



## RELOCATION RESOURCES

### Welcome Aboard!!!

Fleet and Family Support Center

Naval Support Activity Washington

1411 Parsons Ave. SE, Building 101

Washington, DC 20374

Phone# (202)-685-0229

Updated December 2022

## **Welcome to Naval Support Activity (NSA) Washington**

Naval Support Activity Washington encompasses the Washington Navy Yard, the oldest Navy installation in the U.S.; Naval Support Facility Naval Research Laboratory; Naval Support Facility Suitland; Naval Support Facility Naval Observatory; Naval Support Facility Arlington; and Naval Support Facility Carderock.

As the “Quarterdeck of the Navy” and the host of many of our Navy’s central efforts in support of warfighters around the world, Naval Support Activity Washington provides safety, security, and the best possible working environment to our supported commanders and customers. We accomplish our mission and support the missions of our tenants with professionalism, courtesy, and respect for all whom we serve.

### **NSA Washington Leadership**

NSAW Commanding Officer  
CAPT Mark Burns

NSAW Executive Officer  
CDR Terry McNamara

NSAW Command Master Chief  
CMDCM Laterrance Jackson

## Helpful Contact Numbers

<b>Navy Emergency Coordination Center:</b>	1-877-414-5358 or 1-866-827-5672
<b>NSA Washington Emergency Fire and EMA</b>	202-433-3333
<b>NSA Washington Non-emergency number for communications</b>	202-433-4201
<b>Military One Source 24/7 Line:</b>	1-800-342-9647

To access the Nurse Advice Line dial 1-800-TRICARE (874-2273) and select option 1.

## Helpful Websites and Resources

Plan my move:

<https://planmymove.militaryonesource.mil/>

Cost of Living calculator:

<http://relocationessentials.com/aff/militaryonesource/tools/salary/col.aspx>

NSAW Installation Guide:

[https://www.cnic.navy.mil/regions/ndw/installations/nsa\\_washington/about/installation\\_guide.html](https://www.cnic.navy.mil/regions/ndw/installations/nsa_washington/about/installation_guide.html)

Military Installations:

<https://installations.militaryonesource.mil/military-installation/naval-support-activity-washington>

Branch Medical Clinic:

<http://www.med.navy.mil/sites/nhcq/Clinics/WNY/Pages/Welcome.aspx>

Hours: Monday- Thurs, 0700-1530 & Fridays, 0900-1200

Phone: 202-433-313

**24 hr. Chaplain Support:** <http://www.navy.mil/local/chaplaincorps/chaplaincare.asp>

## Accessing the Navy Yard

### **From Capitol Hill and Mall:**

Drive east on Independence Avenue. Continue east on Pennsylvania Avenue. Turn right on 8th Street SE. Continue to the end of 8th Street. Turn left onto M Street SE. Turn right onto 11th Street. Stay on the right hand-side. Turn right onto the O Street Gate.

### **From Downtown Washington D.C.:**

Take 9th Street, NW (one-way going south) and continue through tunnel under Mall. As you come out of tunnel, take first left onto Southwest Freeway (I-395). Take 6th Street, SE exit. The sign also says Navy Yard. Proceed down ramp and continue straight ahead to 8th Street, SE. Turn left onto M Street SE. Turn right onto 11th Street. Stay on the right hand-side. Turn right onto the O Street Gate.

### **From Maryland (Northwest of Washington):**

Take Beltway I-495 to the George Washington Parkway. Follow Parkway to the 14th Street Bridge. At the end of the Bridge, I-395 branches to the right and becomes the Southeast-Southwest Freeway. Take the Freeway to the 6th Street, SE exit. The sign also says Navy Yard. Proceed down ramp and continue straight ahead to 8th Street, SE. Turn left onto M Street SE. Turn right onto 11th Street. Stay on the right hand-side. Turn right onto the O Street Gate.

### **From Maryland (Northeast of Washington: Annapolis, Baltimore):**

Get on MD-295 S/Baltimore-Washington Pkwy. Head northwest on MD-175 E/Annapolis Rd., Merge onto MD-295 S/Baltimore-Washington Pkwy via the ramp to Washington. Continue on MD-295 S/Baltimore-Washington Pkwy to Washington. Exit from District of Columbia Hwy 295. Take exit 1B-C toward I-695/Route 395/Downtown. Keep left to continue on Exit 1C, follow signs for MLK Jr./11st St SE. Turn right onto Martin Luther King Jr Ave SE and continue onto 11st SE. Turn left onto the O Street Gate.

### **From Southern Maryland:**

Take Beltway (I-495) to I-295 towards D.C. Continue a short distance over the 11th Street Bridge and take the Navy Yard exit. At the bottom of the ramp, make an immediate left and make another left onto 11th Street. Turn right onto the O Street Gate.

### **From Virginia:**

Follow I-395 across the 14th Street bridge. At the end of the bridge, I-395 branches off to the right. The road becomes the Southwest-Southeast Freeway (Do not follow signs for I-395 once you cross the bridge). Take the Freeway to the 6th Street SE exit. Proceed down ramp and continue straight ahead to 8th Street SE. Turn left onto M Street SE. Turn right onto 11th Street. Stay on the right hand-side. Turn right onto the O Street gate.

### **From South Alexandria/Mount Vernon area:**

Take the Woodrow Wilson Bridge. Exit at the end of the Bridge to I-295. Take the exit toward Martin Luther King Jr. Avenue SE. Turn left onto Martin Luther King Jr. Avenue SE. Turn left onto O Street SE/Water Street SE Continue to follow O Street SE to the Washington Navy Yard gate.

Gate access:

6th, 9th and N street gates: 5:30 a.m. to 6 p.m.

O Street gate is open 24 hours a day, seven days a week

The pedestrian turnstile gates at the Navy Yard allow foot traffic to easily enter and exit the base with few to no delays. A further benefit of these gates is that no vehicle parking is required on base for personnel who access the installation by foot. Please keep in mind that you might need to add a pin number to your CAC in order access the turnstile.

To use the pedestrian turnstiles:

1. Read the posted instructions
- 2a. Hold your CAC over the scanner or
- 2b. Swipe the CAC's barcode
3. Wait for the light to turn green
4. Walk through the turnstile

Pedestrian access is available at the following WNY gates:

6th Street Gate - 5:30 a.m. to 6 p.m. Monday - Friday for pedestrians, turnstile access after 6 p.m. and weekends

9th Street and N Street Gates - ID Swipe access only via the turnstile

O Street Gate - Manned post 24 hours a day, seven days a week

Riverwalk Gates - Swipe access only via the turnstiles.

If personnel experience malfunctions with DoD-issued ID cards at a pedestrian gate and cannot gain access via the turnstile, they are advised to email the turnstile access functional mailbox at [tamr.nsaw-wnyd@navy.mil](mailto:tamr.nsaw-wnyd@navy.mil) to report the problem. When doing so, include your name, date, time, turnstile number, and the 10-digit ID number on the back of card.

## Air Travel

If traveling by air, there are 3 large airports in the Washington, DC metro area: Ronald Reagan Washington National Airport (DCA), Washington Dulles International Airport (IAD), and Baltimore/Washington International Thurgood Marshall Airport (BWI).

A USO lounge is located at each of these airports and may be a good location to meet your sponsor upon arrival!

### Shuttle and Metro Information for Washington Navy Yard

Washington Headquarters Services (WHS):

<https://customerresources.whs.mil/>

WHS Transportation Management Program:

<https://customerresources.whs.mil/Transportation/index.php>

Pentagon/WNY Shuttle:

[https://customerresources.whs.mil/DFD/documents/Route8Schedule\\_08262013.pdf](https://customerresources.whs.mil/DFD/documents/Route8Schedule_08262013.pdf)

Map for Pentagon/WNY Shuttle:

<https://customerresources.whs.mil/DFD/documents/Route8-Map2015.pdf>



**Naval Support Activity Washington**

**1411 Parsons Ave. SE, Building #101**

**Washington, DC 20374**

**Phone # (202)-685-0229**

### **Clinical Counseling**

Professional therapists provide individual, family, marital and group counseling. Crisis counseling and support groups are also available. This service is free and confidential.

### **Deployment Support**

Provides deployment support to commands, Sailors and their families through the deployment cycle, as well as training and support to command Family Readiness Groups (FRG).

### **Exceptional Family Member**

Customized support, including information and referral, systems navigation, and non-medical case management, to meet the needs of EFM families.

### **Family Advocacy Program**

Addresses the prevention, identification, reporting, evaluation, intervention and follow-up of allegations of child abuse/neglect and domestic abuse.

### **Family Employment Readiness**

Workshops on career exploration, collateral/outreach, how to dress for success, the federal employment system, goal setting, job search strategies, keys to job fair success, military spouse employment partnership, portable careers, resume writing, self-employment and volunteerism.

**Personal Financial Management** Individualized assistance, workshops and educational seminars to stimulate a change in personal financial behavior to promote financial responsibility and accountability, leading to financial independence, sound money management, debt avoidance and long-term financial stability.

### **Life Skills Education**

Life Skills are all about self-discovery and exploring new ways to think, interact and solve problems. These workshops focus on communication skills, parenting strategies, conflict management, stress and anger management, as well as suicide prevention.

### **Navy Gold Star**

This program provides long-term support for Survivors by offering information related to resiliency and recovery, connecting survivors to each other through events and groups, and assisting with counseling, financial planning and information and referral.

### **New Parent Support Program**

Assists military families who are expecting or who have young children (under the age of four) adjust to parenthood and thrive as healthy families.

### **Ombudsmen Support**

Personalized support, including resource referrals and information to command families, as well as training support and assistance to commands and ombudsmen. To contact your ombudsman, visit [www.ombudsmanregistry.com](http://www.ombudsmanregistry.com)

### **Relocation Assistance**

Relocation services include information, workshops and guidance for CONUS and OCONUS permanent change of station (PCS) moves. Access to computer-based technology resources to research new installations or locations.

### **Sexual Assault Prevention and Response Program**

Supports commanding officers in creating a command climate of prevention that promotes installation-wide sexual assault awareness efforts and management of sexual assault cases, including victim advocacy and support services.

### **Transition Assistance Program**

Provides career and transition support services to all eligible service members, including career readiness workshops, career counseling, the five-day Transition Goals, Plans, Success workshop, two-day Career Tracks and the Capstone Event.

### **Volunteer Program**

Provides active-duty service members, family members and retirees an opportunity to learn and develop job skills in a professional and supportive environment while giving back to their military community.



## Navy Family Accountability and Assessment System (NFAAS)

The Navy Family Accountability and Assessment System is a standardized system to account, manage, and monitor the recovery process for Navy personnel and their families affected by a catastrophic event. Updating your contact information in other systems **does not** automatically update NFAAS so it is important to manually update NFAAS to ensure the most up-to-date contact information for you and your family is readily accessible.

NFAAS allows you to report:

- Your current location
- Update emergency personal contact information
- Request assistance (especially if you had to evacuate far away from your home or place of work)

NFAAS allows your commanders and supervisors to account accurately for all assigned personnel and their family members.

NFAAS allows case managers to contact you, provide you with important information and assist you in recovering from a crisis.

Don't wait until it's too late! Be PREPARED for the worst. Keep your information up to date!

Access NFAAS at the following link to update your contact information regularly:

<https://navyfamily.navy.mil>

Emergency Call Center 1-877-414-5358

### Cost of Living

The cost of living in the Washington, DC area can vary significantly depending on the location, type of dwelling, and available amenities. Please review one of the following cost of living calculators to better understand how moving to this area may affect your bottom line each month. If you need assistance with financial planning or budgeting services, please contact the Fleet and Family Support Center at 202-685-0229 to schedule an appointment with a Personal Financial Management specialist.

<http://relocationessentials.com/aff/militaryonesource/tools/salary/col.aspx>

<http://www.bankrate.com/calculators/savings/moving-cost-of-living-calculator.aspx>

BAH Calculator: <http://www.defensetravel.dod.mil/site/bahCalc.cfm>

### Household Goods/Loan Locker Information

Joint Base Anacostia Bolling Personal Property (TMO) 202-767-8888

Joint Personal Property Shipping Office

Bldg. 1466  
9325 Gunston Road  
Fort Belvoir, VA 22060  
800-521-9959

Personal Property Office Locator link: <https://www.move.mil/resources/locator-maps>

Need Items while you await delivery of your Household Goods?

Military Family Support Center Loan Locker (Located at Joint Base Anacostia-Bolling): The Loan Locker has a variety of items and information that may help while you await your household goods. The locker has everything you may need to borrow: kitchen dish packs, irons, ironing boards, futon mattresses, card tables and chairs, toasters, and coffee pots.

Bring a copy of your orders to the following address. Items can be loaned up to 30 days.

**Address:** 13 Brookley Ave

Washington, DC 20032

**Phone:** 202-284-4473

## Education Resources

### **Schools**

#### **District of Columbia**

Kindergarten is not compulsory in the Greater Washington area and areas and some areas have limited kindergarten. Many private kindergartens and first grade schools accept children too young to attend District of Columbia public school.

Grades Available: Pre-K through 12 - Age Eligibility:

- Kindergarten-must be 5 on or before December 31
- First Grade-must be 6 on or before December 31

Entrance Requirements: Proof of immunizations, birth certificate, proof of residence, and social security number

Transfer Requirements: Latest report card on transfer forms, proof of immunizations, proof of residence, and social security number

Public School Information: (202) 442-5200 / (202) 724-4222 Hotline (202) 724-4016

District of Columbia does not provide transportation except for Special Education students. Bolling AFB provides transportation for families living on base.

#### **Maryland**

Grades Available: Kindergarten through 12 - Age Eligibility:

- Kindergarten-must be 5 on or before December 31
- First Grade-must be 6 on or before December 31

Entrance Requirements: Proof of immunizations, birth certificate, proof of residency, and social security number

Transfer Requirements: Latest report card or transfer forms, proof of immunizations, proof of residence, and social security number

[Montgomery County](#) - (301) 279-3391

[Prince George's County](#) - (301) 952-6000

[Anne Arundel County](#) - (410) 222-5000

[Howard County](#) - (410) 313-6600

[Charles County](#) - (301) 870-3814

[Calvert County](#) - (410) 535-7232

### **Virginia**

Grades Available: Kindergarten through 12 - Age Eligibility:

- Kindergarten-must be 5 on or before September 30
- First Grade-must be 6 on or before September 30

Entrance/Transfer Requirements: Proof of immunizations, birth certificate, proof of residency, social security number, and if applicable, latest report card or transfer forms (Students new to Virginia must have a physical exam within last 12 months, with certification)

For information regarding school assignment according to geographical residence call: (703) 246-2111

[Alexandria](#) - (703) 824-6635

[Arlington](#) - (703) 358-6000

[Fairfax County](#) - (703) 246-2991

[Falls Church](#) - (703) 241-7600

### **Daycare and School Age Children**

**Navy Children and Youth Program Facilities are not located at NSA Washington. The facilities listed below are located at Joint Base Anacostia-Bolling.**

Child Development Centers (CDC) provide full and part day child care for ages 6 weeks to 5 years of age. All centers are accredited or pursuing accreditation from the National Association for the Education of Young Children.

CDC I (202) 767-2890

CDC II (202) 404-8071

CDC III (202) 433-0771

Child Development Homes (CDH) offer quality care in a loving, learning home environment for children ages 6 weeks to 12 years.

CDH (202) 404-1454

## School Liaison Officer (SLO)

### **WHAT CAN YOU EXPECT FROM YOUR NAVY SLO?**

The SLO serves as the primary liaison between community schools, commanders, and military parents. SLOs face a wide range of issues concerning schools and military children's education. To this end, the Navy requires SLOs to fulfill seven core responsibilities to support commanders, educators and military associated parents:

- School Transition Services / Permanent Change of Station (PCS) Cycle Support
- Deployment Support
- Special Education System Navigation
- Installation, School, and Community Communications
- Partnerships in Education
- Homeschool Linkage, Support
- Postsecondary Preparation

Regional SLO: Horace Franklin 202-433-2566

### Volunteer Options

There are numerous organizations throughout the D.C. metro area to volunteer. A great place to start looking for opportunities is through your unit. Please contact Fleet and Family (202-685-0229) for volunteer options for service members and dependents.

## Chaplain Services

### Washington Navy Yard Worship Opportunities

Building 106

#### Weekly Services

Catholic Mass.....Mon-Fri 1200

Islamic Prayer.....Mon-Fri 1300

#### Weekend Mass

Catholic Mass.....Sunday 0900

The Command Religious Program exists for the purpose of helping to develop resilient Sailors and families who are spiritually, relationally, and morally fit. We are here to serve all Military members and their families and to provide for or facilitate your spiritual growth and fitness.

While physical fitness helps maintain a strong body and mental fitness is necessary for a sound mind, spiritual fitness is essential in strengthening your being. Spiritual fitness is growing in your faith through involvement in your chosen faith community, personal spiritual growth through individual study and prayer, and living your faith through services to others.

The main purpose of our Religious Ministries Team is assisting your spiritual fitness either by directly providing for it through Bible Studies and counseling or facilitating with referrals to faith groups offering worships and study opportunities in the community. We also arrange for community relations events which gives you the opportunity to live your faith and values and share your life with others.

Besides spiritual assistance the Chaplain is available to military and civilian personnel to provide pastoral counseling when they need someone whom they can discuss personal, professional, and spiritual matters in complete confidence. Whether the issue is marriage, grief, spiritual matters, or anything else, we are ready to assist. We offer to each of you the opportunity and resources to increase your spiritual fitness while serving in the United States Navy.

## **Fitness Programs**

Fitness centers are free to active duty military, reservists, retirees, family members, and DoD civilians assigned to Naval Support Activity Washington and its tenant commands. Contractors are required to pay a monthly or yearly membership fee.

The Fitness & Sports Program offers several fitness centers and ongoing fitness and wellness services to meet the needs of the NSAW community. Fitness and wellness programs are available at each installation.

### **Fitness Facilities**

#### **Washington Navy Yard Fitness Center**

Building 22

(202) 433-2282/2829

Hours of Operations:

Mon-Fri 5 a.m. to 7 p.m.

#### **Sports Complex**

Building 73

(Indoor tennis court and basketball court)

Hours of Operation

Mon-Fri 6 a.m. to 6 p.m.

Court Reservations by request; please call (202) 433-2829/2282

#### **Fitness Programs & Services:**

- Individual personal training
- Group personal training
- Group exercise classes
- Monthly fitness incentive events
- Annual 10lb challenge
- Spring into fitness

### **Unmanned Fitness Center**

#### **Naval Research Lab Unmanned Fitness Center**

Naval Research Laboratory, Bldg. 52

Hours: Monday-Friday from 6 a.m. to 9 p.m.

Yoga Classes on Mondays & Wednesdays from 11:15 a.m. to 12 p.m.

#### **Naval Support Facility Arlington Unmanned Fitness Center**

Naval Support Facility Arlington, Bldg. 12

Hours: Open 24/7

#### **U.S. Naval Observatory Unmanned Fitness Center**

Naval Support Facility US Naval Observatory, Bldg. 56  
Hours: Open 24/7

***For questions/concerns regarding the Unmanned Fitness Centers please contact the Naval Support Activity Washington MWR Fitness Director at (202) 433-6666***

**Captain's Cup Sports Program**

Sports programs are designed to increase physical endurance, promote fitness, and build camaraderie among work units and friends. There are individual and team sports programs available to all eligible participants. The MWR Sports Office is located on the Washington Navy Yard in the Fitness Center, Building 22. For any questions about upcoming sports programs, call 202-433-2282. NSAW offers Captain's Cup events, including:

- Basketball
- Darts
- Flag Football
- Golf
- Racquetball
- Softball
- Tennis
- Volleyball
- Dodgeball
- Bowling
- Soccer
- Corn hole
- Ultimate Frisbee
- Kickball
- Bowling



## Navy Exchange and Commissaries

### ***Navy Exchanges***

There is a Navy Exchange and uniform shop located on the Washington Navy Yard in Building 184, as well as a small NEX Express in Building W-22.

Other exchanges in the National Capitol Region include: Joint Base Anacostia-Bolling, NSA Bethesda, NSA Annapolis, NSF Arlington, NSF Dahlgren, NAS Patuxent River, and NSF Indian Head.

Army and Air Force Exchange Service Facilities are located at Joint Base Andrews Naval Air Facility, Joint Base Anacostia-Bolling, Joint Base Myers-Henderson Hall and Fort Belvoir. A Marine Corps Exchange is located at Joint Base Myers-Henderson Hall.

### ***Commissaries***

Commissaries in the metro area include: Joint Base Andrews Naval Air Facility, Joint Base Anacostia-Bolling, NSF Dahlgren, Fort Belvoir, Fort Detrick, Fort Meade, Joint Base Myer-Henderson Hall, NAS Patuxent River, Quantico MCB and NSA Bethesda.

### **Food Options on Base**

**William III** (Bldg. 36)

**William III Winch**

**House** (Bldg. 123) Mon-Fri, 0600-1430

**Town Center Food Court** (Bldg. 22)

**Panda Express:** Mon-Fri, Opens 0900

**White Lotus Sushi**

**NAVSEA Cafeteria** (Bldg. 197)

Mon-Fri, Open for breakfast and lunch

**\*\*\*Food Trucks, during lunch hours on business days at various locations on base\*\*\***

### **Popular Places to Visit**

NSAW MWR: <http://www.navymwrwashington.com/>

U.S. Capitol: <https://www.visitthecapitol.gov/visit>

White House Tour Information: <https://washington.org/DC-faqs-for-visitors/how-can-i-tour-white-house>

Child Friendly Activities: <https://washington.org/visit-dc/kid-friendly-museums-hands-attractions>

100 Free or Almost Free things to do in DC: <https://washington.org/visit-dc/100-free-things-to-do-history-and-heritage>

The Smithsonian Museums & Galleries: <https://www.si.edu/>

National Harbor: [www.nationalharbor.com](http://www.nationalharbor.com)

### **Popular Places to Shop**

Union Station

Potomac Mills

Tyson's Corner Center

Fair Oaks Mall

Tanger Outlets at National Harbor

The Fashion Center at Pentagon City

## Emergency Financial Assistance

### **Navy-Marine Corps Relief Society**

1001 N. St SE Bldg. 208

Washington Navy Yard, DC 20374-5026

Phone: (202) 433-3364

DSN: 288-3364

Fax: 202-433-9552

[WashingtonNavyYard@nmcrs.org](mailto:WashingtonNavyYard@nmcrs.org)

Hours: Mon.-Fri. 0800-1600

### **American Red Cross**

<http://www.redcross.org/get-help/military-families/financial-assistance>

The American Red Cross works in partnership with military aid societies to provide quality, reliable financial assistance to eligible applicants 24/7/365. Assistance can include funds for emergency travel, burial of a loved one, emergency food and shelter, etc.

If your family needs emergency assistance, you can submit a request online or call the American Red Cross at **1-877-272-7337**

## Policy Uniform Policy

### **NSAW Uniform Policy**

The prescribed winter uniform of the day for officers/CPO is service dress blue; the alternative is service khaki or NWU. For E-6 and below, the prescribed winter uniform of the day is service dress blue; the alternative is the service uniform or NWU.

The prescribed summer uniform of the day for officers/CPO is summer white; the alternative is service khaki or NWU. For E-6 and below, the prescribed summer uniform of the day is service dress white; the alternative is the service uniform or NWU.

The prescribed uniform when conducting official business on Capitol Hill is the uniform of the day (summer white or service dress blue). All uniformed naval personnel testifying before Congress or attending Congressional hearings will wear service dress blue throughout the year, regardless of season.

Requests for exceptions to the prescribed uniform should be submitted to the commander, Naval Support Activity Washington for approval.