



navylifepnw

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

Spring–Summer 2025

# HIDDEN GEMS

FLEET & FAMILY READINESS (FFR)



The official resource guide for  
everything NAS Whidbey Island  
and Navy Region Northwest

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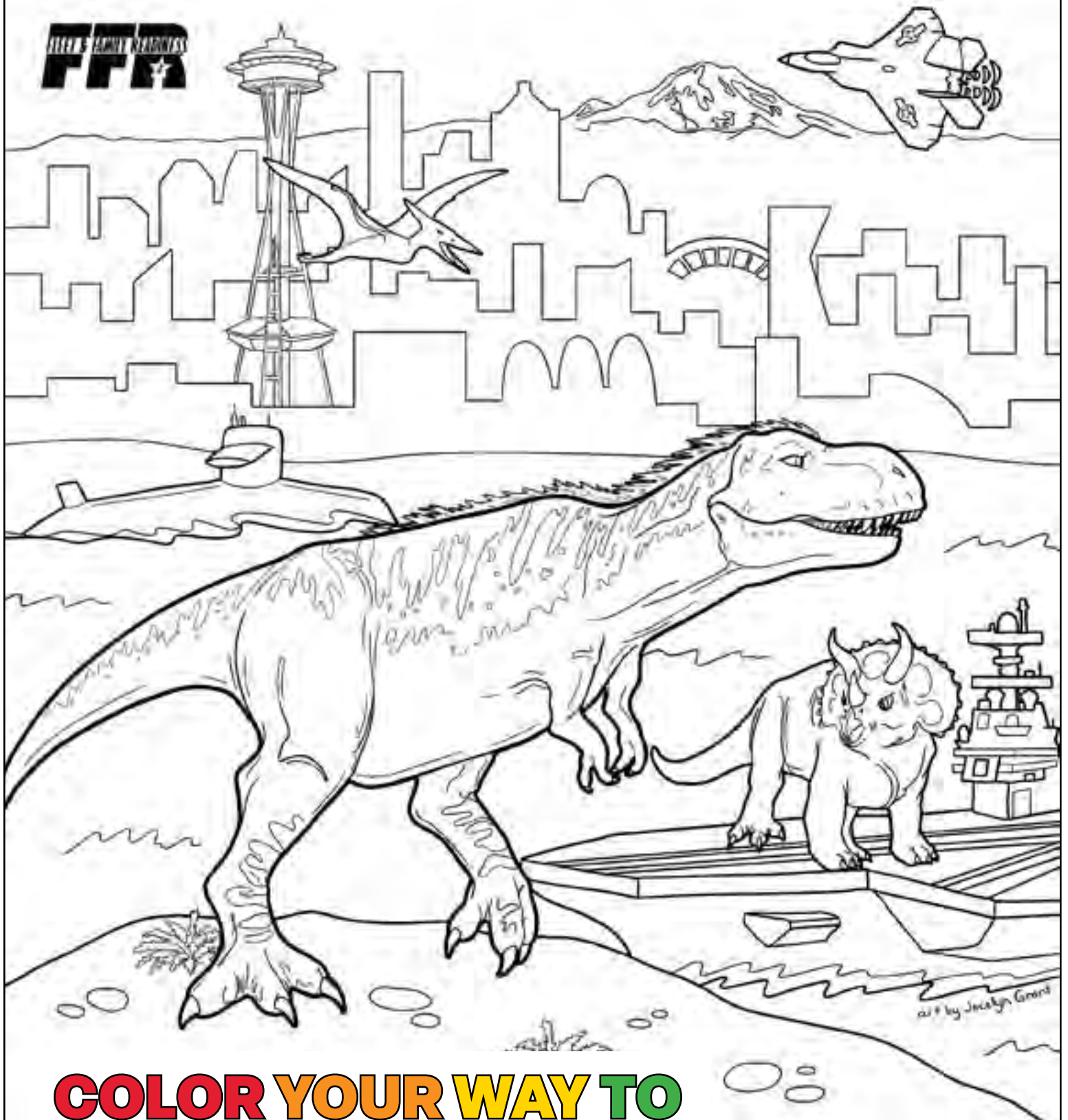
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NAVY LIFE PNW  
**FFR**



# COLOR YOUR WAY TO SEATTLE ADVENTURES!

SCAN TO SUBMIT YOUR ENTRY



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!





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\*2020 Consumer Assessment of Healthcare Providers and Systems (CAHPS) \*\*Military retirees and eligible family members under age 65  
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**Robert Lattanzi**  
CNRNW N9 | FFR Director  
NAS Whidbey Island

**W**elcome to Naval Air Station Whidbey Island! As we step into the vibrant Spring and Summer seasons, it's the perfect time to rediscover the hidden gems around us. In this edition of NavyLifePNW, we explore lesser-known spots, events, and programs that are often overlooked but offer incredible experiences right here in the Pacific Northwest. From secret hiking trails tucked away in the lush forests to local eateries offering a taste of the region's best-kept culinary secrets, there is so much more to explore beyond the typical tourist destinations. We've also uncovered some exciting and unique programs for service members and families that provide a sense of community, relaxation, and adventure.

## FFR DIRECTOR WELCOME MESSAGE

At Fleet & Family Readiness, we are committed to supporting you and your family in discovering all that this area has to offer. Whether it's a hidden park to unwind in or an overlooked event that's sure to bring joy, we hope this issue sparks curiosity and inspires you to explore new places that will quickly become favorites.

I encourage you to step off the beaten path, embrace the surprises around every corner, and take full advantage of these hidden treasures. They're here for you to enjoy, and they're waiting to be discovered!

If you have any questions or need assistance, please don't hesitate to reach out to any FFR program team members. We're here to make your time as smooth and enjoyable as possible. Join us on NASWI Facebook and Instagram (@WhidbeyFFR) or at [whidbey.navylifepnw.com](http://whidbey.navylifepnw.com).

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### UPCOMING EVENTS CALENDAR

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

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### 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.*





# 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](http://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](http://navylifepnw.com). A digital version of this guide is available at: [whidbey.navylifepnw.com/magazine](http://whidbey.navylifepnw.com/magazine).



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

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### MWR

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

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

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### HOUSING

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

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### FFSC

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

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

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

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

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

[navylifepnw.com](http://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 [whidbey.navylifepnw.com/events](http://whidbey.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.



### ADMIRAL NIMITZ HALL GALLEY

360-257-2469  
1040 W Intruder St., Bldg. 382

Admiral Nimitz Hall is conveniently located in the center of Ault Field, near unaccompanied housing and flight-line workstations. We pride ourselves in offering high-quality food and service. Call or scan this QR code to learn more.



### CHIEFS' CLUB

360-257-2505  
Located within MWR Bakerview Event & Conference Center  
1080 W Ault Field Rd., Bldg. 138

The finest Chiefs' Club in the fleet with members spanning all generations, from the World War II era to present day. Call or scan this QR code to learn more.



### M.T. MCCORMICK'S OFFICERS' CLUB

360-257-2521  
Located on Ault Field, 1185 W Midway St., Bldg. 962

The Officers' Club is a deep dive into the history of NAS Whidbey Island and naval aviation! The O'Club displays military memorabilia dating from World War II through the Gulf War. The full-service bar offers a variety of cocktails, specialty beers and more. Call or scan this QR code to learn more.



### KEGLER'S BAR & GRILL

360-257-1567  
Located in the Convergence Zone,  
3535 N Princeton, Bldg. 2510

A casual eatery located in the community recreation center (Convergence Zone), offering lunch, snacks, happy hour and more from our large selections of craft beers.

Bring your friends for a round of pool or darts at Kegler's Bar. So long as you are 18 and older, stop on in and always be on the look out for themed nights and evening specials. Scan this QR code to download our [Dine on the Go PNW](#) app for convenient online ordering!



### CONVERGENCE ZONE

360-257-2432  
Located on Ault Field, 3535 N Princeton, Bldg. 2510

The Convergence Zone is truly a place where a range of interests, an array of people and a variety of entertainment come together. We have bowling lanes, an indoor playground with toddler play area, a multipurpose room and gathering areas for groups and organizations, pool tables, air hockey, table tennis, computers, video gaming, and a library and resource center with faxing/printing/copying services.

Featuring:

- Arcade Games
- Bowling
- Tickets & Travel
- Indoor Playground
- Pool tables
- Paintball
- Outdoor Rentals



### SKYWARRIOR THEATRE

360-257-6684  
Located on Ault Field, 955 W Midway St., Bldg. 118

Skywarrior Theatre features box-office movies, a snack bar, comfortable seating, a private room for families with young children and private party packages. Call or scan this QR code to learn more.





## MWR OUTDOOR PARKS AND RECREATION AREAS

360-257-2432

Various Locations | More info at Convergence  
Zone: 3535 N Princeton, Bldg. 2510

**Costen-Turner Recreation Area** - Playground, gazebo and plenty of picnic tables.

**Disc Golf Course** - The 18-hole disc golf course starts and ends at PSD.

**General Quarters Paintball** - Adrenaline, strategy, skill and speed on two separate fields.

**The Grind Skate Park** - Challenging obstacles, including a half pipe, quarter pipe, grind box, pyramid and stairs.

### Rocky Point Recreation Area

Located just footsteps from the Strait of Juan de Fuca and Rocky Point beach.



## 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 CENTER

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

Located inside the NAS Whidbey Island's award-winning Admiral Nimitz Hall Galley

1040 W Intruder St.  
Bldg. 382  
Oak Harbor, WA 98278

SCAN HERE  
FOR DETAILS



# UPCOMING EVENTS

2025

SOMETHING FOR EVERYONE

## APRIL

### Shower the April Powers Lifting Competition

Compete in strength challenges at this exciting lifting competition.

## MAY

### Gold Star Command Challenge

Test your strength and agility with truck pulls, tire flips, and obstacle courses in this action-packed challenge.

## JUNE

### Summer Sprint Triathlon

Kick off summer with a competitive triathlon featuring swimming, biking, and running.

### Great Navy Campout

Enjoy a weekend of camping under the stars with family-friendly activities and outdoor fun.



## JULY

### FFSP Color Run

Run, walk, or jog through a vibrant 5K fun run filled with color and excitement.

## AUGUST

### Summer Concert

Relax and enjoy live music performances in a beautiful outdoor setting.

### Growler 8K

Challenge yourself with an 8K race through scenic routes, perfect for runners of all levels.

### LIBERTY Barracks Bash

Celebrate with fellow sailors at a fun-filled party featuring music, games, and food at the barracks.

## SEPTEMBER

### Open House and Flight Line 5K

Explore military aircraft at the open house and participate in a thrilling 5K race along the flight line.



**EVENT  
DETAILS**

Scan to visit the website





# 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.

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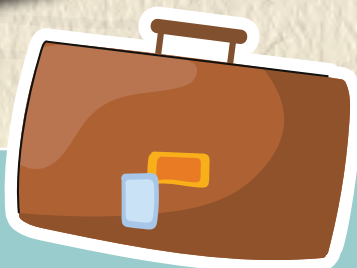
# PLAN THE **PERFECT VACATION**

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.



## **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 more ticketing information,  
contact 360-257-2432.*





## DESIGN YOUR DREAM DESTINATION

SCAN TO VISIT [AMERICANAIRFORCESRAVEL.COM](https://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!*





*The Convergence Zone is truly a place where a range of interests, an array of people and a variety of entertainment come together! It offers bowling lanes, gear rental, indoor playground, toddler play area, pool tables, air hockey, ping pong, computers, video gaming, resource center, faxing/printing/copying services, a multipurpose room, and gathering areas for groups and organizations.*

## FEATURES

- Bowling Lanes
- Bowling Packages
- Party Packages
- Command Party
- Indoor Playground
- Library and Toddler Story Time
- Billiards, Air Hockey, Ping Pong
- Xbox 360's & Nintendo Wii's
- Kegler's Bar & Grill
- General Quarters Paintball
- Outdoor Recreation Rentals
- Tickets, Trips & Tours

SCAN for  
CONVERGENCE ZONE  
INFORMATION



# 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](https://navylifepnw.com/esports) for upcoming Region- and Navy-wide tournaments









**Ready,  
Click,  
Go!**

SCAN for DETAILS





**Dine On The Go  
PNW**

TEXT DOTGPNW TO 33733  
DINEONTHEGOPNW.COM



FOR MORE INFO, CALL:  
**360-257-1567**



@WhidbeyFFR

# GREAT MEMORIES START *with* MWR!

## SAVE ON SPORTING EVENTS • LEISURE TRAVEL ATTRACTIONS & ENTERTAINMENT

*Before planning your next vacation, check with your local  
MWR Community Recreation office for discounted tickets.*

SCAN QR CODE FOR  
MORE INFO





**SKYWARRIOR THEATRE**

**FAMILY MOVIE**  
*Night*

**2nd THURSDAY of every month**  
**6 p.m.**

**FREE • Open to All Ages**  
Don't miss the next Sensory-Friendly Film  
A place where I can be me!  
GET UP • DANCE • WALK • SHOUT • SING!  
Lower Sound • Brighter Lights

**MWR** **EFMP** Exceptional Family Member Program

NAS WHIDBEY ISLAND  
ADMIRAL NIMITZ HALL GALLEY

*Special Meals*



**10:30 A.M.-1 P.M.**  
**OPEN TO ALL HANDS**





**SKYWARRIOR THEATRE**

**PARTY PACKAGES**

**All packages include the theatre for one hour before the showing and one hour after the showing, one staff member on-site, one 6 ft. table, your choice of movie from the A-List movie program and you choose the date and time.**

**A-List Package:** Great for a family day and/or group functions, the package features a private and affordable movie experience.

Seating	Package Fee
1-50 Guest	\$390
50-150 Guest	\$500

**The Award Winner:** Features private screening of a box-office premier (based on current options) and two (2) 6 ft. tables and up to ten (10) chairs.

Seating	Package Fee
1-50 Guest	\$570
50-150 Guest	\$755

**The Award Winner package includes the cost of the movie ticket for box office movies**

**Box-Office Package:** Perfect for a birthday party and/or special occasion, this package features a private party room with bathrooms, 30 balcony seats with (2) 6 ft. tables, 24 chairs, the showing of the box-office movie, one, one-topping large pizza, two pitchers of soda, and two bags of popcorn. 30 Guests. Total: \$595.00

**The package includes the cost of the movie ticket for box-office movies**

**Military Only: Command Support:** Command functions may choose a movie from the A-List movie program. You chose the date and time for private showing.

Seating	Package Fee
Guests up to 150	\$385
Guests up to 300	\$440
Guests up to 600	\$550

**For additional catering service, please see Kegler's Bar and Grill catering menu.**

**Visit theater webpage:**

**MWR** MORALE, WELLBEING AND RECREATION

For more information, call:  
**360-257-1977**







# KARAOKE NIGHT

Second Friday of the Month

# GAME NIGHT

Third Friday of the Month

# TRIVIA NIGHT

Last Friday of the Month



# 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.



# 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](http://applocker.navy.mil).**



# 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](mailto:CREDOcnrnw@us.navy.mil) or 360-396-2956.

SCAN FOR DETAILS







## 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 [whidbey.navylifepnw.com/events](http://whidbey.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.



Whidbey Fitness Center offers new cardio machines from Life Fitness, Precor, Technogym Wave and the Hammer Strength line in our weight room. Additional indoor amenities include a sauna, racquetball courts, a basketball court, volleyball court, tennis court, a boxing/Judo room, a family fitness room and a NOFFS Zone. The Seaview Trail by our facility leads to Cliffside or Nortz Gate. We also have a football and soccer field with running track and three softball fields.

While we do not have aquatics facilities on base, we have partnered with two local pools — the Fidalgo Pool in Anacortes and the North Whidbey Parks & Rec Pool in Oak Harbor to offer you access to those facilities at no charge for active duty.

We also offer regularly scheduled team sports leagues and opportunities to participate in tournaments and regional sports competitions throughout the year. This includes the Admiral's Cup, the Captain's Cup and All-Navy Sports, a program for Sailors who possess the athletic skills to compete above the intramural level to compete against teams from the Marine Corps, Army and Air Force.

### WHIDBEY FITNESS CENTER

360-257-2420  
3755 N Wasp St., Bldg. 117



### INTRAMURAL SPORTS

360-257-4320  
3755 N Wasp St., Bldg. 117

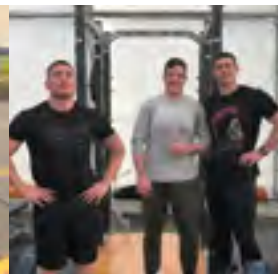
**Captain's Cup** - The Captain's Cup provides Sailors an opportunity to represent their commands and installations in a variety of different team sports and activities, while earning points toward the cup.

**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](http://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](http://navylifepnw.com)





# DON'T MISS OUT ON FUN WITH MWR!

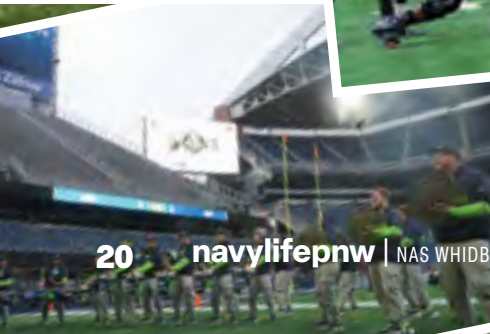


LUMEN  
FIELD

The 24<sup>th</sup> 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*





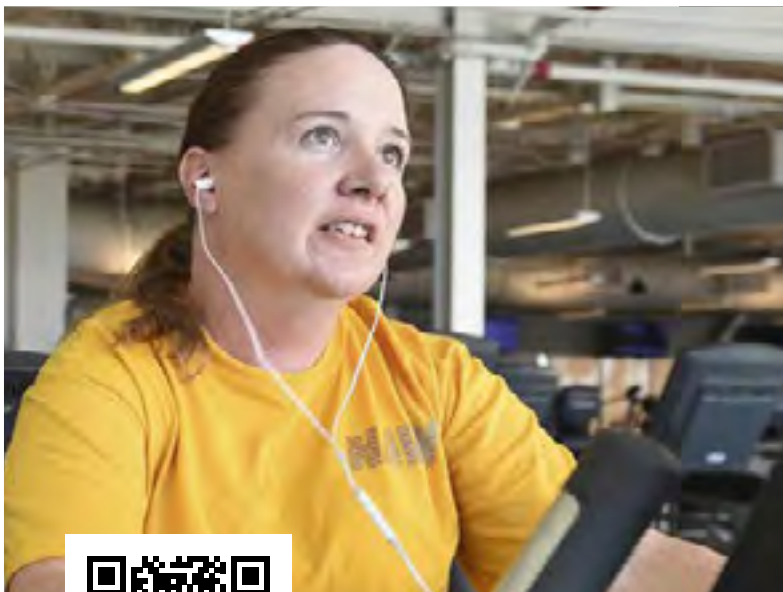
**24/7**  
ACCESS

**Available  
Now**



## **24/7 access to NAS Whidbey Island MWR Fitness Center.**

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



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



[navylifepnw.com](http://navylifepnw.com)  
f y i  
@WhidbeyFFR



## RECREATIONAL LODGING

MWR proudly operates three DoD lodging facilities in Navy Region Northwest. Visit [www.dodlodging.net](http://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





# 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:

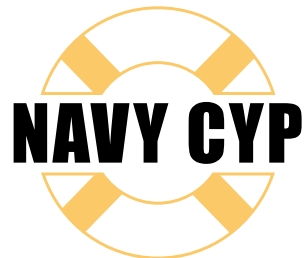
## More Stay Options to Suit Every Camper

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 [whidbey.navylifepnw.com/child-youth](http://whidbey.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.

#### CLOVER CHILD DEVELOPMENT CENTER (CDC)

360-257-3302, 365 W Clover, Bldg. 2679

#### REGATTA CHILD DEVELOPMENT CENTER (CDC)

360-257-6572, 220 NE Regatta Dr., Bldg. 2938

### 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.

#### NASWI FAMILY CHILD CARE

360-257-1877, 260 W Pioneer Way, Bldg. 13, Seaplane Base

### SCHOOL-AGE CARE (SAC)

We provide quality before-and-after school activities for children in kindergarten through 12 years old. Our programs are designed to enhance rather than duplicate the school day, and we work with dynamic organizations such as the Boys & Girls Clubs of America and 4-H to offer the best available programming.

### SCHOOL-AGE CARE (SAC)

360-257-0889, 54 Wake Ave., Bldg. 2874, Oak Harbor

### YOUTH CENTER

54 Wake Ave., Bldg. 2874, Oak Harbor, 360-257-3150

Our teen programs not only offer fun learning activities that go above and beyond the regular school day, but they also provide a sense of community and a healthy social outlet. These programs are affiliated with Boys & Girls Clubs of America and often feature 4-H programming. We're proud to offer an important opportunity for teens to mature socially and emotionally, while focusing on character development, leadership skills, communication and self-esteem.

### 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.

#### NAS WHIDBEY ISLAND SCHOOL LIAISON

360-257-6863, 260 W Pioneer Way, Bldg. 13, Seaplane Base



# 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)**



NAS WHIDBEY ISLAND  
CHILD & YOUTH PROGRAM

# WELCOME BACK TO FUN

TEEN CENTER OPEN FRIDAYS, 2:30–8 P.M.

**Youth & Teen Center**  
54 Wake Ave, Bldg. 2874  
Oak Harbor, WA 98278

Open to ages 12-18 in grades 7-12.  
Register your teen to be a member!  
Teens can sign themselves in,  
sponsor one non-military friend, and  
participate in cool events at the center.

 NAVY CYP  
CHILD & YOUTH PROGRAMS

SCAN for DETAILS



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WE'RE DOING!  
RATE YOUR EXPERIENCE

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



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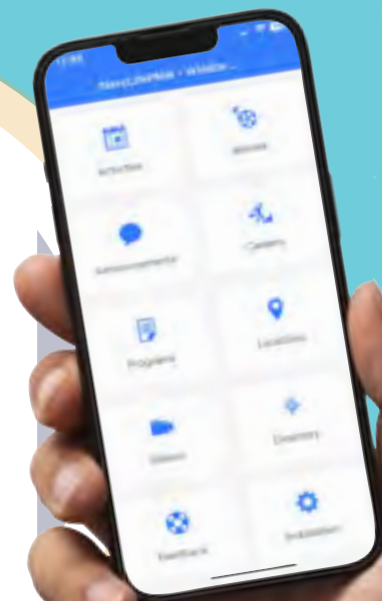
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[www.navylifepnw.com/sponsorship](http://www.navylifepnw.com/sponsorship)



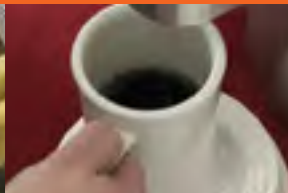
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SCAN TO VISIT THE WEBSITE



# 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!



**Jaime, NAS Whidbey Island School Liaison, helps military families navigate the often complex world of education and community resources. She works to ensure school success for all military children, connecting families with the support they need. "Every day is different, which makes the job both challenging and rewarding," she shares.**



## NAVY HOUSING SERVICES

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



### HOUSING SERVICE CENTER

877-340-9055 or 360-257-3331  
Nor'Wester, 3675 W Lexington, Bldg. 2556

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](http://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 COMMUNITIES

360-447-5800  
[whidbeyislandfamilyhousing.com](http://whidbeyislandfamilyhousing.com)

### UNACCOMPANIED HOUSING

#### CHECK-IN: UNACCOMPANIED HOUSING OFFICE

360-257-5513  
1040 Intruder St., Bldg. 2701  
After-hours Emergency Maintenance: 360-257-5513

### 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





**988**  
SUICIDE  
& CRISIS  
LIFELINE

*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.

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Looking for  
local rentals?**

**HOMES.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  
@WhidbeyFFR

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PAGE AT NAVYLIFEPNW.COM





## FLEET & FAMILY SUPPORT CENTER - NOR'WESTER

866-854-0638  
360-257-2271  
360-257-6289  
3675 W Lexington Bldg. 2556  
Oak Harbor, WA

## NAVY GOLD STAR CALL CENTER

888-509-8759

## 24/7 SAPR ADVOCATE

360-914-7867/55

## 24/7 SEXUAL ASSAULT RESPONSE COORDINATOR (SARC)

360-914-7834

## 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 [whidbey.navylifepnw.com/fleet-family/fleet-family-support-center/](http://whidbey.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://msepjobs.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

# 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](http://www.ffsp.navy.mil)







# SEXUAL ASSAULT PREVENTION AND RESPONSE PROGRAM

**NAS Whidbey Island**  
**24/7 SAPR Response Line: 360-914-7867/7855**

## 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:

3675 W Lexington St., bldg. 2556

- 24/7 SARC: 360-914-7834
- 24/7 SAPR VA: 360-340-1340

### Legal Assistance for Victims of Sexual Assault:

- VLC: 202-993-6027/757-264-3684

## 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)

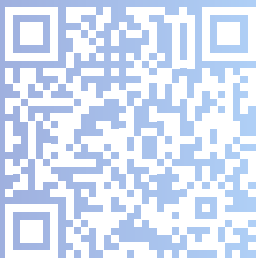


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for upcoming events.



[PACBEACH.NAVYLIFEPNW.COM](http://PACBEACH.NAVYLIFEPNW.COM)



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# IMPORTANT PHONE NUMBERS

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



## FOR EMERGENCIES 911

### EMERGENCY ASSISTANCE

#### Fleet & Family Support

Center Centralized Scheduling &

Urgent Respite Care

866-854-0638

#### FLEET & FAMILY SUPPORT CENTER

Nor'Wester 360-257-6289 or

360-257-2271

Base Information Line 360-257-1080

Base Operating Support Calls 360-257-3358

FFR General Directory 360-257-6300

Emergency Operations 360-257-3337

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

Fire Department 360-257-2532

Fire Prevention/Inspection 360-257-6110

NASWI Quarterdeck 360-257-2631

Poison Control Center 800-222-1222

#### HEALTH RESOURCES

TRICARE West Appointment Line 844-866-9378

Health Clinic 360-257-9500

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 360-257-3893



## ADDITIONAL BASE RESOURCES

### Air Terminal/Space-A Flights

360-257-2604

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

Ombudsman Coordinator 425-304-3724

NASWI Flight Recording 360-257-2328

NAS Flight ReBase Access/DBIDS 425-304-3260

Squadron Information

Electronic Attack Wing 360-257-1303

Patrol and Reconnaissance Wing 360-257-0375

Autoport & Hobby Shop (Gas/Parts/Repair)

360-257-0629

Deers/ID Card Office (Ault Field)

360-257-1390/6770

Chaplain 360-257-2414

Commissary 360-257-3318

Funeral Services 360-315-3456

Honor Guard 360-315-3273/3275

Legal Services (RLSO) 360-257-2126/2127

Navy Exchange 360-257-0600

Fleet Store 360-257-0503

Dry Cleaning/Uniform/Tailor Shop

360-257-0503

Human Resources 360-257-2979

Public Works 360-257-3348

Recycling 360-257-5481

Tour Information 360-257-2286

Veterinary Clinic 360-257-2001

## 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](http://navyfamily.navy.mil)

Madigan Army Hospital 253-968-1110/1145

Military OneSource 800-342-9647

or [www.militaryonesource.com](http://www.militaryonesource.com)

Ready Navy 202-433-9348/DSN 288-9348 or

email [readynavy@navy.mil](mailto:readynavy@navy.mil), [www.ready.navy.mil](http://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

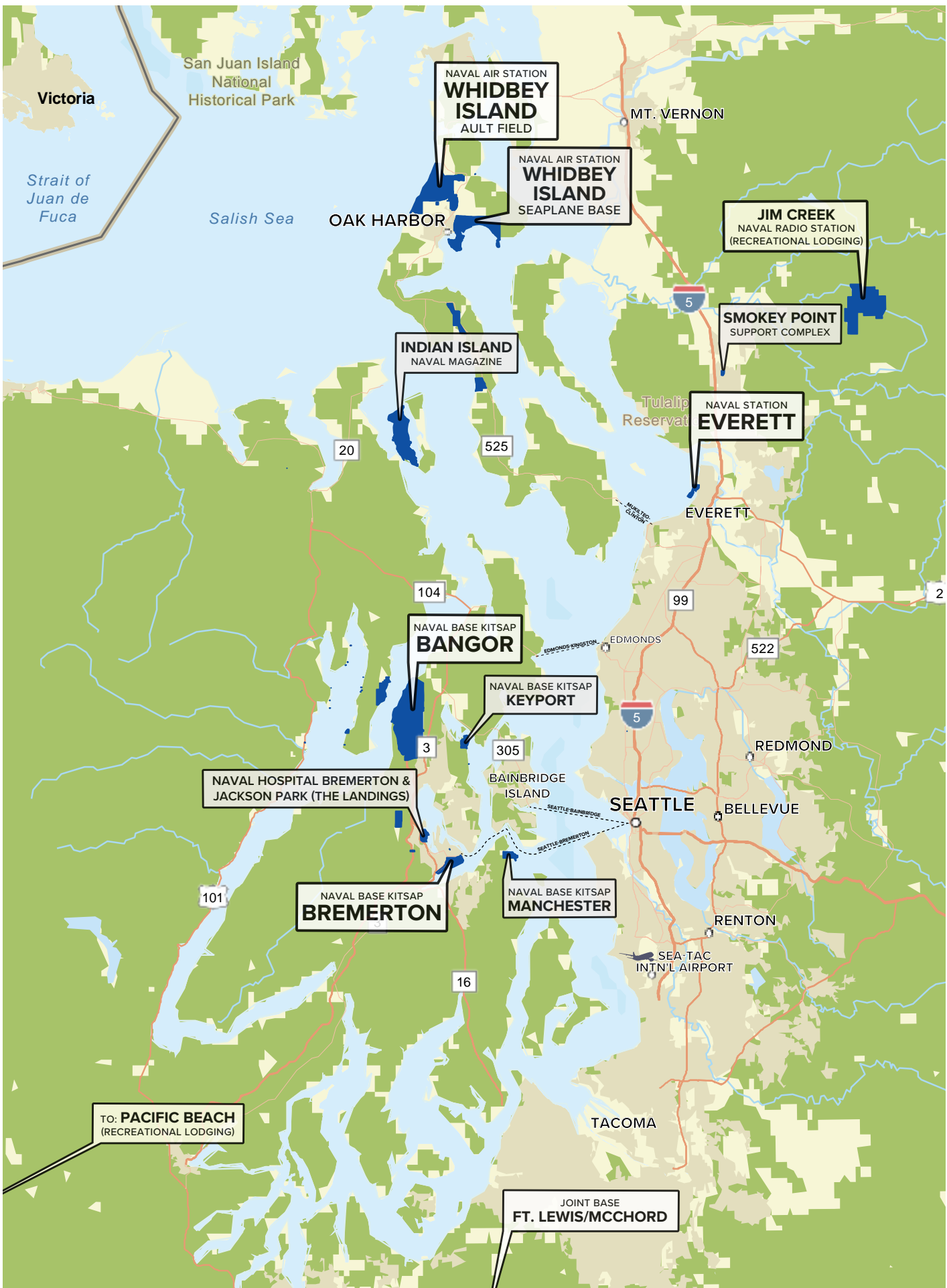
Washington State Dept. of Health

Emergency Contacts 1-877-539-4344 (24/7)

or 1-206-418-5500 (24/7) or

[www.doh.wa.gov/Emergencies](http://www.doh.wa.gov/Emergencies)









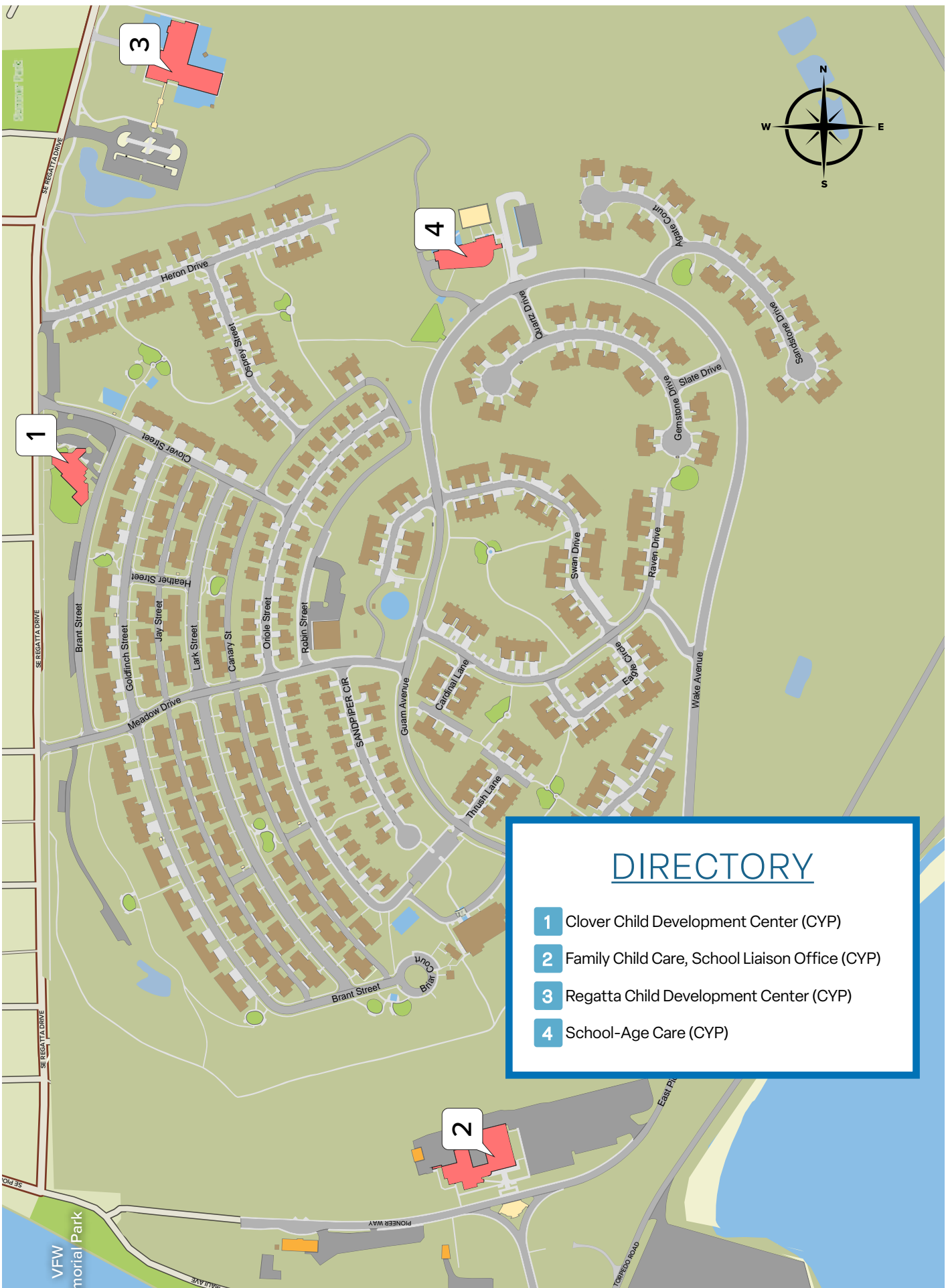
## DIRECTORY

- 1 MWR Fitness Center
- 2 NASWI Quarterdeck
- 3 Navy Exchange (NEX) Fleet Store
- 4 Admiral Nimitz Hall Galley/LIBERTY Northwest Center
- 5 Nor'Wester (Includes: Fleet & Family Support Center, Housing and Personal Property)
- 6 MWR Skywarrior Theater
- 7 NEX Gas Station and MWR Car Wash
- 8 Convergence Zone  
Includes: MWR Bowling, Community Recreation Center, Kegler's Bar & Grill, General Quarters Paintball, kids' indoor playground, MWR Library
- 9 Chapel
- 10 Navy Gateway Inns & Suites (NGIS)
- 11 M.T. McCormick's Officers' Club
- 12 MWR/FFR Admin Office
- 13 Cliffside RV Park Check-in (Follow signs)
- 14 Naval Health Clinic Oak Harbor
- MWR Event & Conference Center, Chiefs' Club (outside gate, off of W Ault Field Rd.)
- Gallery Golf Course (outside gate, off of N Cowpens Rd.)









## DIRECTORY

- 1 Clover Child Development Center (CYP)
- 2 Family Child Care, School Liaison Office (CYP)
- 3 Regatta Child Development Center (CYP)
- 4 School-Age Care (CYP)







NAS Whidbey Island

# GALLERY

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