

WINTER
2024

FLEET & FAMILY READINESS (FFR)

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



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



WHAT'S INSIDE



- Upcoming Events Calendar
- A Memorable Family Escape at Cliffside RV Park
- The Navy Child Development Home Provider:
A Win-Win Solution for Childcare
- Community Through Family Readiness Groups



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Deryck Gorman
 CNRNW N9 | FFR Director
 Naval Station Everett

Hello from the Fleet and Family Readiness Team at Naval Station Everett. We are proud to serve Sailors and their families as well as our DoD partners at the Navy's newest and most modern homeport in the world. Our services include recreation, fitness, housing, childcare, and resiliency-building programs and classes.

Throughout this season's magazine, you will discover the benefit of connecting with your local Family Readiness Groups and what they can do for you. Also in this issue, you will see highlights of Cliffside, one of the region's three Navy Getaways destinations. This spring and winter,

escape to the shoreline of Whidbey Island. Enjoy the sunsets in your own RV camper or relax in our RV campers or yurts and tent sites.

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

Happy reading and we look forward to serving you and your family!

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A MEMORABLE FAMILY ESCAPE AT CLIFFSIDE RV PARK

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

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

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COMMUNITY THROUGH FAMILY READINESS GROUPS

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



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

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



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NAVYLIFEPNW PRODUCTION TEAM

Marketing Director: Dan Coon

Art Direction and Layout: Nhu Mai Le

Editor: Joe Mack

Contributors: Jocelyn Grant, Tiffany Henriques, Angie Hope, Tania Ostrander, Joey Pascua and Sara Sisung

For advertising inquiries contact:

Kevin Danford at 360-535-9092

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MWR

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

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CHILD & YOUTH

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

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FFSC

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

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HOUSING

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

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

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

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

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

navylifepnw.com



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





FOOD, FUN & RECREATION

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



ALL AMERICAN RESTAURANT

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

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



PIERSIDE GRILLE & PLAZA

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

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



TREMORS NEIGHBORHOOD SPORTS BAR

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

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



EVERETT CATERING & CONFERENCE CENTERS

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

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



COMMUNITY RECREATION FACILITIES

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

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



SAILOR'S CHOICE MARINA & MINI STORAGE

425-304-3449

Intersection of Spruance Blvd. & Thatcher St.

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

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



VEHICLE STORAGE

Smokey Point Support Complex, 425-304-3449

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

GALLERY GOLF COURSE

360-257-2178

3065 N Cowpens Rd., Oak Harbor, WA 98278

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



MWR LIBERTY PROGRAM

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

Our facilities feature the latest video gaming stations with large-screen TVs and comfortable seating, FREE Wi-Fi and CAC-enabled workstations, movie theater 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? Scan the QR code to learn more.

VIBES LIBERTY LOUNGE

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

MWR LIBERTY

MORALE, WELFARE AND RECREATION

TRIPS EVENTS EXCLUSIVES





TRIPS & TOURS

YOU RIDE, WE DRIVE




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



SCAN for DETAILS

GET THE CLAN BACK TOGETHER

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

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



N2N2W
ESPORTS

MEET | PLAY | COMPETE





Veteran Expanded Facility Access

Navy Exchange, Commissary and MWR activities.

Veterans with Veteran Health Identification Cards (VHIC) have expanded access to commissaries, military exchanges and MWR retail privileges on U.S. military installations.



Eligible veterans must have a VHIC that states service-connected disability, a Purple Heart recipient or former prisoner of war. Also eligible are individuals approved and designated as the primary family caregivers of eligible veterans under the Veterans Affairs Program of Comprehensive Assistance for Family Caregivers.

Visit www.va.gov on how to qualify for a Veterans Health Identification Card or visit

MWR Facilities & Locations: www.navylifepnw.com

Commissary: www.mycommissaries.com

Navy Exchange: www.mynavyexchange.com



navylifepnw.com
f y o

SCAN TO DOWNLOAD THE FACT SHEET



Upcoming EVENTS 2024

SOMETHING FOR EVERYONE

JANUARY

MWR Wizarding World of Jim Creek

Wizards and Witches can come dressed in their finest robes for a spellbindingly good time.

MWR Group Fitness Resolution

Join the fitness specialists at the Seismos Fitness Center for a healthier mind and body when you attend one of their classes and get back into your fitness routine.

MWR 100-Mile Swim Club Kickoff

Join us to see how long it will take you to swim 100 miles.

MARCH

MWR Jurassic Adventures

Enjoy a prehistoric adventure of ginormous proportions! Enjoy a guided tour of Jim Creek's resident dinosaurs, get down and dirty with a Paleontology Fossil Dig, and much more!

APRIL

MWR NOFFS Games

A one-day timed strength challenge event for Sailors at the Seismos Fitness Center.

MWR Admirals Cup Basketball

Come out and watch teams from around Navy Region Northwest compete for this year's Admirals Cup trophy.

MWR Pickleball Tournament

Teams compete in back-to-back matches to see who is number one at NSE.

MWR Touch-a-Truck

A family-friendly event where the young and young at heart can climb, run around, sit in, and even honk the horns of variety trucks and large vehicles.



Beat the winter blues. These are just the tip of the iceberg of Naval Station Everett FFR upcoming events. From trips, classes to job fairs and more, there is something for everyone! Scan here for details.



MAY

MWR Health Fair

Learn what Fleet & Family Readiness and local vendors can offer you and your family to have a healthy, fit, and fun 2024.

MWR Intramural Golf

Compete against other Naval Station Everett teams as you play the local golf course's in a best ball scramble format and Individual play.

MWR Barracks Bash

The Barracks Bash is a party for UH Sailors with food, games, prizes and more. The Barracks Bash event is open to MWR LIBERTY-Eligible and UH patrons and guests.



JUNE

MWR Skookum

Competitors will lift, crawl, flip, pull, and swing their way through 15+ obstacles on a 4-mile trail run.

MWR Admirals Cup Soccer

Find your team and hit the pitch in our 9 vs. 9 format. FREE for active duty, family members and retirees, \$25 for DoD civilians and contractors.

MWR Summer Reading

The DoD MWR Libraries Summer Reading Program encourages all readers to explore new ideas and discover new information and events hosted by MWR.



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

NEW

DoD MWR Libraries.org



Explore, read and learn.

Offering 24/7 access to more than 80 online resources

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

DoD MWR
LIBRARIES



ALL
AMERICAN
 ★RESTAURANT★

NAVAL STATION EVERETT

WE ARE OPEN!

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

Dine-in and take-out service available.

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



MARINA

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



VEHICLE/RV STORAGE

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



MINI STORAGE

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



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

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PACIFIC BEACH

Come stay, play and relax.



Check out our

2024 WEEKEND & HOLIDAY ACTIVITIES

Family fun all year round, book your stay today!

01 JANUARY

13 Brush and Bean

02 FEBRUARY

9-11 Sweetheart Package

11 Touchdown Party

03 MARCH

16 Glass Float Frenzy

30 Easter Eggstravaganza

04 APRIL

Month of the Military Child

13 Coloring Contest

26-28 Super Magical Weekend

05 MAY

10-12 Mother's Day Weekend

25 Tie-Dye & Summer Kickoff

06 JUNE

Tie-Dye every Saturday

14-16 Father's Day Weekend

07 JULY

Tie-Dye every Saturday

08 AUGUST

Tie-Dye every Saturday

16-18 Great Navy Campout & Bounce to the Beach

09 SEPTEMBER

21 Glass Float Frenzy

10 OCTOBER

26 Spooktacular Beach Bash

11 NOVEMBER

16 Brush and Bean

12 DECEMBER

07 FREE Cocoa

14 Cookie Decorating

21 Holiday Craft

28 FREE Cocoa

31 NYE Party in the Bar

BOOK YOUR STAY TODAY!

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

Activities are subject to change.

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PACBEACH.NAVYLIFEPNW.COM



Scan for lodging info



Hearts Full of Gratitude:

Contributed by navylifepnw Staff

OUR WHIDBEY ISLAND Cliffside RV Park



Cliffside RV Park is a hidden gem located on Whidbey Island that promises a perfect family getaway. My family – which includes two energetic young boys – embarked on an unforgettable adventure to this charming destination. Our stay at Cliffside was nothing short of amazing, offering us a serene retreat with breathtaking views and a host of activities to enjoy.

A comfortable home away from home

My family rented one of Cliffside's RV trailers for our stay. We were greeted by their friendly and welcoming staff and an immaculate RV trailer fully

equipped with everything we needed. The provided plates, linens, and various equipment and amenities helped to ensure a hassle-free experience. This thoughtful touch made our stay comfortable and stress-free from the moment we arrived. We selected an RV trailer, but they also have furnished yurts and spaces for those with their own RVs.

Endless recreational opportunities

The abundance of recreational activities directly on the grounds were just a few of the highlights of our stay. We didn't need to stray from our area for entertainment, making our time away even more enjoyable. Our kids couldn't



get enough of the cornhole games, and we were also introduced to gaga ball – a fast-paced and fun game – that had them engaged for hours. The park’s hiking trails allowed us to connect with nature while exploring the island’s beauty. Access to the beach was a delightful bonus, providing our family the chance to spend time beachcombing, building sandcastles and taking leisurely strolls along the shore.



Magical sunsets and campfire nights

Perhaps the most enchanting aspect of our experience at Cliffside was the unforgettable sunset views. Every evening, we eagerly gathered around the campsite fire pits to watch the sunset, which painted the sky in a blaze of color. My family roasted marshmallows, shared stories, and enjoyed the warmth of a crackling campfire, creating treasured memories from those cherished moments.



Visiting Cliffside will bring you the beauty and charm of the Pacific Northwest, offering an ideal retreat for visitors seeking a blend of relaxation and adventure. Our stay made for the ideal family escape. The combination of a well-equipped RV, a variety of recreational activities, relaxing by the beach, breathtaking sunset views, and the allure of Whidbey Island itself, created an unforgettable experience. My family and I left with our hearts full of gratitude and memories that will last a lifetime.



-Sara Sisung



RECREATIONAL LODGING

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



CLIFFSIDE RV PARK & CAMPGROUND

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

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



JIM CREEK RECREATION AREA & CAMPGROUND

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

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



PACIFIC BEACH HOTEL, COTTAGES, RV PARK & CAMPGROUND

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

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






Navy Getaways Pacific Beach • 360-276-4414 ext. 2
Cottages • Hotel • RV Sites • Tent Campsites



Cliffside

RV PARK • CAMPING • YURTS

Navy Getaways Cliffside RV Park • 360-257-2649
RV Sites • Tent Campsites • Furnished Yurts • RV Trailers




Navy Getaways Jim Creek • 425-304-5315
Cabins • Lodge • RV Sites • Tent Campsites • Trailers



Navy Getaways • COME STAY, PLAY AND RELAX.



SPORTS, FITNESS & AQUATICS

MWR fitness centers offer state-of-the-art equipment, expert instruction and team sports, and activities for every age, interest and fitness level. Visit 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

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

TSUNAMI POOL

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

INTRAMURAL SPORTS

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

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

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

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



ALL-NAVY SPORTS: 2024 SPORTS CALENDAR

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



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

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

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

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

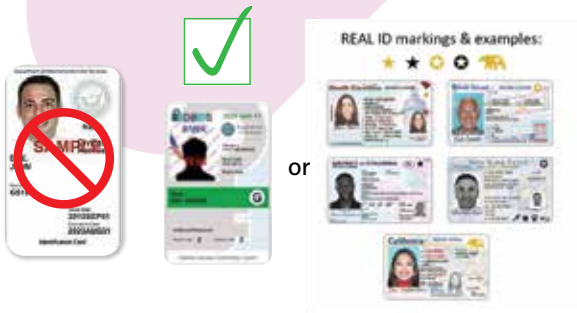
**NEW YEAR
NEW LOOK**

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

DoD CIVILIAN RETIREES

REQUIRE NEW ID CARDS

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



Learn more at



FFSC now offers Virtual Support Services.

Support is just a click away.

Getting help is a sign of strength.
Contact your local FFSC for more information.
www.ftfp.navy.mil

The Fleet & Family Support Center CNIC

NAVY CYP PROFESSIONALS

THANK YOU FOR THE LIVES YOU TOUCH.

WE APPRECIATE YOU SO MUCH!

NAVY CYP CNIC



FITNESS INCENTIVE PROGRAM

See Front Desk for details.

EARN PRIZES FOR WORKING OUT!

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



NOW OPEN *with*
NEW HOURS!

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

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

MONDAY 4-9 P.M.

TUESDAY | WEDNESDAY CLOSED

THURSDAY 3:30-9 P.M.

FRIDAY 4 P.M.-MIDNIGHT

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

SCAN FOR DETAILS



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



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invested with us goes back to
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RATE YOUR EXPERIENCE AT ANY FLEET AND FAMILY READINESS FACILITY
BY COMPLETING A COMMENT CARD OR GOING ONLINE TO :

SCAN HERE TO GO TO ICE



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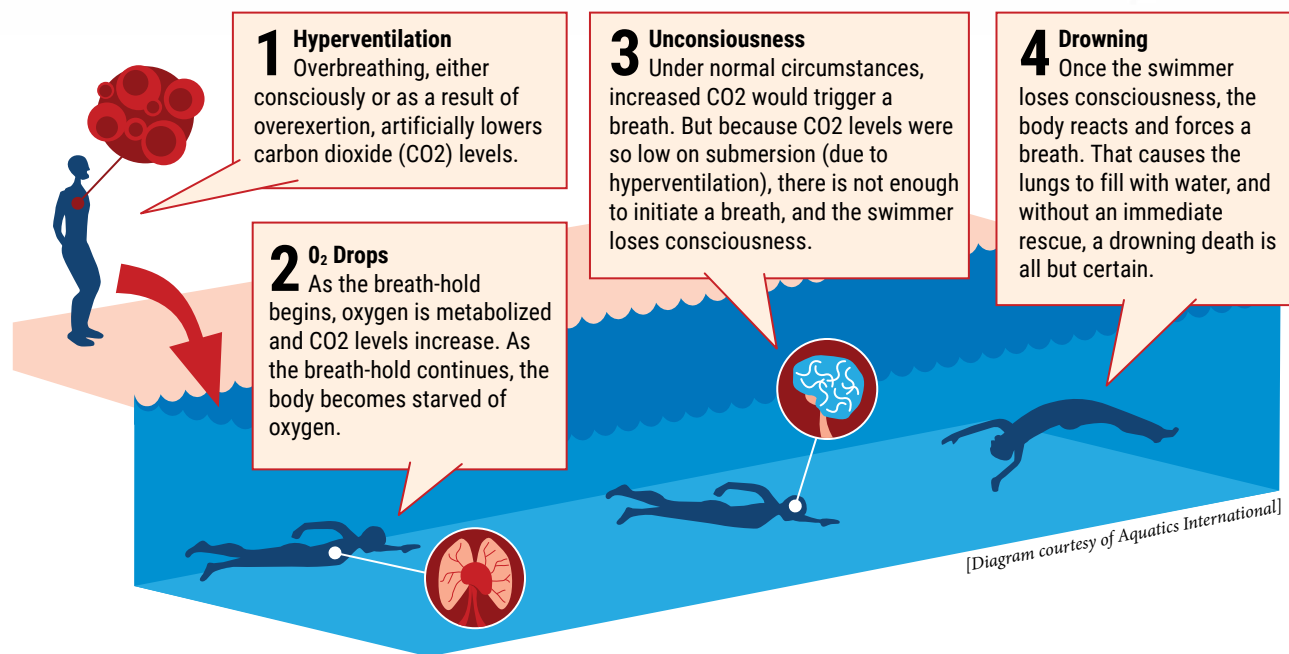
JUST CLICK ON THE ICE LOGO! YOUR FEEDBACK IS IMPORTANT TO US IN HELPING
PROVIDE YOU WITH THE BEST SERVICE AND PRODUCTS POSSIBLE.

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

PREVENT SHALLOW WATER BLACKOUT

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

Shallow Water Blackout: How it Happens



PREVENT SHALLOW WATER BLACKOUT:

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

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

See a Navy MWR Aquatics professional for more information.



www.navyfitness.org



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

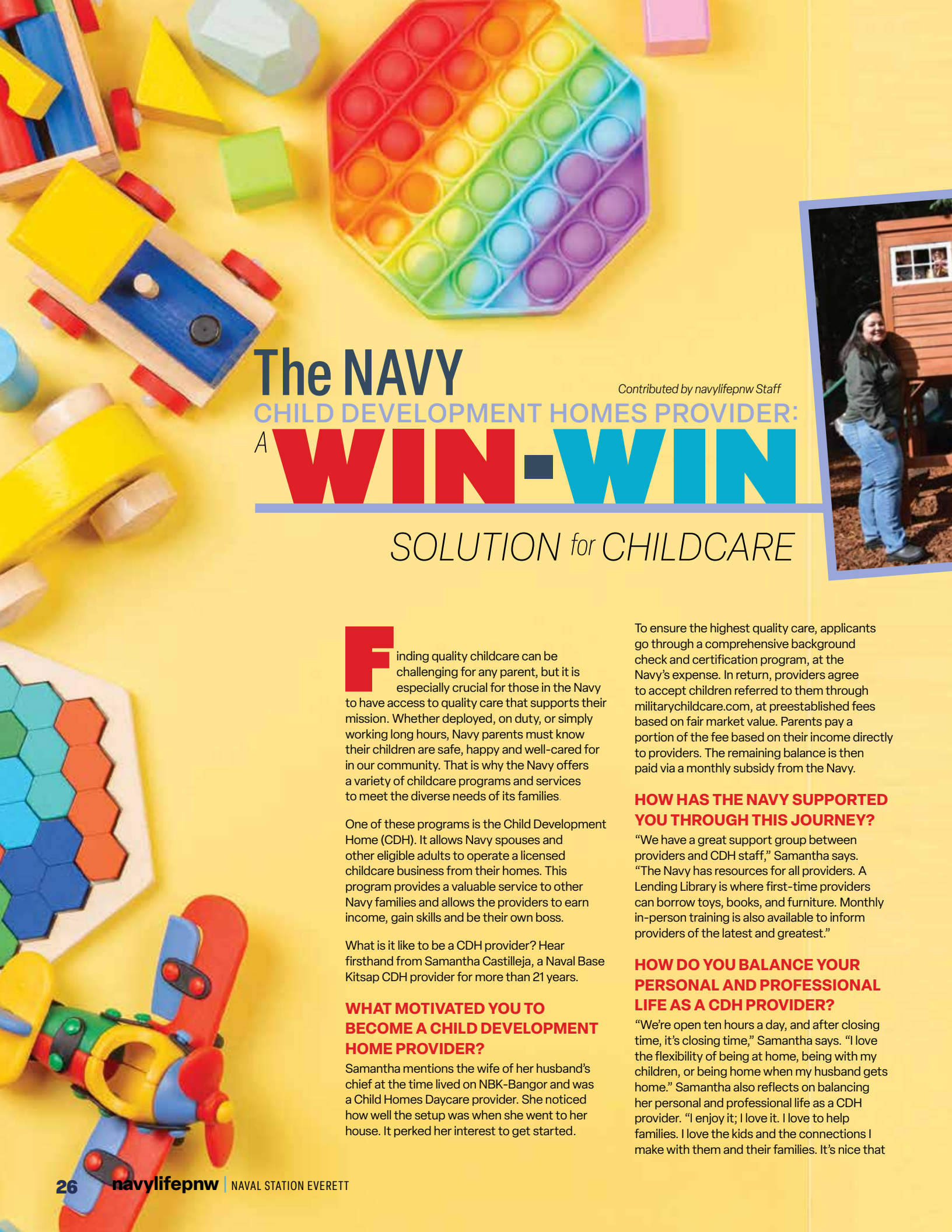
Trained EFMP case liaisons assist with:

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



Contact your
Fleet and Family Support Center
for more information.

EFMP Exceptional
Family Member
Program



The NAVY

Contributed by *navylifepnw Staff*

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

SOLUTION for CHILDCARE

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

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

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

WHAT MOTIVATED YOU TO BECOME A CHILD DEVELOPMENT HOME PROVIDER?

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

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

HOW HAS THE NAVY SUPPORTED YOU THROUGH THIS JOURNEY?

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

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

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

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



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

WHAT ARE THE ADVANTAGES OF A CDH PROVIDER?

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

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

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

For more information about the CDH program, call Naval Station Everett: 425-304-3046 or scan the QR code to learn more.





CHILD & YOUTH PROGRAMS

CHILD & YOUTH PROGRAMS

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

CHILD DEVELOPMENT HOMES

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

EVERETT CHILD DEVELOPMENT HOMES

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

SCHOOL LIAISON

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

NAVAL STATION EVERETT SCHOOL LIAISON

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





NAVY SCHOOL LIAISONS

Connecting Military Families, Commands and K-12 Schools

Did you know?

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

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

Families, Contact Your School Liaison for Help with:

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

Navy School Liaisons Provide SEVEN CORE SERVICES to Assist Families:

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

Online Resources:

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

Stay on Target with your School Liaisons



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

NAVY REGION NORTHWEST
360-396-4860 nrmw.sl@us.navy.mil
Serving Central Kitsap School District

NAVAL BASE KITSAP
360-340-2824 nbk.sl@us.navy.mil

NAVAL STATION EVERETT
425-304-3688 nse.sl@us.navy.mil

NAS WHIDBEY ISLAND
360-257-6863 naswi.sl@us.navy.mil

WORLDWIDE SCHOOL LIAISON DIRECTORIES
<https://installations.militaryonesource.mil/search?program-service=12/view-by=ALL>



Visit navylifepnw.com for the latest School Liaison information. Select the installation, under Child & Youth drop-down tab.

NAVY CYP WE'RE HIRING!



MAKE A DIFFERENCE. BUILD A CAREER.

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

NAVY CHILD CARE PROGRAMS

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



Start Here: MilitaryChildCare.com

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

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

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



Hourly child care? You've got it.

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



Child Care In Your Home Fee Assistance Program

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

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



Military Child Care in Your Neighborhood

Fee Assistance for Community-Based Child Care

Serving U.S. Navy Families

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

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



MCCYN 
 Expanding Affordable Child Care



MILITARY
 CHILDCARE  .com

Scan here to get started

APRIL 2024

Month of the Military Child

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





NAVY HOUSING SERVICES

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



HOUSING SERVICE CENTER

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

We offer free maps and faxes, pre-screened inbound and outbound community housing listings, personalized counseling to find what will work best for your situation, including any exceptional family member needs you may have, and free review and a plain English explanation of your lease terms. We can also help you negotiate favorable leasing terms. You can also access listings 24/7 via HOMES.mil, the only DoD-sponsored rental listing website used by Military Housing Offices worldwide. Use it to view pre-screened properties, compare listings and contact property managers directly.

HUNT MILITARY COMMUNITY

360-565-0400
constitutionparkfamilyhousing.com

UNACCOMPANIED HOUSING

CHECK-IN: UNACCOMPANIED HOUSING OFFICE

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

ONLINE BARRACKS MAINTENANCE REQUESTS

Available 24/7, residents can submit non-emergency maintenance requests using the building-specific QR code located on the inside of your barracks room main door and on flyers located throughout your barracks buildings' common areas.

CONNECT
HSC has got your answers!

LEARN TIPS & TRICKS
FOLLOW US ON SOCIAL MEDIA



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

Your Feedback Matters.

**Living in the Barracks?
Take the Tenant Satisfaction Survey**

Coming Spring 2024

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




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 (guest, cooking, alcohol, etc.)
5. Displays pro-active attitude, respect for others and proven organizational and mission support.
6. Contributions have made the nominee a more valuable resident of UH.

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

HOUSES.mil

or contact your local
Housing Services Office



HOUSING SERVICE CENTER

**Let us
help
you!**

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

Visit any Housing Service Center (HSC) for:

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

**Navy
Housing**



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

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

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

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

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

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

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

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

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

Com



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

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

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

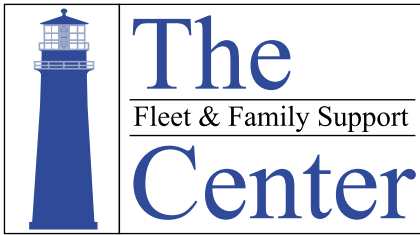
“Whether it’s offering emotional support, providing practical assistance, or creating a network of understanding, our FRG is there to support our community,” Rachel says.

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



community

THROUGH FAMILY READINESS GROUPS



FLEET & FAMILY SUPPORT CENTER - SMOKEY POINT

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

FLEET & FAMILY SUPPORT CENTER ANNEX

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

NAVY GOLD STAR CALL CENTER

888-509-8759

24/7 SAPR ADVOCATE

425-754-5977

24/7 SEXUAL ASSAULT RESPONSE COORDINATOR (SARC)

425-754-9867

DOD SAFE HELPLINE

877-995-5247

FLEET & FAMILY SUPPORT

FFSC is here to meet the needs of Navy families at home and at sea with helpful programs and resources. Visit everett.navylifepnw.com/fleet-family/fleet-family-support-center/ or scan this QR code to learn more about current offerings.



NEW SPOUSE

So, you married a Sailor? Congratulations, and welcome aboard!

The Navy has its own language, traditions and customs. Everything can seem so different! How are you supposed to understand? Fleet & Family Support Centers (FFSC) are an invaluable resource for your new Navy adventure. You can attend a workshop and meet other new Navy spouses, gather informational materials, get help with finding a job or a volunteer opportunity or learn about educational opportunities.

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

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

EMOTIONAL SUPPORT SERVICES

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

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

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



PARENTHOOD

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

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

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

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



SERVICE MEMBER DEPLOYMENT

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

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

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



EMPLOYMENT

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

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

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



LIFE SKILLS EDUCATION

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



DOWNLOAD THE MYNAVYFAMILY APP, DESIGNED FOR NAVY SPOUSES AND SAILORS' FAMILIES

Combining authoritative information and resources from about two dozen websites, and covering a wide variety of topics, MyNavyFamily puts everything you need to know in a single, convenient application.

Go to www.applocker.navy.mil to download this app and many other helpful Navy apps for free.



TRANSITION & RETIREMENT

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

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

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



FINANCIAL PLANNING

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

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

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



MOVING & RELOCATION

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

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

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

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



EXCEPTIONAL FAMILY MEMBER SUPPORT

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

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

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

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

NAVY WOUNDED WARRIOR



Supporting seriously wounded, ill and injured Sailors and Coast Guardsmen, their families and caregivers

Through proactive leadership, NWW provides individually-tailored assistance designed to optimize the success of the wounded warriors' recovery, rehabilitation and reintegration activities.



1-855-628-9997 (24/7)

navywoundedwarrior.fct@navy.mil

www.navywoundedwarrior.com





Urgent realities.



There is hope



Easier access.



988 provides easier access to the 24/7, free and confidential Lifeline network and related crisis resources, which are distinct from 911 (where the focus is on dispatching Emergency Medical Services, fire and police as needed).

The Lifeline accepts calls, texts/chat from anyone who needs support – a direct connection to compassionate, accessible care for anyone experiencing mental health related distress.

FERP

FAMILY EMPLOYMENT READINESS PROGRAM

Are you wondering if virtual employment is right for you? Ask your FERP professional for virtual employment tips.

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

The Fleet & Family Support Center

CNIC
 FLEET • FIGHTER • FAMILY



FLEET & FAMILY READINESS
WORK that MATTERS.



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

WE'RE HIRING!

**WE'RE SEEKING TALENT LIKE YOU
TO JOIN OUR WORLD-CLASS TEAM**

BENEFITS & PERKS

▶ **COMPETITIVE WAGES & BENEFITS**

- Benefits begin **DAY ONE** (Regular Full- and Part-Time). Recruitment or retention bonuses available!*
- Access to base FFR services such as recreation centers, gyms, movie theaters, Navy Exchange and AmericanForcesTravel.com

▶ **GLOBAL CAREER OPPORTUNITIES**

- Free training and worldwide transfer opportunities to Navy bases around the world
- Start or advance your career by following U.S. Navy FFR on LinkedIn

▶ **MAKE A POSITIVE IMPACT ON THE MILITARY COMMUNITY**



APPLY TODAY!
WWW.NAVYLIFEPNW.COM/JOBS



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



WORK



PERKS

10 Great Reasons to Work for FFR

Contributed by navylifepnw Staff

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

As an FFR Employee ...

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

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

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

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

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

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

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



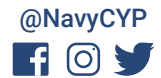
8. Keep your kids having fun. As a federal civilian employee, your base access allows your kids to play! Some bases have bowling, fishing ponds, playgrounds, STEM kits, crafts, libraries, the Child & Youth Programs have Youth & Teen Centers available, and movie theaters have family films. Most on-base activities for the family applies to you too!

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

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



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



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

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

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

2 Enter “Keyword”

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

3 Enter “Location”

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

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

4 View Positions

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

5 Review Job Details

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

6 Required Documents

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

7 Apply

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



FACILITY DIRECTORY

A

All American Restaurant:
425-304-3943

Alpine Tower:
425-304-5367

C

Catering-Naval Base Kitsap:
360-396-5466

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

Catering-NAS Whidbey Island:
360-257-2892

Commissary (Smokey Point):
425-304-3379

Cyber Cafe:
425-304-3579

D

Deployed Forces Support:
425-304-3149

E

NS Everett Child Development
Center: 425-304-3778

NS Everett Child Development
Homes: 425-304-3046

NS Everett Community Recreation
Office: 425-304-3167

F

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

Faultline Flicks:
425-304-3680

Fleet & Family Support Center:
866-854-0638

(Seismos) Fitness Center:
425-304-3336

G

Gallery Golf Course:
360-257-2178

M

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

N

NS Everett Intramural Sports:
425-304-3935

Navy Exchange - Smokey Point:
425-304-4940

Navy Exchange Fleet Store:
425-304-4447

Navy Getaways Cliffside RV Park:
360-257-2649

Navy Getaways Jim Creek:
425-304-5315

Navy Getaways Pacific Beach:
360-276-4414

Navy Gold Star Program:
866-854-0638

Navy Lodge - NBK Bangor:
360-779-9100

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

Navy Wounded Warrior:
360-315-2645

O

Outdoor Equipment Rentals:
425-304-3449

P

Pierside Grille:
425-304-3696

R

Resource Center:
425-304-3579

S

NS Everett School Liaison:
425-304-3688

Subway:
425-304-4440

T

The Commons:
425-304-3909

Tremors Neighborhood Sports Bar:
425-304-3906

NS Everett Trips & Tours:
425-304-3449

Tsunami Pool:
425-304-3388

U

Unaccompanied Housing (UH):
425-304-3111

V

Vibes LIBERTY Lounge:
425-304-3680

Y

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



IMPORTANT PHONE NUMBERS

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

FOR EMERGENCIES 911

EMERGENCY ASSISTANCE

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

NS Everett Annex
425-304-3735

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

Suicide & Crisis Lifeline 988

Base Information Line
425-304-3000

Base Hotline
425-304-5665

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

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

NS Everett Quarterdeck 425-304-3366

Poison Control Center 800-222-1222

TRICARE 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

Base Security 425-304-3211/3121

Self-Help 877-273-8255

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





ADDITIONAL BASE RESOURCES

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

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

Ombudsman Coordinator 425-304-3724

Base Access/DBIDS 425-304-3260
DEERS/ID Card Office (Ault Field)
360-257-1390/6770
DEERS/ID Card Office (SeaP.L.A.N.e Base)
360-257-6070

Chaplain 425-304-3342

Commissary 425-304-3379

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

Legal Services (RLSO) 425-304-4551

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

Navy Exchange 425-304-4940

Personal Property 425-304-4015

Personnel Support Detachment 425-304-4256

Public Affairs 425-304-3202

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

ADDITIONAL RESOURCES

Fraud, Waste & Mismanagement 800-522-3451

Navy Family Accountability and Assessment System (NFAAS)
1-877-414-5358 or navyfamily.navy.mil

Madigan Army Hospital 253-968-1110/1145

Military OneSource
800-342-9647 or www.militaryonesource.com

Ready Navy (202) 433-9348/DSN 288-9348 or email readynavy@navy.mil, www.ready.navy.mil

Veterans Affairs 800-827-1000

NON-DOD RESOURCES

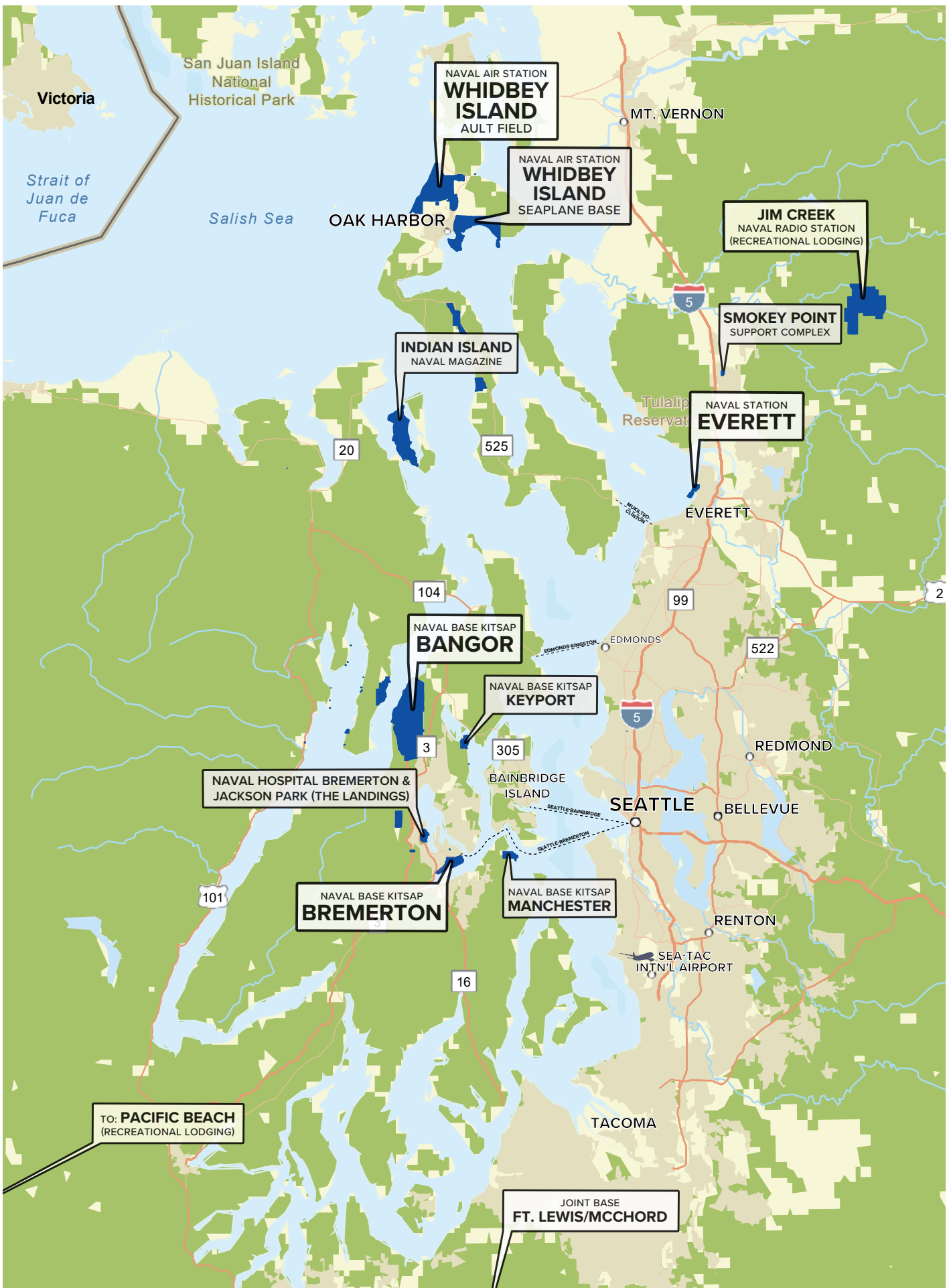
American Red Cross 1-877-272-7337

DSHS/Food Stamps 877-501-2233

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

Victims Services Specialist 360-479-6188

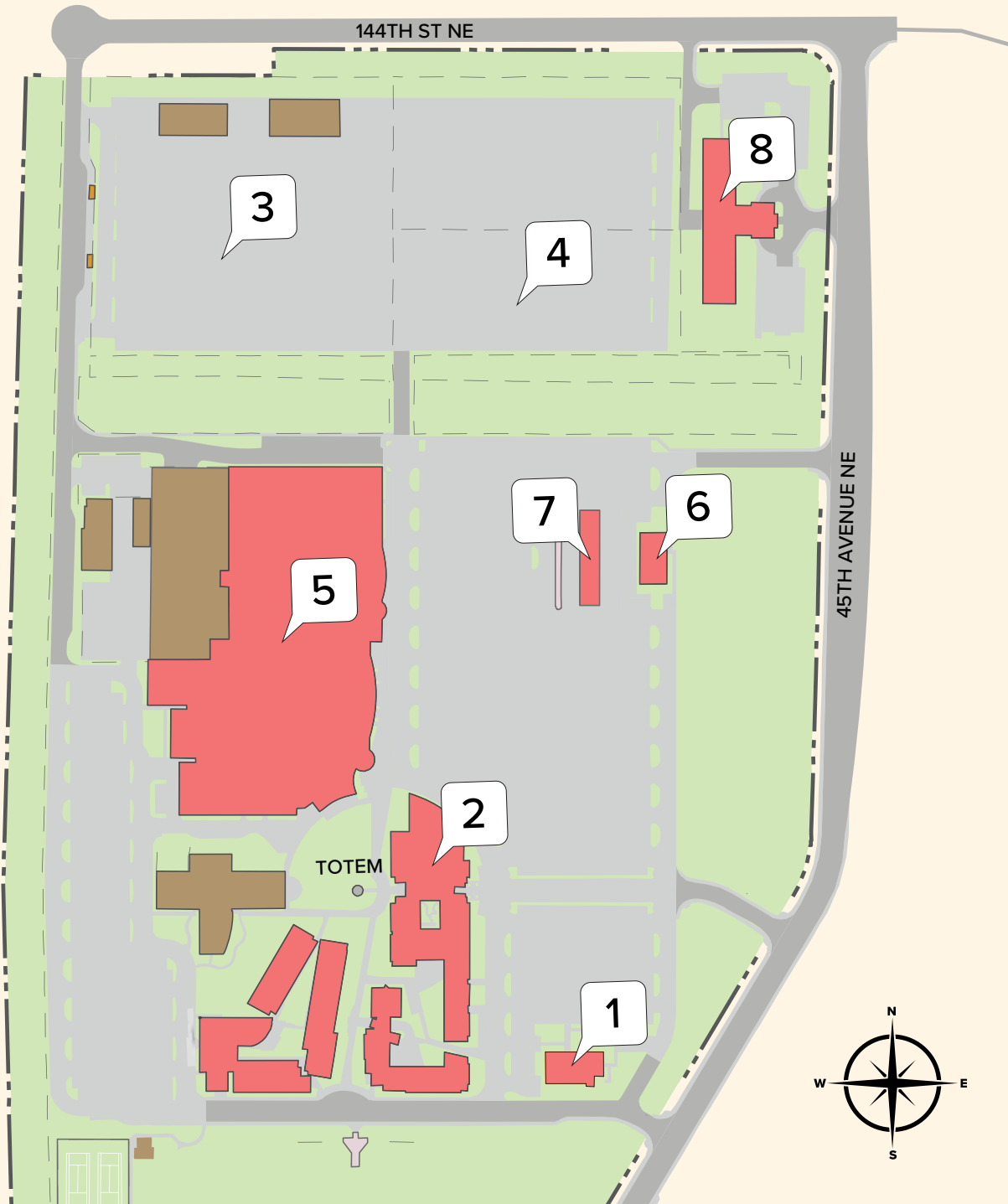
Washington State Dept. of Health Emergency Contacts 1-877-539-4344 (24/7) or 1-206-418-5500 (24/7) or www.doh.wa.gov/Emergencies



DIRECTORY

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





DIRECTORY

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

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OakHarborChamber.com

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Silverdale, WA 98315



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for everything Navy Region Northwest



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

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@EverettFFR