



navylifepnw

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

Spring–Summer 2025

HIDDEN GEMS

FLEET & FAMILY READINESS (FFR)



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

WHAT'S INSIDE

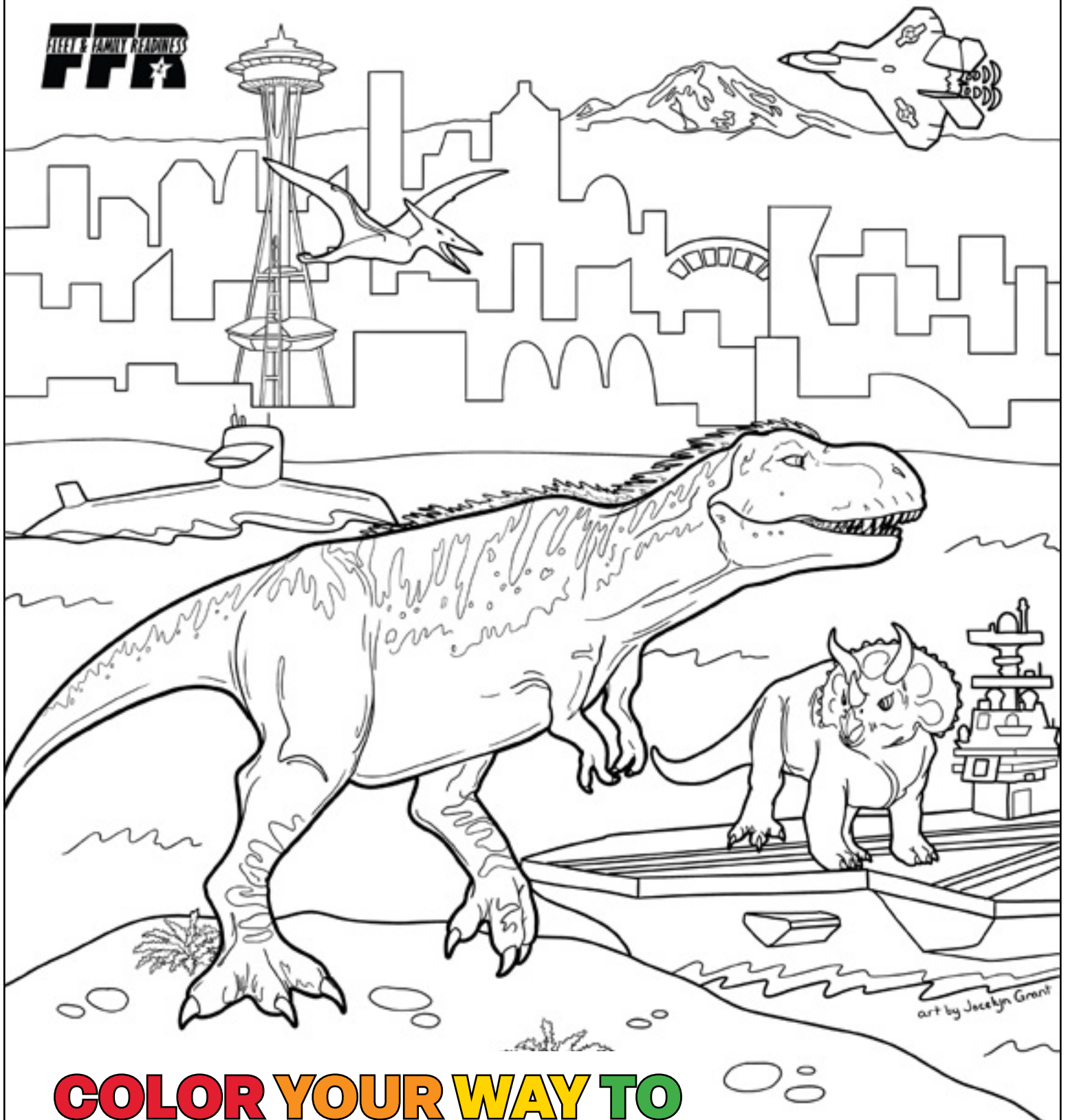
UPCOMING EVENTS CALENDAR

PLAN THE PERFECT VACATION WITH FFR

CLIFFSIDE RV PARK'S BEST-KEPT SECRET

UNLOCKING A HIDDEN GEM: HOW THE SCHOOL LIASON
SUPPORTS HOMESCHOOLING

BASE MAPS AND REFERENCE INFORMATION



COLOR YOUR WAY TO SEATTLE ADVENTURES!

Enter the NavyLife PNW Coloring Contest for a chance to win four Seattle City Passes! Use this page to showcase your creativity, then scan the QR code to upload your masterpiece. Submissions are open from March through August, and the contest is open to ages 12 and under. Don't miss your chance to color, create, and win big!

SCAN TO SUBMIT YOUR ENTRY





TRICARE Prime® benefits. All-civilian network.

Military families give the US Family Health Plan at PacMed top marks for quality.* Receive all your TRICARE Prime benefits through our all-civilian network with locations throughout the Puget Sound area.

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

FOR ACTIVE-DUTY FAMILIES AND MILITARY RETIREES.**

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



*2020 Consumer Assessment of Healthcare Providers and Systems (CAHPS) **Military retirees and eligible family members under age 65
TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.
The Department of Navy does not endorse any company, sponsor or their products or services.



Deryck Gorman
CNRNW N9 | FFR Director
Naval Station Everett

Hello from the Fleet and Family Readiness team at Naval Station Everett. As we welcome the warmer days of spring and the excitement of summer, it's the perfect opportunity to uncover the hidden gems that make this season so special. In this edition, we're excited to spotlight some of the best-kept secrets to enhance your experience at Naval Station Everett and beyond.

At Fleet and Family Readiness, we're dedicated to connecting you with local resources and exciting opportunities you might not yet have discovered. From scenic retreats to under-the-radar events, we've curated a selection of programs that offer relaxation, adventure, and community for Sailors and their families. Whether you're looking for an event or a way to enrich your daily routine, we've got something for everyone.

This issue also highlights the beauty of Navy Getaways Cliffside RV Park, a hidden treasure nestled in the North Cascade Mountains. Offering

stunning views of the Strait of Juan de Fuca and Vancouver Island, this serene location on Whidbey Island is the ideal spot for creating lasting memories. With cozy cottages, RV spots, and tent sites, it's the perfect retreat for those seeking a peaceful escape surrounded by nature.

As we continue to grow and serve our community, we're also excited to share career opportunities with FFR. If you or someone you know is looking for a fulfilling role, consider joining our team. We offer flexible part-time and full-time positions across a variety of fields, with training and career advancement potential. Full-time employees also enjoy benefits like health insurance, paid holidays and paid time off.

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.

FFR DIRECTOR WELCOME MESSAGE

SPRING/SUMMER 2025 FEATURES

8

UPCOMING EVENTS CALENDAR

This spring/summer, dive into unforgettable events—races, tunes and memories await.

10

PLAN THE PERFECT VACATION WITH FFR

Hidden gems at your fingertips to make your dream vacation a reality.

26

CLIFFSIDE RV PARK'S BEST-KEPT SECRET

Seeking the comforts of a cabin or the simplicity of camping, Cliffside RV Park offers the perfect Pacific Northwest escape..

32

UNLOCKING A HIDDEN GEM: HOW THE SCHOOL LIAISON SUPPORTS HOMESCHOOLING

On the move? Let our Navy School Liaison Officer navigate you to the right direction.



06

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.

28

CHILD & YOUTH

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

34

HOUSING

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

36

FFSC

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



navylifepnw

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

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



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

NAVYLIFEPNW PRODUCTION TEAM

Marketing Director: Dan Coon

Art Direction and Layout: Nhu Mai Le

Editor: Joe Mack

Cover: Jocelyn Grant

Contributors: Bernadette Capindo, Tiffany Henriques, Angie Hope, Tania Ostrander, Joey Pascua, Sara Sisung and Brandi Wilburn

For advertising inquiries contact:

Kevin Danford at 360-535-9092

Printed in the USA. Copyright ©2025 by CNRNW FFR Marketing. All rights reserved.

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

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

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

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

navylifepnw.com



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





FOOD, FUN & RECREATION

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



ALL AMERICAN RESTAURANT

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

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



PIERSIDE GRILLE & PLAZA

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

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



TREMORS NEIGHBORHOOD SPORTS BAR

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

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



EVERETT CATERING & CONFERENCE CENTERS

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

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



COMMUNITY RECREATION FACILITIES

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

Great memories start with MWR! The Community Recreation Office is your go-to source for information and discounts on travel and select attractions. Community Recreation also hosts a variety of local trips and tours, and offers a great selection of outdoor adventure equipment for rent. From name-brand camping and outdoor gear to mountain bikes and kayaks, MWR has the goods to get you going! Call or scan this QR code to learn more.



SAILOR'S CHOICE MARINA & MINI STORAGE

425-304-3449

Intersection of Spruance Blvd. & Thatcher St.

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

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



VEHICLE STORAGE

Smokey Point Support Complex, 425-304-3449

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

GALLERY GOLF COURSE

360-257-2178

3065 N Cowpens Rd., Oak Harbor, WA 98278

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



LIBERTY PROGRAM

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

SCAN HERE
FOR DETAILS



UPCOMING EVENTS

2025

SOMETHING FOR EVERYONE

APRIL

April 19 | Jim Creek Clean Up Day

Help clean up Jim Creek!

April 26 | Touch-a-Truck

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

MAY

May 14 | Travel Fair

See how MWR can help with your travel plans. Information about destinations, discount tickets, recreation, and travel partners.

May 22 | Health Fair

Annual Health and Recreational Fair hosted in The Commons. Local department and outside vendors provide health and wellness information.

JUNE

June 5 | Casino Night

Tremors is transformed into a casino. Play to win prizes.

June 7 | Skookum Run

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



EVENT DETAILS

Scan to visit the website



JULY

July 3 | Battle of Commands

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

July 12 | Leavenworth Tubing Trip

Tube down a river in Leavenworth.

AUGUST

Aug. 9 | Summer Jam

NSE MWR Community Recreation is throwing a summer party on the base.

Aug. 23/24 | Gravel Grinders Jim Creek Edition

NEW! Bicycle and camp event. Cycle to Jim Creek, stay over and be the first to cross the line back!

SEPTEMBER

Sept. 18 | POW Run/Walk

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

Sept. 19-21

Great Navy Campout

Camping, Alpine Tower & Rock Wall, arts/crafts and more.





NOW ACCEPTING THE **NEW** MILITARY STAR CARD.

APPLY NOW

THE ONE CARD FOR
YOUR MILITARY LIFESTYLE.



Expanded
acceptance
on installation*



Easy and faster
checkout with
tap to pay



Earn unlimited
2% rewards**



GO TO [MYECP.COM](https://myecp.com) FOR DETAILS

*Expanded acceptance applies for the newly issued MILITARY STAR card, not the legacy Statue of Liberty card.

**Rewards are equal to 2 points per \$1 spent and exclude military clothing line of credit.

©2024 Exchange Credit Program. All Rights Reserved.

PLAN THE

PERFECT VACATION

WITH FFR

Contributed by navylifepnw Staff

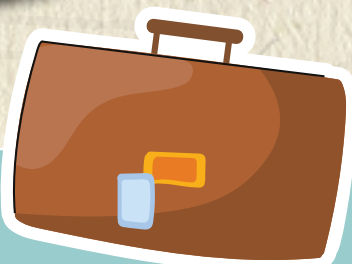
Planning a vacation can be both exciting and a bit daunting, especially when trying to keep your budget in check. Did you know there are hidden gems right at your fingertips to help make your dream vacation a reality?

Service Members, retirees, dependents, and DoD civilians have access to two invaluable resources:

MWR Community Recreation and American Forces Travel (AFT). These programs offer exclusive deals and expert support to help you craft a vacation that's not only affordable but also unforgettable.



For more ticketing information, contact
425-304-3167.



MWR Tickets & Travel: Your Vacation Resource

The **Morale, Welfare, and Recreation (MWR) Community Recreation** office is a key resource for vacation planning. Whether you're dreaming of a weekend getaway or an extended family trip, MWR offers discounted tickets for theme parks, local attractions, concerts, sporting events, and travel packages. Here's how MWR can help:

- **Exclusive Discounts:** Save big to places like Disneyland, Universal Studios and others. MWR also offers cruises, hotels, car rentals, and airfare deals.
- **Expert Travel Advice:** MWR staff are knowledgeable about popular vacation destinations and can offer travel tips and help arrange your trip.
- **Local & Global Adventures:** Whether staying close to the base or traveling abroad, MWR provides affordable packages for unforgettable experiences.



For FFSC scheduling, contact
866-854-0638.



DESIGN YOUR DREAM DESTINATION

SCAN TO VISIT AMERICANAIRFORCESRAVEL.COM

American Forces Travel: Exclusive Online Travel Deals

In addition to MWR, take advantage of **American Forces Travel (AFT)**, the Department of Defense's official online travel platform.

- **User-Friendly Platform:** Easily compare prices, read reviews, and book everything in one place.
- **Travel Savings:** Get discounts on flights, hotels, car rentals, vacation packages, and cruises.
- **Global Destinations:** Whether local or international, AFT offers competitive rates worldwide.
- **Support for MWR:** Proceeds from AFT bookings are reinvested into MWR programs, benefiting the military community.



Financial Preparation with FFSC

For active-duty military members and their dependents, the **Fleet and Family Support Center (FFSC)** offers financial counseling to help you prepare for your vacation. FFSC's free financial planning services can ensure your trip doesn't strain your budget. Here's what they offer:

- **Budgeting Assistance:** FFSC experts can help you create a vacation budget without stressing your finances.
- **Savings Strategies:** Learn how to save while covering other financial obligations effectively.
- **Debt Management:** If you're concerned about existing debt, FFSC can assist with managing it while still planning for your vacation.
- **Emergency Fund Planning:** FFSC counselors can help you establish an emergency fund to cover any unexpected expenses during or after your trip.



With the support of MWR Community Recreation, American Forces Travel, and FFSC Financial Services, families can plan a vacation that's both affordable and stress-free. It doesn't matter if you are a service member, retiree, dependent or DoD civilian. Start planning your dream vacation today!





TRIPS & TOURS

YOU RIDE, WE DRIVE



SCAN for
DETAILS

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

GET THE CLAN BACK TOGETHER

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

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



N-R-NW
ESPORTS
MEET | PLAY | COMPETE



navylifepnw.com
everything northwest
  

NAVAL STATION EVERETT · FOOD, BEVERAGE & ENTERTAINMENT



SANDWICHES & WRAPS
CHEESE & MEAT TRAYS
SWEET TREATS · FRESH FRUIT



**SCAN FOR
INFORMATION**
PIERSIDE GRILLE MENU AND HOURS



NAVAL STATION EVERETT



**RATE YOUR
EXPERIENCE**



**PROVIDE
FEEDBACK**

SCAN TO VISIT THE WEBSITE



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

Share your business with Sailors and their families.

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

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

www.navylifepnw.com/sponsorship

ALL AMERICAN ★RESTAURANT★

NAVAL STATION EVERETT

WE ARE OPEN!

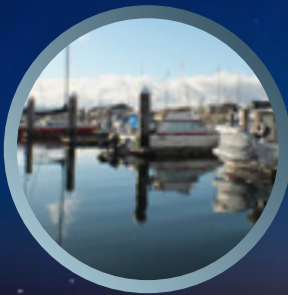
The All American is serving meals in Bldg. 2025, nestled next the Unaccompanied Housing Barracks, just a short walk from The Commons (Bldg. 1950) and the PSD Office (Bldg. 2000).

Dine-in and take-out services available.

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



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



MARINA

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



VEHICLE/RV STORAGE

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



MINI STORAGE

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



RESERVE TODAY!
425-304-3449

CREDO NORTHWEST



Empowering Sailors · Supporting Families · Strengthening Service

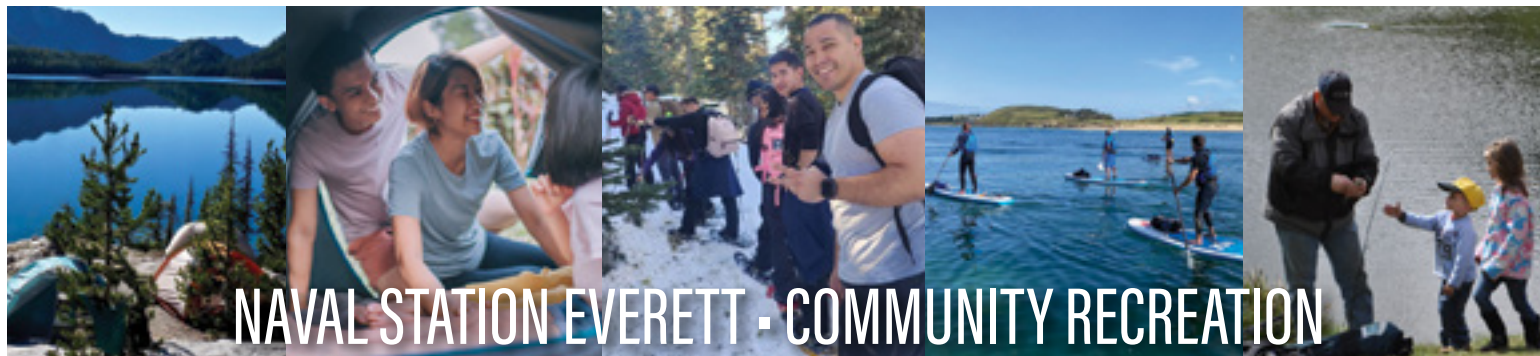


Navy CREDO inspires hope, builds healthy relationships, strengthens resiliency, unit cohesion and spiritual fitness.

Find out more about our free workshops, trainings, and retreats, contact: CREDOcnrnw@us.navy.mil or 360-396-2956.

SCAN FOR DETAILS





NAVAL STATION EVERETT • COMMUNITY RECREATION

Adventure Awaits

OUTDOOR EQUIPMENT RENTALS

Gear up for the great outdoors! The Recreation Center offers a diverse range of equipment for your next adventure.



**We've
updated
our rates**

GEAR HIGHLIGHTS

- CAMPING ESSENTIALS
- KAYAKS AND PADDLE BOARDS
- CYCLING
- WINTER GEAR
- PARTY AND PICNICKING

Open to DoD employees, active duty, reservists, retirees and veterans with VA Health ID.

SCAN for DETAILS



navylifepnw.com



@EverettFFR

CALL COMMUNITY RECREATION
FOR MORE INFO:

425-304-3449



NAVAL STATION EVERETT · INTRAMURAL SPORTS

Leagues

SPORT/EVENT

Soccer

Golf

Softball

Summer Command Challenge

Flag Football

DATES

April 21 - May 9

May 3 - July 23

May 12 - July 11

July 3

September 3 - October 13

NEW: RETRO 100

Retro 100 is a new event starting in April that revives classic Navy challenges for today's Sailors. Featuring tasks inspired by Navy traditions, it builds teamwork, resilience, and problem-solving skills.



*Dates subject to change



**EVENT
DETAILS**
SCAN TO VISIT THE WEBSITE





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

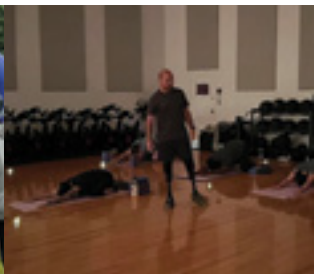
INTRAMURAL SPORTS

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.

SCAN HERE
FOR DETAILS



navylifepnw.com

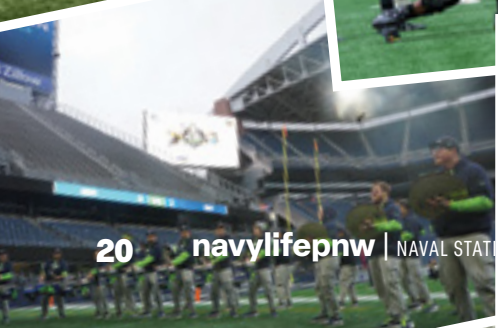


DON'T MISS OUT ON FUN WITH MWR!



The 24th Annual Army-Navy Flag Football Game at Lumen Field was a prime example of how MWR brings service members, families, and fans together for fun and unforgettable experiences. Thanks to the cooperation of the Seahawks, athletes, and coaches experienced an incredible dream playing on the team's turf at Lumen Field. More than 1,500 fans cheered on highlights like mascots, live bands, spirit spots, Seahawks legend Randall Morris, and mascot Blitz. After weeks of practice and dedication, Navy and Army players gave their all in a thrilling defensive battle, with Navy claiming a 2-0 victory (safety for the win). Events like these are just one-way MWR creates lasting memories and exciting experiences for our military community.

"Seeing service members out there competing was awesome. They worked so hard, and it showed. The whole event was just a blast!"
—DoD civilian



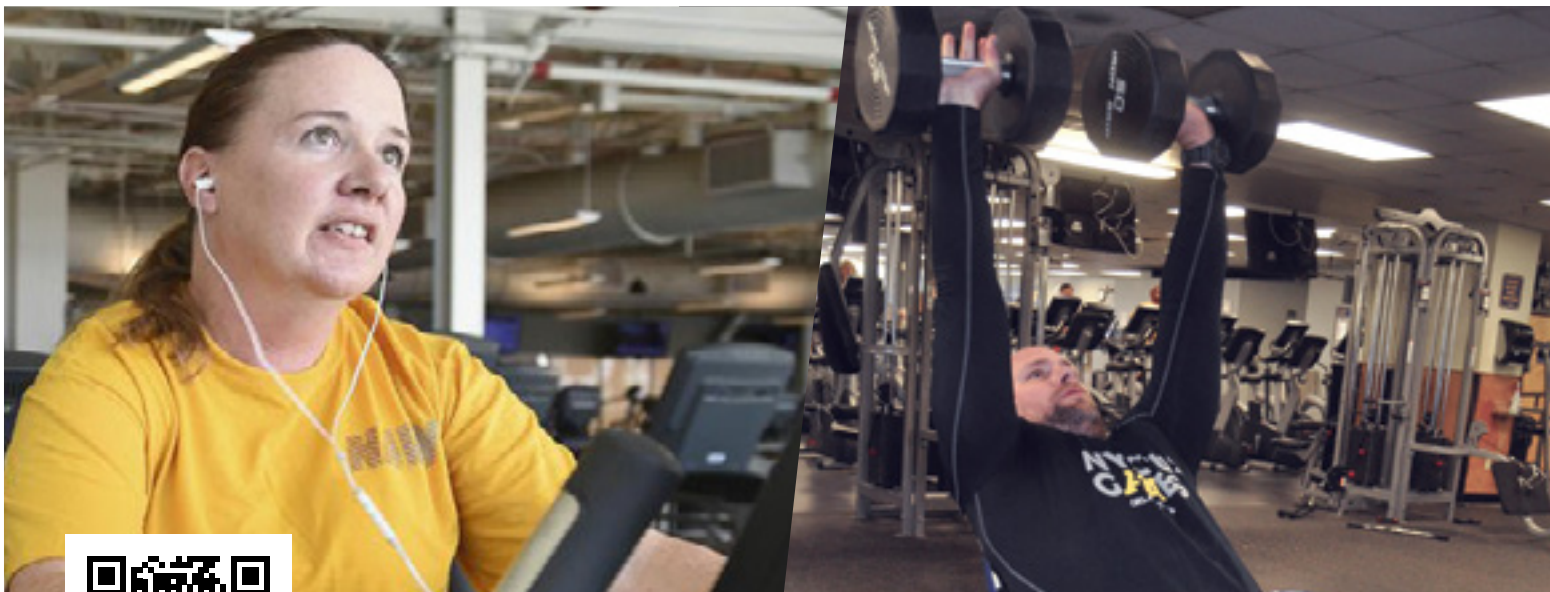
24/7 ACCESS

Available Now



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

*Register your military ID Card
at the fitness center today.
Contact your fitness center front desk for more info.*



[everett.navylifepnw.com/fitness-sports/
fitness-centers](http://everett.navylifepnw.com/fitness-sports/fitness-centers)



navylifepnw.com
f y i
@EverettFFR



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.



Come stay, play and relax

Navy Getaways



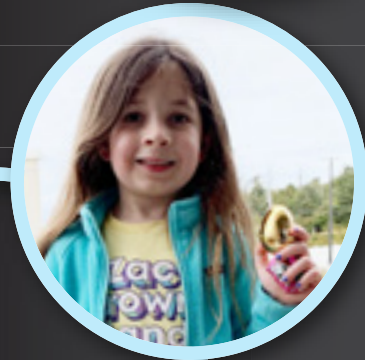


We have cottages, hotel rooms and suites, RV sites and camping!

Weekend & Holiday Activities 2025



Family fun all year round, book your stay today!



2025



AT THE BEACH

**Scan to view
events!**



PACBEACH.NAVYLIFEPNW.COM



FRONT DESK • RESERVATIONS

360-276-4414x2

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

Scan for details





New Look & Links!

MyNavy has an app for that!

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**

Welcome to MyNavy Family



Enter search term(s)...

Search



Start Here!

Login / Create an Account



Spouse Support Resources



PCS Checklists



Emergencies



Networking Resources



Family Readiness Support



Installation Search



Family Life



Parent Support



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

Cliffside RV Park's Best-Kept New Cabins

Contributed by navylifepnw Staff

Tucked away on Whidbey Island's scenic coastline, Cliffside RV Park's new cabins are a hidden gem offering both comfort and natural beauty. Ideal for families, couples, and friends, these cozy cabins sleep up to six people and provide all the amenities you need for a peaceful getaway.

Each cabin features a private bedroom with a queen-sized bed, a bunk bed with twin mattresses, and a pull-out couch that sleeps two, making it easy to accommodate everyone comfortably. Inside, you'll find a fully equipped kitchen stocked with plates, pots, utensils, and everything else needed to prepare meals just like at home. There's also a dining area where you can enjoy meals together or play games in the evenings. Outside, each cabin has a fire pit perfect for evening gatherings under the stars, allowing you to end each day with s'mores, stories, and relaxation.

The cabin setup makes it easy to enjoy the natural beauty surrounding you while having a cozy, private retreat to return to each night. And with nearby access to the park's recreational areas, beach, and hiking trail, your days can be filled with as much adventure or relaxation as you choose.



Secret:

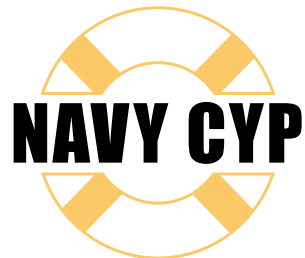
More Stay Options to Suit Every Camper

Alongside its new cabins, Cliffside RV Park offers additional lodging options for those looking for different ways to enjoy the outdoors.

- **Yurts:** For a unique camping experience, Cliffside's yurts offer comfort and charm, combining indoor amenities with the feel of camping. Each yurt is set up with beds, nearby picnic tables, and fire pits, making them ideal for those who want a rustic vibe without sacrificing comfort.
- **Campsites:** If classic camping is your style, Cliffside provides spacious campsites with fire pits and picnic tables, all located just a short walk from the beach. It's a perfect setting for traditional campers eager for beach access and stunning sunsets.
- **RV Spaces:** With full hookups and easy access to showers, laundry facilities, and recreational areas, Cliffside's RV sites are perfect for travelers on a Pacific Northwest road trip.

Whether you're seeking the comforts of a cabin or the simplicity of camping, Cliffside RV Park's hidden gems offer the perfect Pacific Northwest escape. Book today and start your next adventure!





CHILD & YOUTH PROGRAMS

CHILD & YOUTH PROGRAMS

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



CHILD DEVELOPMENT CENTERS (CDC)

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

EVERETT CHILD DEVELOPMENT CENTER

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

FAMILY CHILD CARE (FCC)

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

EVERETT 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.

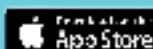
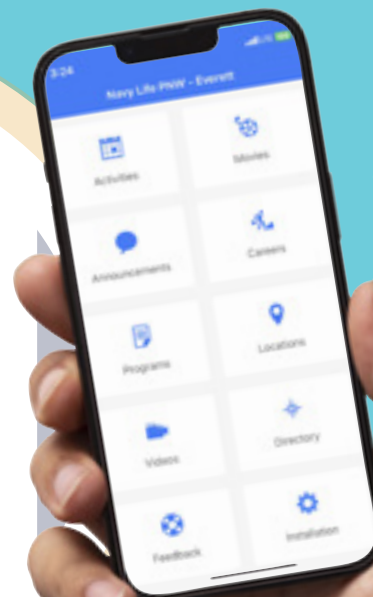


Learn more at
[MilitaryChildCare.com](https://militarychildcare.com)



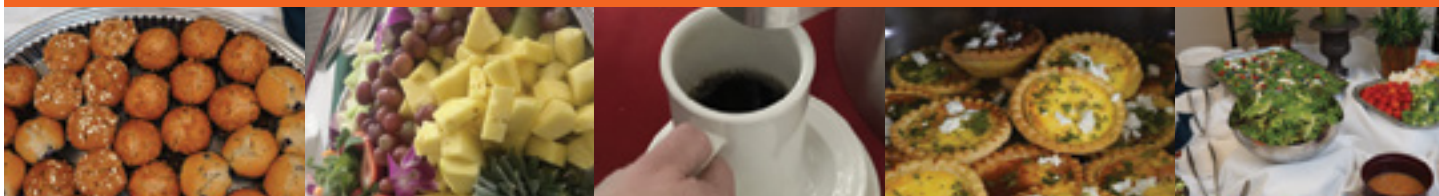
EVERYTHING AT YOUR FINGERTIPS

Get in the know
everything navylifepnw



DOWNLOAD OUR APP TODAY!

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



Unlocking a Hidden Gem:

The Navy School Liaison (SL) is a hidden gem that many families might not realize they have at their fingertips.

HOW THE SCHOOL LIAISON SUPPORTS HOMESCHOOLING

Contributed by navylifepnw Staff

When it comes to homeschooling within the military lifestyle, the Navy School Liaison (SL) is a hidden gem that many families might not realize they have at their fingertips. With frequent relocations, state-specific requirements, and curriculum challenges, homeschool families face unique hurdles—and that's where the SLO steps in as an invaluable resource.

Your Homeschooling Ally on the Move

- ◇ Moving every few years can make maintaining a consistent homeschool program daunting. But your SL is here to simplify homeschooling as you transition. Whether you're new to homeschooling or well-practiced, they provide essential support, including:
- ◇ Understanding State Requirements: Each state has unique homeschooling regulations, and your SL can provide the latest guidance on what's needed in your new location.
- ◇ Connecting You with Curriculum Resources: SLs can introduce you to curriculum options that align with your goals and state guidelines, saving hours of research.
- ◇ Educational Opportunities and Connections: Homeschooling can sometimes feel isolating, but the SL connects you to local co-ops, group activities, and field trips, enriching your child's learning experience.
- ◇ Help with Transcripts and Records: Whether transitioning to or from homeschool, the SL assists with organizing transcripts and records, keeping your child's progress seamless.

The SL is more than a school contact—they're an ally in ensuring your child thrives academically, no matter where the Navy journey takes you.

Other Key Services the SL Provides

- ◇ In addition to homeschooling support, the School Liaison offers a range of services to help military families navigate educational transitions:
- ◇ **School Transfers:** The SL coordinates paperwork and records to make school transfers smooth and stress-free.
- ◇ **School Selection Assistance:** With knowledge of local districts, the SL can help you find the best school options and answer questions about enrollment and boundaries.
- ◇ **Special Education Support:** If your child needs specialized services, the SL guides you through processes to secure the right resources and connects you with local support.
- ◇ **Graduation Guidance and College Prep:** For high schoolers, the SL ensures your teen stays on track for graduation and offers guidance on college admissions, scholarships, and prep resources.

The SL is more than a school contact—they're an ally in ensuring your child thrives academically, no matter where the Navy journey takes you. So, whether you're homeschooling, preparing for college, or just seeking a smooth school transition, don't overlook this hidden gem. Your SLO is ready to help!



Brooke, the School Liaison for Naval Station Everett, assists military families as they transition to and from the local school systems. She helps guide families through the process of enrollment, connects them with youth sponsors, and ensures their children receive the resources they need for academic success. As a Navy spouse and mother of two, Brooke understands the obstacles military families face when PCSing and making decisions to support their children and growing families.



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



UNACCOMPANIED
HOUSING

RESIDENT RECOGNITION PROGRAM:

RESIDENT *of the* MONTH/QUARTER

**Be Recognized for your
Exemplary Contributions!**

The Resident of the Month receives a LOA from the Base CO.

The Resident of the Quarter earns a designated parking spot for three months.

The Resident must win Resident of the Month before qualifying for Resident of the Quarter.

See the front desk for details.

The resident must demonstrate the following qualities:

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

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

THOMES.mil

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

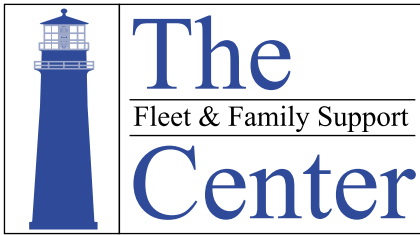



navylifepnw.com
@KitsapFFR
@KitsapFFR
@WhidbeyFFR

CONNECT
HSC has got your answers!

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.



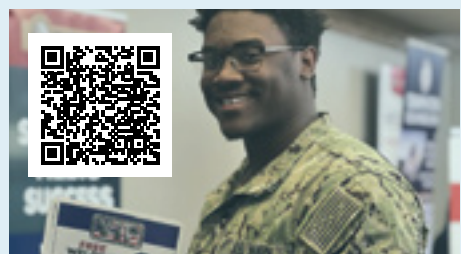
PARENTHOOD

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.

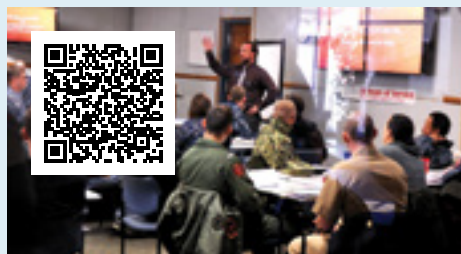
Pre-deployment information is presented around five core elements that Sailors and their families should review and update as they prepare for deployment: documents, finances, communication, relationships and resources. Mid-deployment help for families include stress-reduction classes, mind and body 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





NAVIGATING THE JOB HUNT:

A Navy Spouse's Guide to Career Coaching and Resources

Finding the right job can be a challenge, especially for Navy spouses who often relocate. The good news? You don't have to navigate this path alone. Here's a look at some of the best resources available, with a focus on the career coaching offered through our Fleet & Family Support Center.

Career Coaching: Getting personalized guidance to take your career to the next level.

- Fleet and Family Support Center offers personalized coaching through phone, email, or in-person sessions.
- Hire Heroes USA provide resume writing, mock interviews, and mentoring.
- SECO (Spouse Education and Career Opportunities), which offers tailored career coaching through Military OneSource.

Job Boards: Discovering opportunities beyond LinkedIn Military Spouse Employment Partnership (MSEP) connects spouses with employers committed to hiring them.

- The APAN Career Page serves Navy Region Northwest and features local job openings, upcoming job fairs, and a variety of helpful resources.
- USAJobs.gov, where military spouses benefit from the Priority Placement Program for federal positions.
- Fleet and Family Support Center. Employment specialists often curate job listings and provide additional support.

Skill Building and Certifications: Expanding your opportunities.

- Onward to Opportunity (O2O) offer free certifications in fields like IT, Business Management, and Customer Service.
- MyCAA Scholarship is another great option, offering \$4,000 for educational expenses to spouses of service members up to E-9, W-3, or O-3 pay grades.
- LinkedIn Learning is free for a year during your PCS or through a subscription via your local library.
- The military offers up to \$1,000 in reimbursement for licensure, certification, or business costs incurred due to relocations, supporting military spouse employment and entrepreneurship.

If you're a Navy spouse searching for a job, you don't have to do it alone. You have a wealth of resources at your fingertips. Take advantage of some of these hidden gems, and you'll be well on your way to finding the right job for you.

Resources

Military Spouse Employment Partnership / Military One Source, <https://msejobs.militaryonesource.mil/msep/>
APAN Career and Employment, <https://community.apan.org/wg/ffsc-careerandemploymentcenter/>
USAJobs Federal Government Jobs, <https://www.usajobs.gov/>
Fleet & Family Services, <https://www.navylifepnw.com/>
Career Coaching Hire Heroes, USA, <https://www.hireheroesusa.org/>
SECO -Military One Source, <https://www.militaryonesource.mil/education-employment/s>

**SPOUSE
STRONG**
Thriving on the Homefront



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

Tremors Neighborhood Sports Bar:
425-304-3906

NS Everett Trips & Tours:
425-304-3449

Tsunami Pool:
425-304-3388

U

Unaccompanied Housing (UH):
425-304-3111

V

Vibes LIBERTY Lounge:
425-304-3680

Y

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

IMPORTANT PHONE NUMBERS

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



FOR EMERGENCIES 911

EMERGENCY ASSISTANCE

Fleet & Family Support

Center 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

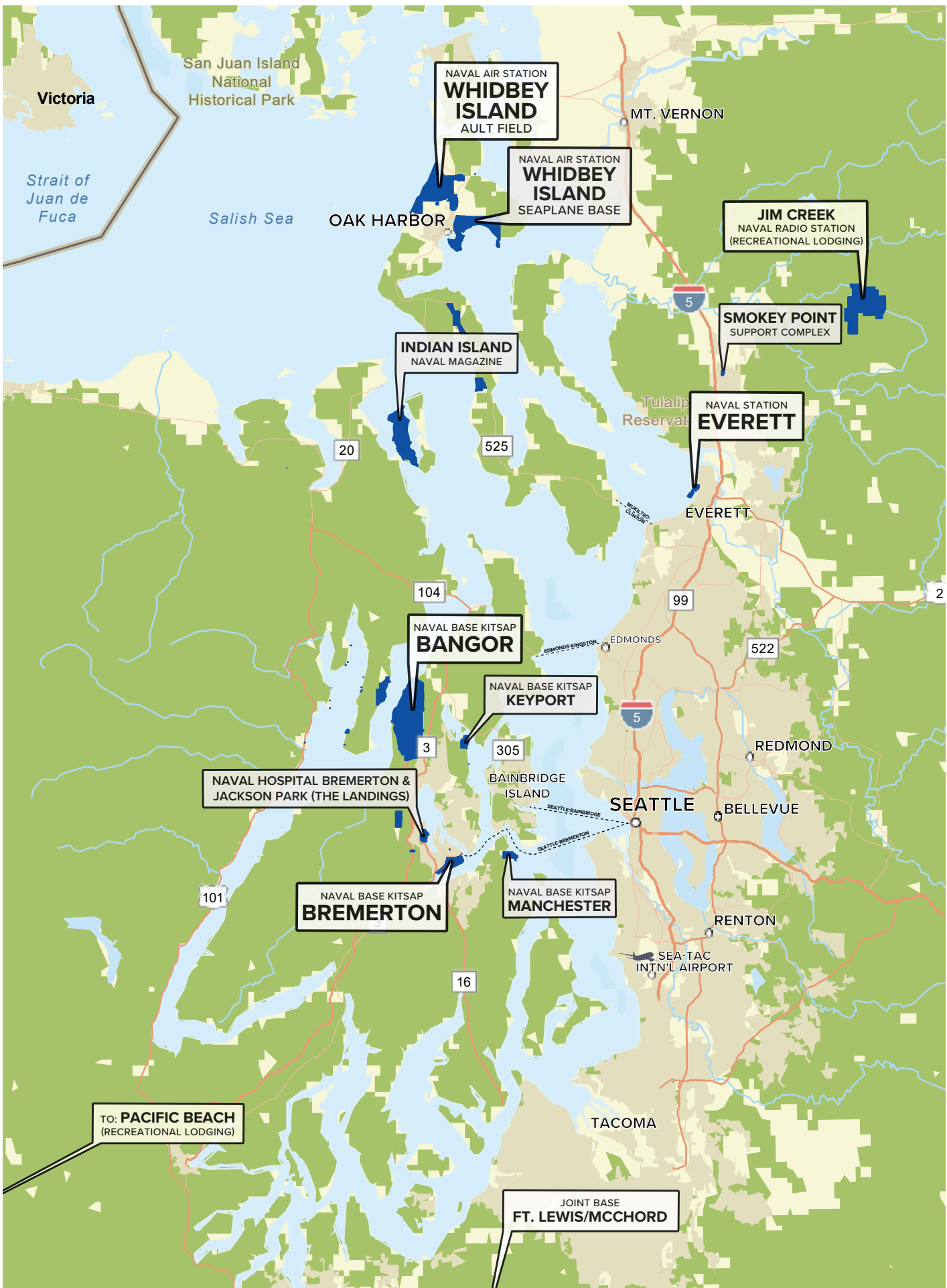
**Immigration & Naturalization Service-Military
Helpline** 877-247-4645

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

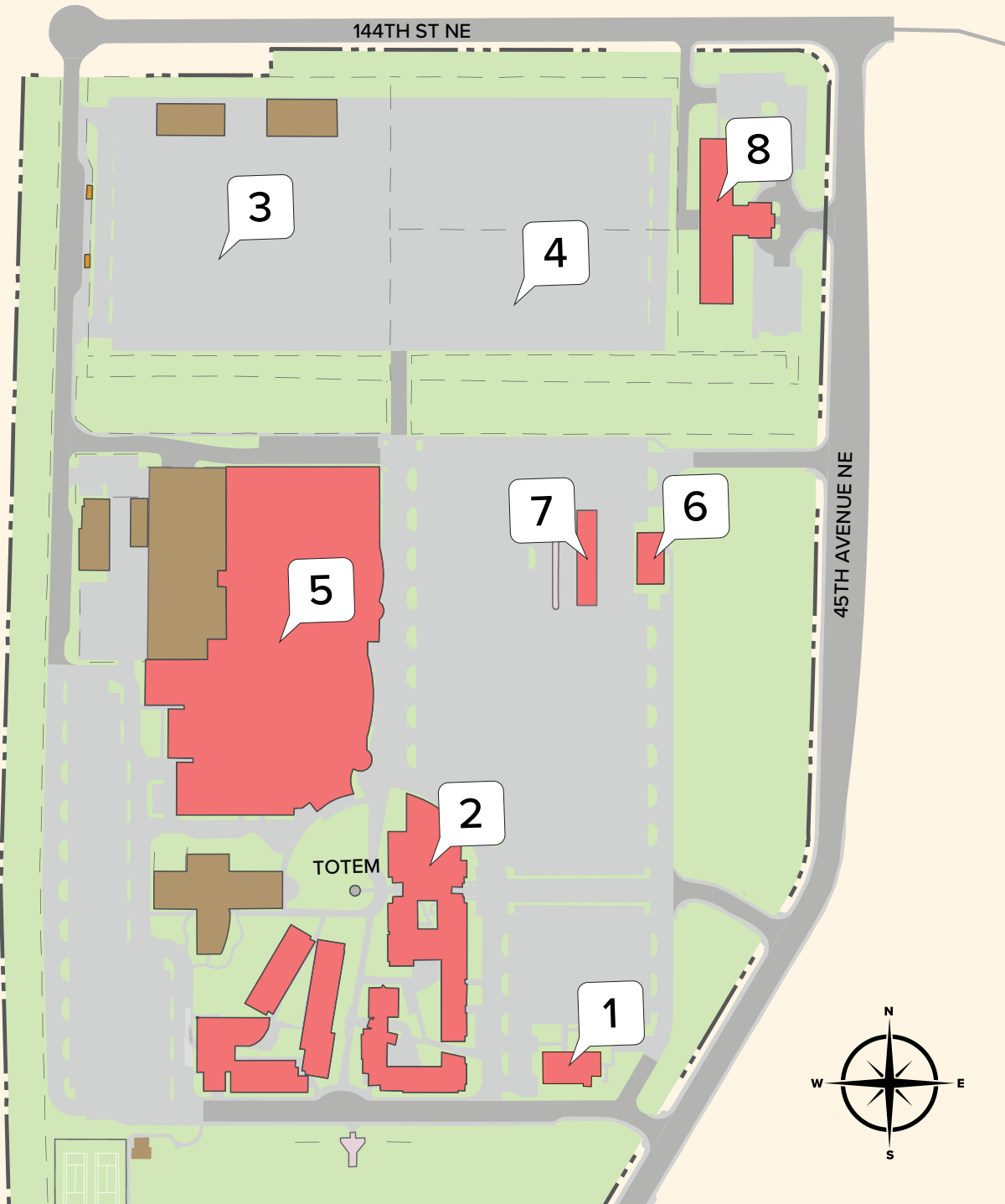
www.doh.wa.gov/Emergencies



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

NAS Whidbey Island

GALLERY

Golf Course

ALWAYS OPEN TO THE PUBLIC!

- Full-service, 18-hole Course
- Sweeping Sound & Mountain Views
- Online Tee Reservations
- Tournaments
- Tournaments
- Grass Driving Range
- Pro Shop, Resale, Special Orders
- Rentals
- Putting Green
- GHIN Handicaps
- Youth Golf League



SCAN for DETAILS



3065 COWPENS ROAD
OAK HARBOR
360-257-2178



Explore. Discover. Let's Go!

Book through AmericanForcesTravel.com, where you'll find the best value and choice for online leisure travel for the military and government community.

Book Now

START YOUR CAREER WITH MWR



WHERE EVERY
EMPLOYEE MATTERS!

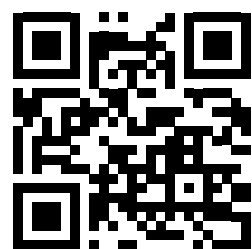
WORK WITH US

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

WHENEVER. WHEREEVER.

**CONNECT
WITH US**
for everything Navy Region Northwest



**FOLLOW US
@EVERETTFFR**
SCAN TO VISIT THE WEBSITE

