



RELOCATION RESOURCES

Welcome Aboard!!!

Fleet and Family Support Center

Naval Support Activity Washington

1043 Harwood Street SE (Bldg 154) Washington, DC 20374

Ph# (202)-685-0229

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 Grahame Dicks

NSAW Executive Officer
CDR Anthony Militello

NSAW Command Master Chief
CMDM Michael G. Carbone

Transportation Entitlements/Washington, DC Travel Information

Accessing the Navy Yard

Getting here:

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.

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 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!



Naval Support Activity Washington

1043 Harwood Street SE (Bldg 154) Washington, DC 20374

Ph# (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

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

Lodging Information

*** Personnel should contact Gateway Inns & Suites Joint Base Anacostia-Bolling to make PCS lodging arrangements. Sponsors can assist with the reservation process if needed.***

Gateway Inns & Suites has more than 235 guest rooms to include 50 Executive Suites to accommodate your official or leisure travel.

Standard Guest Rooms

Optional Suites, equipped with full kitchen, dining area and one or two bedrooms

ADA Accessible

Free On-site Laundry

Business Center

Limited Pet Friendly Rooms available on a first come, first served basis

Meet your Mission and Save Travel Dollars. NGIS is the official and preferred lodging choice for all TDY travelers helping guests meet fiscal & mission goals while delivering comfortable and welcoming accommodations with cost-saving room rates.

Save on Leisure Travel Stay with Us! Traveling for the weekends & holidays? Don't forget to check with NGIS! Reserve your room today!

Address: 3621 Luke Ave Washington, DC 20032

Phone: 1-877-628-9233

Website: <http://ngis.dodlodging.net/>

Permanent Housing Options

The staff at Joint Base Anacostia-Bolling (JBAB) is available and ready to provide assistance with housing options and local resources to support the transition to your new home and community.

The Navy is the lead service for all of your housing needs and provides support for JBAB and Bellevue residents.

Upon arrival, all service members should report to building 21, the Mac Dill Blvd Housing Management Office (HMO) or building 414, the Anacostia Housing Service Center. This visit is necessary to receive counseling and guidance before entering into any written lease or rental/sales contract for housing.

Phone: (202) 104-6828 DSN: 754-6828

On Base Housing Options

Bolling Family Housing offers the quality living your family deserves and the pricing and flexibility your family needs. Located at Joint Base Anacostia-Bolling, in the heart of historical Washington D.C., Bolling Family Housing is made up of seven distinct, vibrant communities encompassing over 800 new, renovated, and traditional homes.

Office:(888) 294-8338

Property Contact Email:

bollingleasing@huntcompanies.com

Website: <http://www.bollingfamilyhousing.com/>

Address:

Bolling Family Housing

8660 Angell Street

Washington, D.C. 20032

Off Base Housing Options

Developing a sense of community here starts before you arrive at Joint Base Anacostia-Bolling. We recognize the efforts behind this transition and want to make sure you are satisfied with the details of your move. To obtain referral and relocation assistance, we encourage you to reach out for personalized services provided by the (HMO staff).

Visit the following website for more information: <http://www.housing.af.mil/Units/Joint-Base-Anacostia-Bolling/referralandrelocation/>

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>

Basic Allowance for Housing (BAH)

Duty Zip Code 20374

<u>Grade</u>	<u>Without Dependents</u>	<u>With Dependents</u>
E-1	\$1650.00	\$2124.00
E-2	\$1650.00	\$2124.00
E-3	\$1650.00	\$2124.00
E-4	\$1650.00	\$2124.00
E-5	\$1872.00	\$2262.00
E-6	\$2004.00	\$2586.00
E-7	\$2130.00	\$2691.00
E-8	\$2328.00	\$2808.00
E-9	\$2427.00	\$2925.00
W-1	\$2070.00	\$2589.00
W-2	\$2325.00	2739.00
W-3	\$2439.00	\$2880.00
W-4	\$2613.00	\$2940.00
W-5	\$2718.00	\$3012.00
O1 E	\$2262.00	\$2715.00
O2 E	\$2406.00	\$2859.00
O3 E	\$2586.00	\$2952.00
O1	\$1983.00	\$2298.00
O2	\$2214.00	\$2580.00
O3	\$2469.00	\$2874.00
O4	\$2703.00	\$3042.00
O5	\$2772.00	\$3159.00
O6	\$2880.00	\$3189.00
O7+	\$2937.00	\$3222.00

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

Dislocation Allowance(DLA)**PRIMARY DLA RATES**

Table 5G-1

Effective 1 January 2017

<u>Rank</u>	<u>Without Dependents</u>	<u>With Dependents</u>
O-10	\$3,792.89	\$4,669.01
O-9	\$3,792.89	\$4,669.01
O-8	\$3,792.89	\$4,669.01
O-7	\$3,792.89	\$4,669.01
O-6	\$3,479.68	\$4,204.02
O-5	\$3,351.37	\$4,052.25
O-4	\$3,105.77	\$3,572.13
O-3	\$2,489.02	\$2,955.34
O-2	\$1,974.40	\$2,523.51
O-1	\$1,662.58	\$2,255.87
O-3E	\$2,687.70	\$3,176.11
O-2E	\$2,284.83	\$2,865.70
O-1E	\$1,964.74	\$2,647.70
W-5	\$3,155.42	\$3,447.95
W-4	\$2,802.22	\$3,160.98
W-3	\$2,355.20	\$2,896.05
W-2	\$2,091.69	\$2,664.25
W-1	\$1,750.86	\$2,304.17
E-9	\$2,301.42	\$3,034.03
E-8	\$2,112.36	\$2,796.72
E-7	\$1,804.70	\$2,596.66
E-6	\$1,633.58	\$2,399.34
E-5	\$1,506.66	\$2,157.88
E-4	\$1,310.73	\$2,157.88
E-3	\$1,285.90	\$2,157.88
E-2	\$1,044.46	\$2,157.88
E-1	\$931.36	\$2,157.88

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

703-806-4900

Visit the JPPSO website: www.belvoir.army.mil/jppsoma/index.html

Check the status of your household goods shipment by contacting the Joint Personal Property Shipping Office at Fort Belvoir. The JPPSO needs to know your plans as soon as possible to better serve you and your family. Arrange delivery as early as possible to cut down on costly in-transient storage, potential damage due to extra handling and delivery delays. Normally, a notice of 3-5 days is required for delivery; however, it may take up to 10 days or more during peak moving periods, especially May through September. Personnel who do not have a place to move immediately upon arrival are authorized temporary storage at government expense for up to 90 days. An additional 90 days may be requested through the JPPSO.

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: 202-767-0450

Education Resources

Schools

District of Columbia

Kindergarten is not compulsory in the Greater Washington area 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

Chaplain Services

**Washington Navy Yard Worship
Opportunities**

Building 106



Weekly Services

Catholic Mass.....Mon-Fri 1200

Islamic Prayer.....Mon-Fri 1330

Weekend Mass

Catholic Mass.....Sunday 0900

**Joint Base Anacostia
Worship Opportunities**

Protestant Sunday Services

Contemporary..Historic Chapel 0900

Traditional.....Historic Chapel 1100

Gospel.....Chapel Center 1130

2770 Enterprise Way SW Building 72 Suite 134 Anacostia Annex Washington, D.C. 20373

Office Telephone – (202) 433-2058

Chaplain's Duty Cell – (202) 369-1258

Chaplain's email – andrew.m.francis@navy.mil

RP's email – jacob.sherfey@navy.mil

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

God's richest blessing to you from your Religious Ministries Team.

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. You may also visit the Department of State volunteer resources website at <https://www.state.gov/m/fsi/tc/79986.htm>.

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

Subway/Dunkin Donuts (Bldg. 184)

Mon-Fri, 0600-1500

William III (Bldg. 36) & **William III Winch**

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

Town Center Food Court (Bldg. 22)

Au Bon Pain: Mon-Fri, Opens 0600

Panda Express: Mon-Fri, Opens 0900

White Lotus Sushi

4th Concept - To be announced.

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/>

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>

National Harbor

www.nationalharbor.com

Popular Places to Shop

- Union Station
- Potomac Mills
- Fair Oaks Mall
- The Shops at National Place
- The Fashion Center at Pentagon City.



Emergency Financial Assistance



NAVY-MARINE CORPS RELIEF SOCIETY

Navy-Marine Corps Relief Society

1001 N. St SE Bld 208

Washington Navy Yard, DC 20374-5026

Phone: (202) 433-3364

DSN: 288-3364

Fax: 202-433-9552

WashingtonNavyYard@nmcrs.org

Hours: Mon.-Fri. 0800-1600



**American
Red Cross**

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**

Helpful Contact Numbers

24-Hour Navy Emergency Coordination Center: 1-877-414-5358 or 1-866-827-5672

NSA Washington Emergency Fire and EMA 202-433-3333

NSA Washington Non-emergency number for communications 202-433-4201

Military One Source 24/7 Line: 1-800-342-9647

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

Helpful Websites and Resources

Move.Mil: <https://www.move.mil/>

Plan my move: <https://apps.militaryonesource.mil/MOS/f?p=PMM:ENTRY:0>

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

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>

