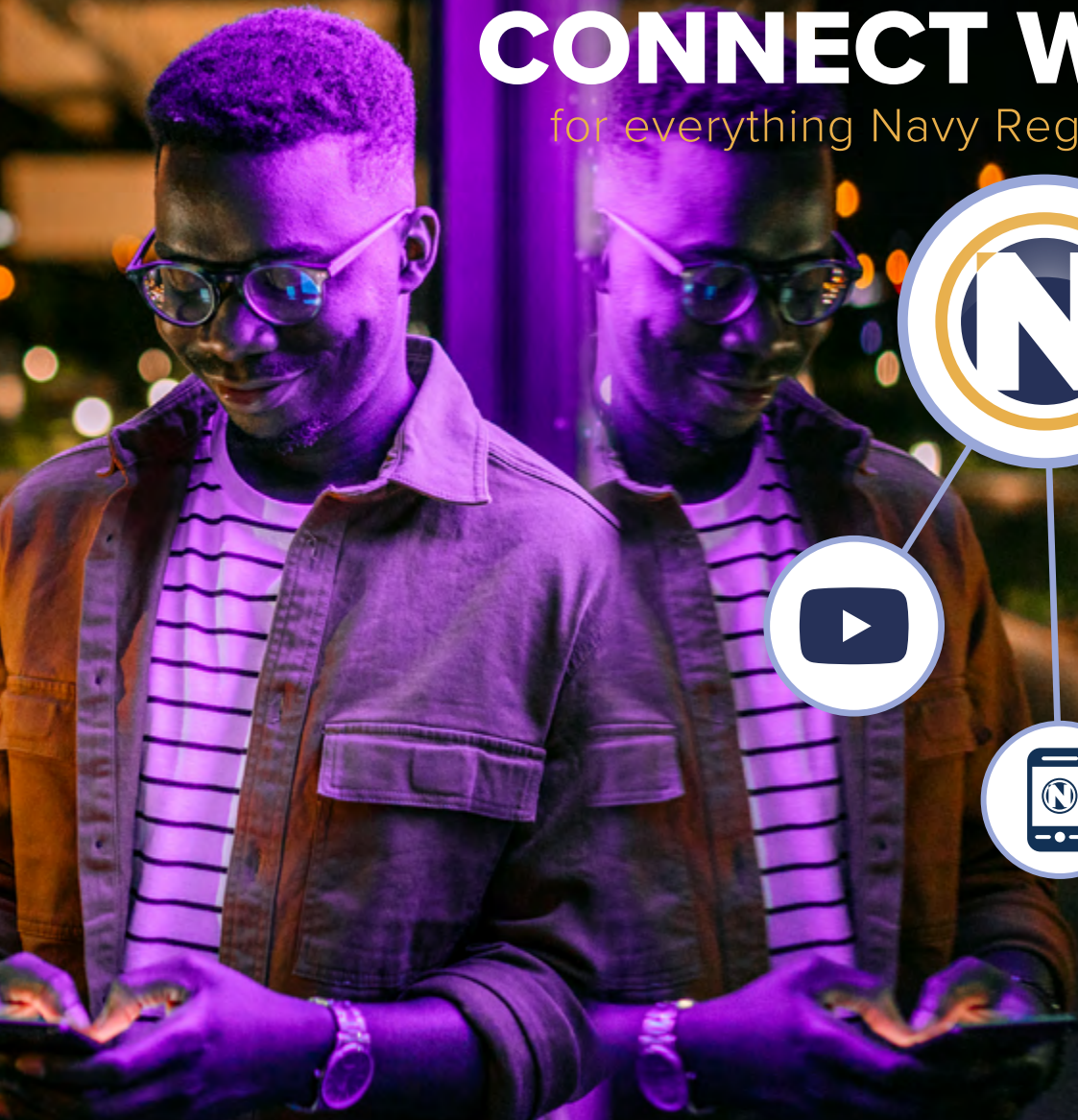


Department of the Navy
Fleet & Family Readiness
1103 Hunley Rd. Bldg. 94
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for everything Navy Region Northwest



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