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

Fall 2025–Winter 2026

THE JOURNEY UP

FLEET & FAMILY READINESS (FFR)



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

WHAT'S INSIDE

UPCOMING EVENTS

CLIMBING IN COMMUNITY

REST AS READINESS: RELAX AT PACIFIC BEACH

RAISING RESILIENT KIDS

ON TOP OF THE WORLD, TOGETHER

BASE MAPS AND REFERENCE INFORMATION

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Robert Lattanzi
CNRNW N9 | FFR Director
NAS Whidbey Island

As we transition into the fall and winter months here at NAS Whidbey Island, we're reminded that every season brings change – not just in weather, but in our routines, relationships, and responsibilities. For our Sailors and their families, this time of year can bring both reflection and new challenges. Whether settling in, preparing for deployment or navigating the demands of military life, you're not alone.

Military service is a journey of courage, commitment and adversity. Taking care of your emotional and psychological well-being is not only vital, but also a form of strength. Our N9 programs offer confidential counseling, stress reduction workshops and personal development tools to help you stay grounded and focused.

We recognize that strong families make strong service members. N9's family

support programs help you weather challenges so you can celebrate the joys of military life. From parenting support and deployment readiness, to relationship enrichment and youth programs, we are committed to every military family in our community.

Cold weather and shorter days can make it easy to feel isolated, but our community is here for you. Join us for fitness classes, wellness initiatives, volunteer opportunities and community events to build meaningful connections and stay active.

Whether you're a new arrival or a seasoned Sailor, the journey through military life is both difficult and proud. Let this season be a time to reflect, recharge, and reconnect. Explore everything available to you through MWR, Fleet & Family Support and community programs.

From all of us at NAS Whidbey Island, thank you for your service and strength.

FFR DIRECTOR WELCOME MESSAGE

FALL 2025–WINTER 2026 FEATURES

8

UPCOMING EVENTS

This fall/winter, dive into unforgettable events—races, fun and memories await.

10

CLIMBING IN COMMUNITY

It's better when you don't climb alone! FFR helps create vital community, connection and resolve for military families.

20

ON TOP OF THE WORLD, TOGETHER

Shared Adventure! See how MWR LIBERTY Program's welcoming spaces and trips foster friendship and fun for young Sailors.

24

REST AS READINESS

Take a step back at Navy Getaways Pacific Beach and find renewal among seaside serenity.

30

RAISING RESILIENT KIDS

Discover how FFR programs help military youth find connection, stability and emotional strength in a life defined by constant change.



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



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

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



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06

MWR

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

26

CHILD & YOUTH

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

32

HOUSING

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

34

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



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 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

Kegler's Bar & Grill is a casual, quick-service restaurant inside the community recreation center, the Convergence Zone. Serving pizza, wings, burgers, wraps, and more, along with weekly specials! Kegler's Bar & Grill also provides catering for a variety of events. Bring your friends to the bar and enjoy playing pool or darts. Scan the 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:

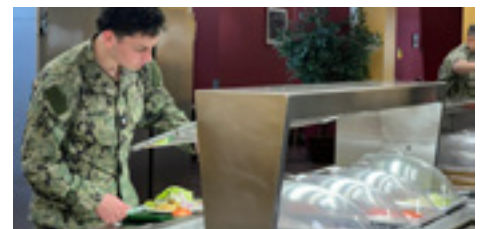
- Arcade Games
- Bowling
- Tickets & Travel
- Indoor Playground
- Pool tables
- Paintball
- Outdoor Rentals



SKYWARRIOR THEATRE

360-257-5530
Located on Ault Field, 955 W Midway St., Bldg. 118

SkyWarrior Theatre features blockbusters, free movies, and advance screenings. Enjoy our snack bar, cozy seats, and a family room with activities for kids. Private birthday parties, graduation nights, and command movie screenings are available. 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

OCTOBER

**Halloween
Spooktakular**



JANUARY

**Polar Plunge &
Resolution Run**



NOVEMBER

Turkey Trot 5k



FEBRUARY

**LIBERTY Superbowl
Watch Party.**



DECEMBER

**Parade Through Housing
Christmas Event
BRR Challenge
Christmas at
Cliffside**



MARCH

**Fitness Fun Run
Spring Family Readiness
Fair**



**EVENT
DETAILS**
Scan to visit the website



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



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CLIMBING IN COMMUNITY



Victoria and family enjoy a moment together atop an overlook.

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

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

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

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

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



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

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

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



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

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

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

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



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

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

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

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

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

Contributed by navylifepnw staff



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







**Ready,
Click,
Go!**

SCAN for DETAILS





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PNW**

TEXT DOTGPNW TO 33733
DINEONTHEGOPNW.COM



FOR MORE INFO, CALL:
360-257-1567



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Unlock Entertainment with MWR!

Make fun more affordable with MWR Community Recreation. From exciting sporting events to local attractions, there's something for everyone!

Stop by your nearest MWR Community Recreation office to start exploring all the amazing opportunities waiting for you.



Open to active-duty military and family members, retirees and DoD civilians



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

MMR **EFMP** Exceptional Family Member Program

NAS WHIDBEY ISLAND
ADMIRAL NIMITZ HALL GALLEY

Special Meals

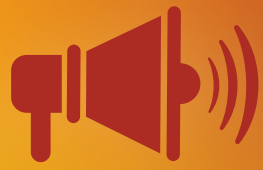


THIRD WEDNESDAY OF THE MONTH
10:30 A.M.-1 P.M.
OPEN TO ALL HANDS

VISIT WEBSITE FOR DETAILS



NAVAL AIR STATION WHIDBEY ISLAND • ADMIRAL NIMITZ HALL GALLEY

How Do We Rate?




PROVIDE FEEDBACK
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all submissions are anonymous



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everything northwest
@WhidbeyFFR

GET THE SQUAD

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



NRNW
ESPORTS
MEET | PLAY | COMPETE



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everything northwest
  



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



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SPORTS, FITNESS & AQUATICS

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



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





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

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

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

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

"Definitely one of the positives (of the LIBERTY Program) is making new friends, as well as getting to know the people who work here," AS2 Anthonie Williams says. "I've definitely talked with and laughed with all of the people who work here, and it definitely makes you want to come back."

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

Contributed by navylifepnw staff

*Disclaimer: *LIBERTY Programs provide discounted or complimentary activities for LIBERTY-eligible patrons (E1-E6). Geo-bachelors are welcome.*



STOP THE WORLD TOGETHER

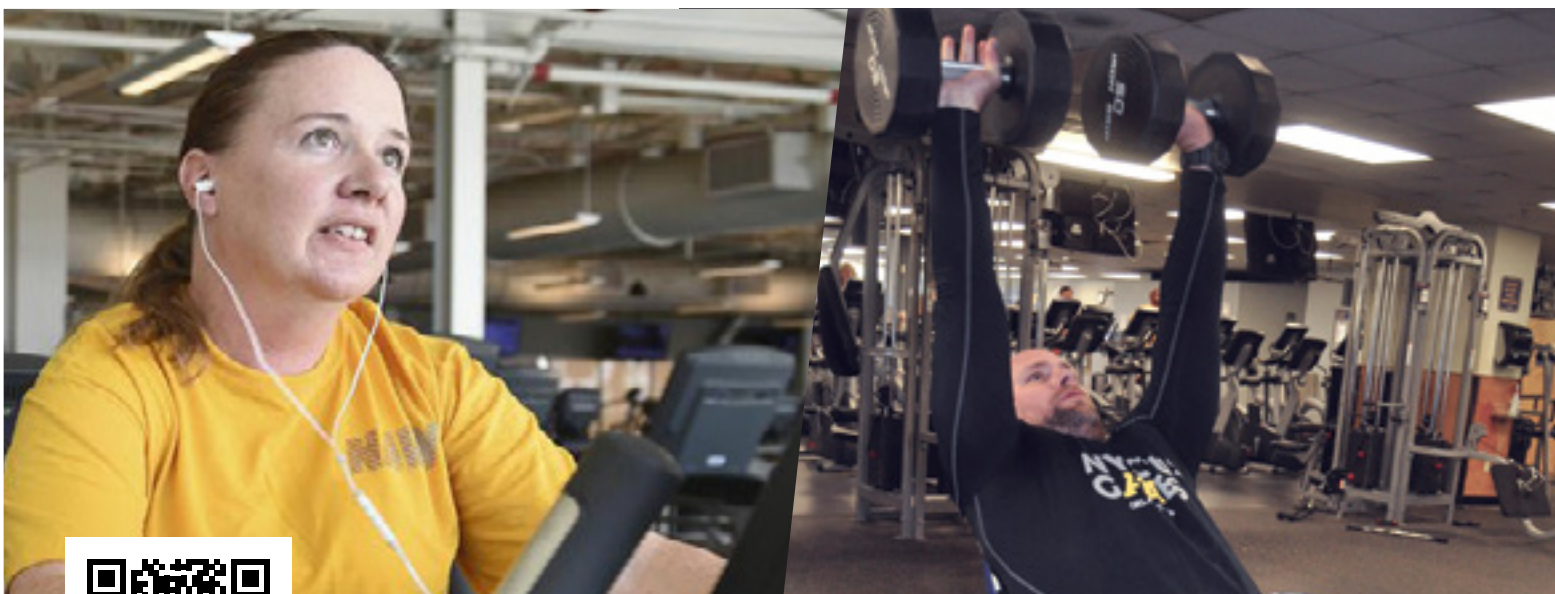
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ACCESS

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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)



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f y i
@WhidbeyFFR



RECREATIONAL LODGING

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



CLIFFSIDE RV PARK & CAMPGROUND

Front Desk: 360-257-2649

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

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



JIM CREEK RECREATION AREA & CAMPGROUND

Front Desk: 425-304-5315/5361

21027 Jim Creek Rd., Arlington, WA

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



PACIFIC BEACH HOTEL, COTTAGES, RV PARK & CAMPGROUND

Front Desk: 360-276-4414x2

108 First St. N, Pacific Beach, WA

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





COTTAGES
RV SITES
HOTEL SUITES
HOTEL ROOMS
CAMPING



CABINS
RV SITES
LODGE
CAMPING



YURTS
RV SITES
CABINS
CAMPING



Come stay, play and relax.



REST AS READINESS



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

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

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

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

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

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

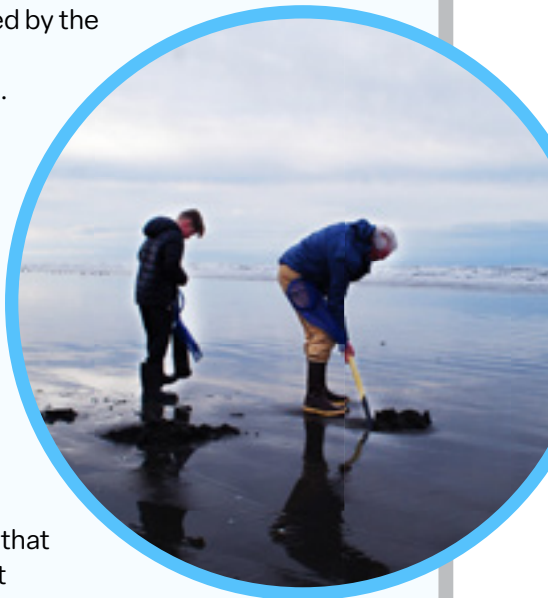
"Just having something to look forward to at the end of the day/mission gives service members and their families some light at the end of the tunnel," Pacific Beach Manager, Brian Jansma says. "We are a central overnight location for diverse outdoor opportunities! The Beach, Rain Forests, the Olympic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



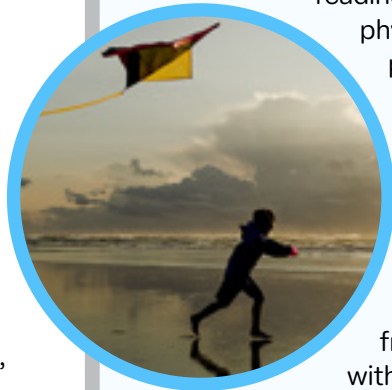
A break at Pacific Beach offers more than just scenery. It's a restorative journey. A chance to catch your breath and realign. Families can rediscover small joys like kite flying, or try your hands at razor clam digging, which draws guests to the beach in boots and headlamps, turning low tide into a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

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

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



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



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

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

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

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



CHILD & YOUTH PROGRAMS

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 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 program is here to help. FCC providers are self-employed individuals operating a child-care business in their own home, and often have previous early childhood education experience. They're here to promote overall social, emotional, cognitive and physical growth – all while building school readiness skills.

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



NAS WHIDBEY ISLAND

MWR
MORALE, WELFARE AND RECREATION



**RATE YOUR
EXPERIENCE**

**PROVIDE
FEEDBACK**

SCAN TO VISIT THE WEBSITE



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

Share your business with Sailors and their families.

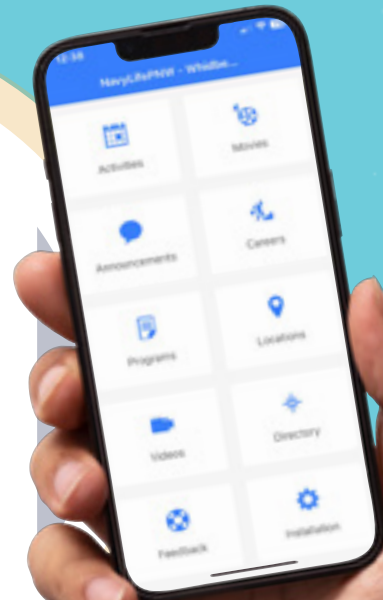
100% of every single dollar
invested with us goes back to
our Sailors and families through
the amazing programs we offer.

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

www.navylifepnw.com/sponsorship

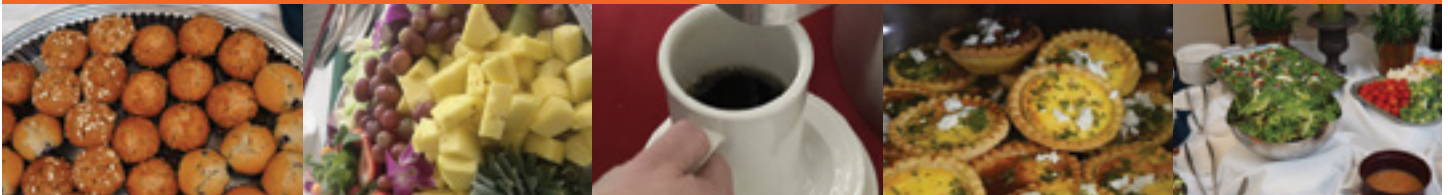
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everything navylifepnw



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flavors and
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FOR MORE INFORMATION, CALL:

360-257-2892
360-257-5530

**CATERING
DETAILS**

SCAN TO VISIT THE WEBSITE





Raising Kids

Building in M

Whidbey Island CYP
Director, Tina Sparks says.

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

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

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

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

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

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

"Being able to work together collaboratively within their age group and knowing they have support within the community (helps)," NAS

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

"When my kids are 'off,' I try to pause, breathe and ask what might really be going on underneath," Heather says.

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

"The New Parent Support Program can help families navigate military and community resources to access services that can be helpful to them," NAS Whidbey Island New Parent Support programmer, Jane King says. "The services are flexible and can be provided in the home to be more convenient."

Routine also matters.

ing Resilient

Building Emotional Strength Military Life

Contributed by navylifepnw staff

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

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

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

“Youth Sponsorship is peer-to-peer support,” Region School Liaison, Kelly Scheese says. “Having a friendly connection helps youth feel welcome and supported when arriving to a new location. Anchored4Life Clubs are part of our Youth Sponsorship Program. A4L helps youth build resiliency and life skills,” she says.

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

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

Looking back, Heather says she is most proud of how her kids have grown. They are more self-aware and emotionally strong,

reminding her it’s okay to feel uneasy when the journey gets tough.”

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

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

**“The New Parent Support Program can help
families navigate military and community resources
to access services that can be helpful to them.”**
— *NAS Whidbey Island New Parent Support programmer Jane King*

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



NAVY HOUSING SERVICES

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

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.

**Transferring
PCSing?
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
@KitsapFFR
@WhidbeyFFR

CONNECT
HSC has got your answers!

FIND US

SCAN TO VISIT YOUR INSTALLATION
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 UNIFORMED SAPR ADVOCATE

360-914-7867/7855

24/7 CIVILIAN SAPR ADVOCATE

360-340-1340

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/ or scan this QR code to learn more about current offerings.



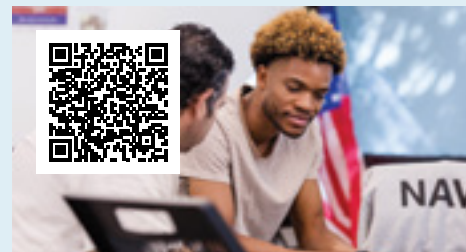
NEW SPOUSE

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

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

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

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



EMOTIONAL SUPPORT SERVICES

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

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

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



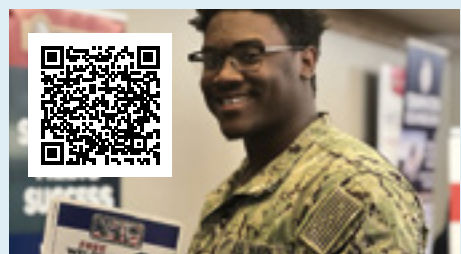
PARENTHOOD

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

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

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

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



EMPLOYMENT

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

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

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



DEPLOYMENT SUPPORT

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

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

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



LIFE SKILLS EDUCATION

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



TRANSITION & RETIREMENT

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

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

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



FINANCIAL PLANNING

A key contributor to fleet and family readiness is having a solid financial plan in place. Compare this to the positive effects of good financial health that comes from knowing how to managing your personal finances: Freedom from anxiety. Freedom from stress. Freedom to do your best at your job in the Navy and advance on time.

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

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



MOVING & RELOCATION

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

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

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

Visit your FFSC or scan the QR code to learn more



EXCEPTIONAL FAMILY MEMBER PROGRAM

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

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

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



SPOUSE STRONG

Thriving on the Homefront

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

YouTube Channel





BOOST YOUR CAREER: ATTEND AN FFSC JOB FAIR!

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

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

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

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

Virtual clinical counseling helps with:

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

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

www.ffsp.navy.mil





SEXUAL ASSAULT PREVENTION AND RESPONSE PROGRAM

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

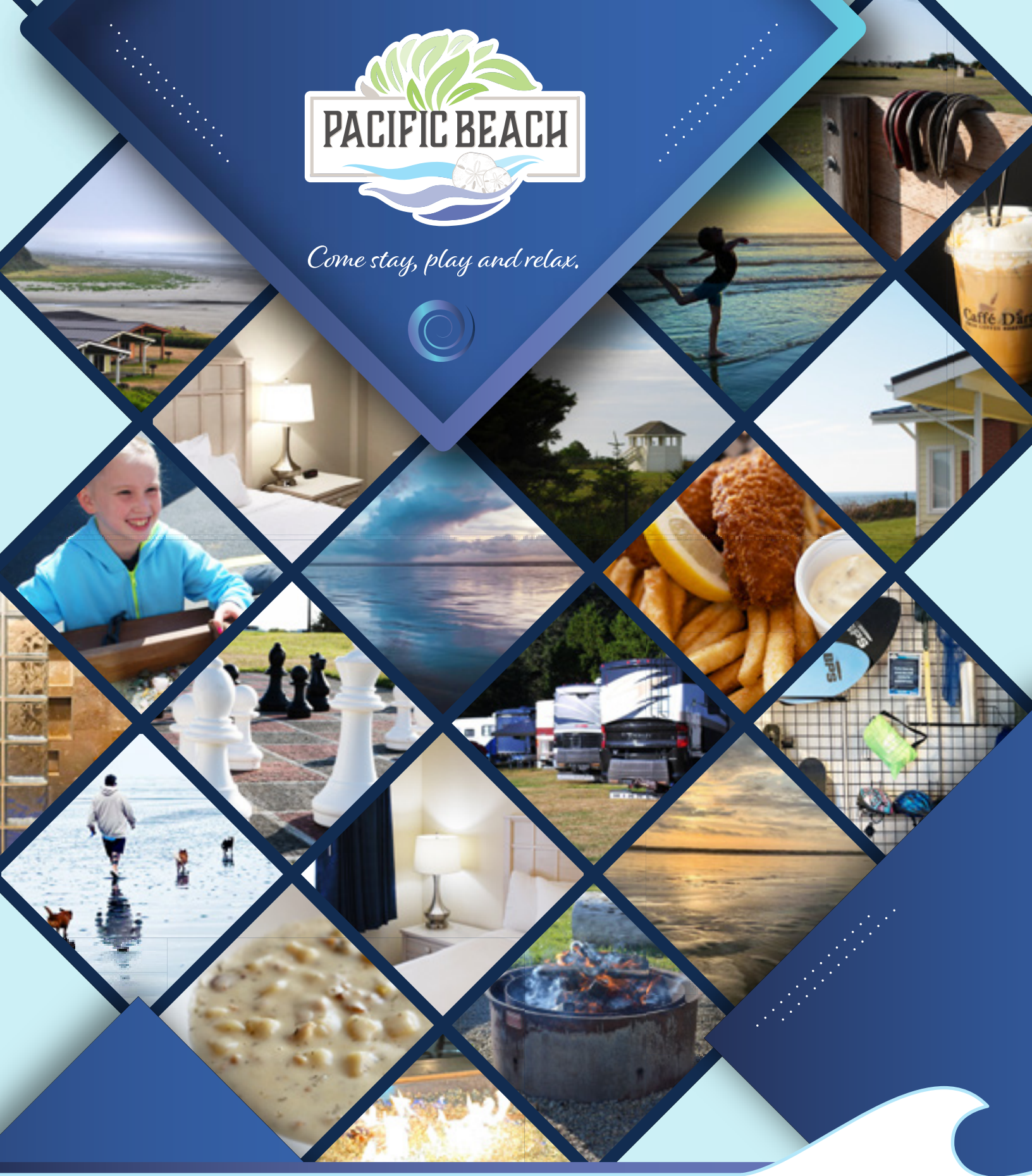
CATCH A SERIAL OFFENDER PROGRAM



<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)



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

Madigan Army Hospital 253-968-1110/1145

Military OneSource 800-342-9647

or www.militaryonesource.com

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

email readynavy@navy.mil, www.ready.navy.mil

Veterans Affairs 800-827-1000

NON-DOD RESOURCES

American Red Cross 1-877-272-7337

DSHS/Food Stamps 877-501-2233

Immigration & Naturalization Service-

Military Helpline 877-247-4645

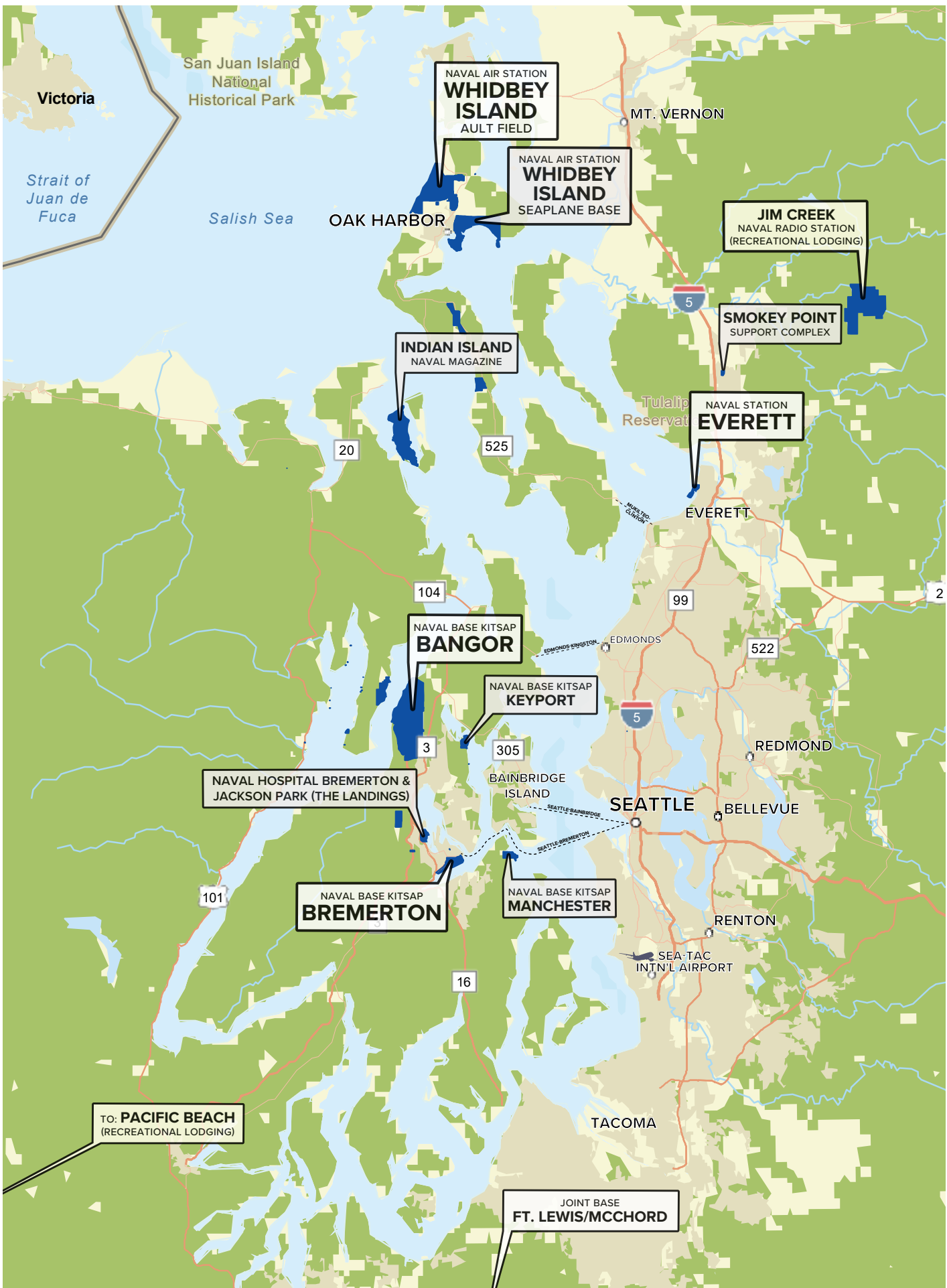
Victim Services Specialist 800-500-5513

Washington State Dept. of Health

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

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

www.doh.wa.gov/Emergencies



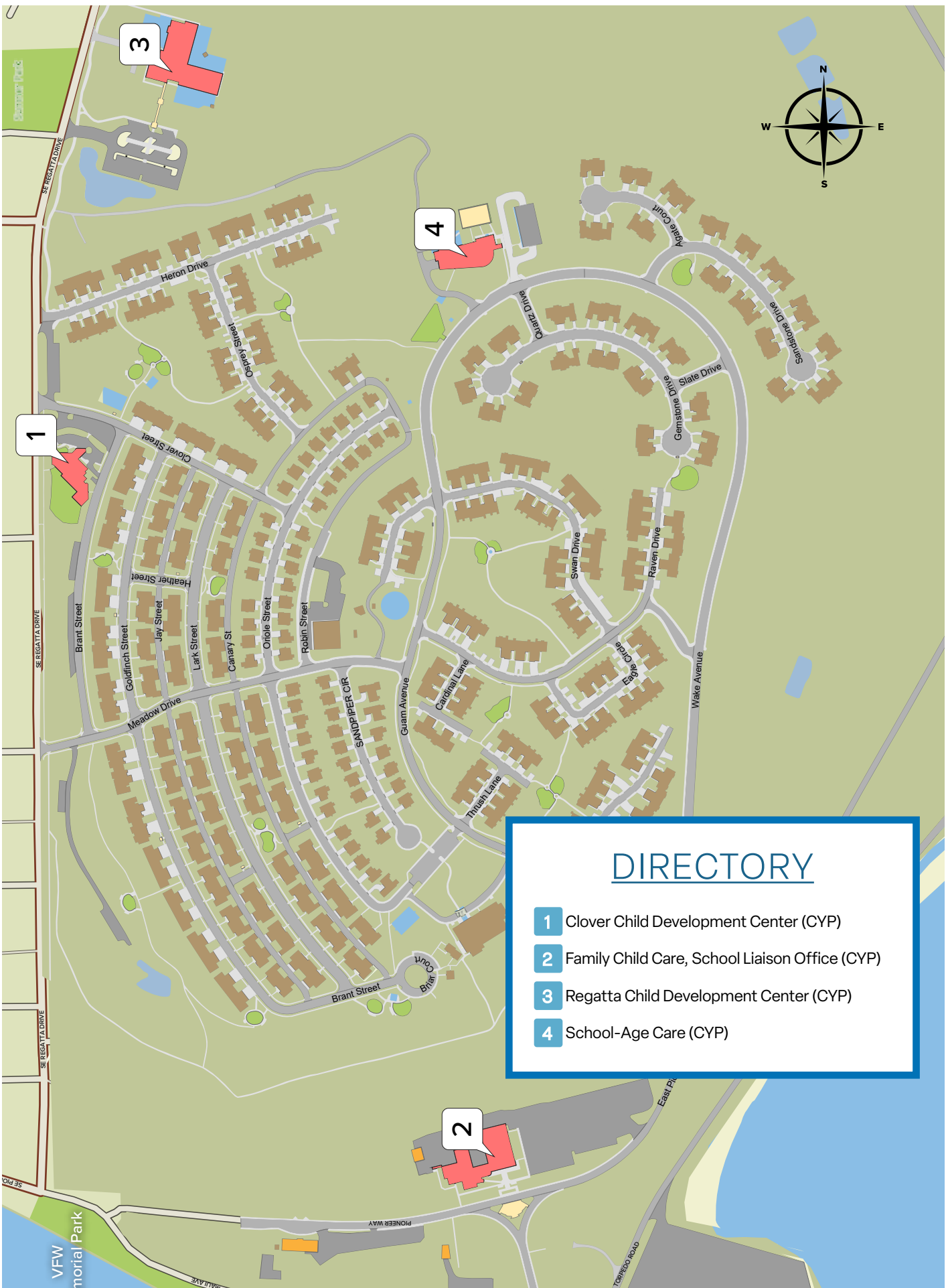


DIRECTORY

- 1 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

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- Putting Green
- GHIN Handicaps
- Youth Golf League



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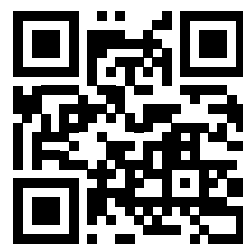
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- Recreation Assistants
- Lifeguards



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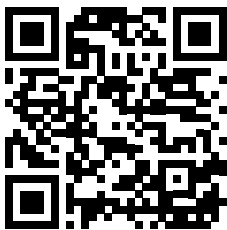


Department of the Navy
Fleet & Family Readiness
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