

# **JOINT BASE LEWIS-MCCHORD**



# **COMMUNITY RESOURCE GUIDE**

## JBLM COMMUNITY RESOURCE GUIDE

### ACADEMICS / EDUCATION

**Agency:**

Education Services Office

**Service(s):**

Education counseling

**Description:**

Counseling, colleges, testing

**Target Audience:**

Service Members and Family Members

**Schedule:**

Monday – Friday 0730-1700

**Location:**

6242 Colorado Ave Lewis Main, WA 98433 & 851 Lincoln Blvd, Suite 301 McChord Field, WA 98438

**DSN:** 357-7195 or 382-9900

**CIV:** (253) 967-7195 pr (253) 982-9900

**Website:**

<http://www.lewis-mcchord.army.mil/dhr/eso/index.htm>

**Agency:**

School Support Services

**Service(s):**

Assists families with school issues

**Description:**

Transition support, advocacy, support services

**Target Audience:**

Parents of school age children

**Schedule:**

Monday – Friday 0930-1530

**Location:**

21440 Liggett Ave Room 400 Lewis Main, WA 98433

**DSN:** 357-7195

**CIV:** (253) 967-7195

**Website:**

[http://www.jblmmwr.com/cyss\\_school\\_liaison.html](http://www.jblmmwr.com/cyss_school_liaison.html)

**Agency:**

Stone Education Center

**Service(s):**

Education Services

**Description:**

Counseling, colleges, testing

**Target Audience:**

Service Members, Family Members, and Retirees

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### **Schedule:**

Mon-Wed and Friday 0800-1600; Thurs 1300-1600

### **Location:**

6242 Colorado Ave, JBLM, WA, 98433

**DSN:** 312-357-7295

**CIV:** (253) 967-7174

**Website:** [https://www.goarmyed.com/public/facility\\_pages/Joint\\_Base\\_Lewis\\_McChord\\_Education\\_Center/default.asp](https://www.goarmyed.com/public/facility_pages/Joint_Base_Lewis_McChord_Education_Center/default.asp)

### **COUNTINUING EDUCATION SERVICES**

<http://www.lewis-mcchord.army.mil/dhr/eso/index.htm>

### **EDUCATION SERVICES**

#### **David L. Stone Education Center**

<http://www.lewis-mcchord.army.mil/dhr/eso/index.htm>

#### **John D. "Bud" Hawk Education Center**

[https://www.goarmyed.com/public/facility\\_pages/Joint\\_Base\\_Lewis\\_McChord\\_Education\\_Center/John\\_D.\\_Bud\\_Hawk\\_Education\\_Center/default.asp](https://www.goarmyed.com/public/facility_pages/Joint_Base_Lewis_McChord_Education_Center/John_D._Bud_Hawk_Education_Center/default.asp)

#### **McChord Field Education Center**

<https://www.facebook.com/mcchordedu>

### **ON-POST LIBRARIES**

#### **Grandstaff Memorial Library**

[http://www.jblmmwr.com/library\\_grandstaff.html](http://www.jblmmwr.com/library_grandstaff.html)

#### **McChord Library**

[http://www.jblmmwr.com/library\\_mcchord.html](http://www.jblmmwr.com/library_mcchord.html)

#### **Book Patch Children's Library**

[http://www.jblmmwr.com/library\\_bookpatch.html](http://www.jblmmwr.com/library_bookpatch.html)

### **WASHINGTON HOME SCHOOL ORGANIZATION**

<http://washhomeschool.org/>

### **ALCOHOL / DRUG ABUSE**

#### **Agency:**

Armed Forces Substance Abuse Program

#### **Service(s):**

Education, early intervention, deterrence, and treatment

#### **Description:**

Abuse prevention, risk reduction, health promotion, and treatment

#### **Target Audience:**

Active duty

#### **Schedule:**

Monday – Friday 0730-1630

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**Location:**

Bldg 2008-B, N. 3rd Ave (between Pendleton and Liggett) Lewis Main, WA 98433

**DSN:** 357-1414

**CIV:** (253) 967-1414

**Website:**

<http://www.lewis-mcchord.army.mil/dhr/asap/index.htm>

**Agency:**

Employee Assistance Program

**Service(s):**

Consultation and referral

**Description:**

Substance abuse issues

**Target Audience:**

Family Members, Retirees and DOD Civilians

**Schedule:**

Monday – Friday 0800-1600

**Location:**

JBLM-Lewis Main & North 2008-B N.3rd Ave Room B110

JBLM-McChord Field 555 Barnes Blvd CES Bldg, Old First Shirt Office

**DSN:** 357-1412 and 357-5815

**CIV:** (253) 967-1412 and (253) 982-5815

**Website:**

<http://www.lewis-mcchord.army.mil/dhr/asap/employeeassist.htm>

### AMERICAN RED CROSS

**Agency:**

The Red Cross

**Service(s):**

The Red Cross

**Description:**

Blood Drives, First Aid, CPR and AED Training, Disaster Relief, Disaster Preparedness, Connect Military Members to their Families,

**Target Audience:**

Service Members, Family Members, Retirees, and Civilians

**Schedule:**

Mon - Fr: 0800-1630

**Location:**

Bldg. 1017 Upstairs, 9th Division Rd, JBLM, WA 98433

**DSN:** 312- 347-3889

**CIV:** (253) 966-3889

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**Website:**

<http://www.redcross.org/find-your-local-chapter>

**Website (Training & Certifications):**

<http://www.redcross.org/ux/take-a-class>

**Agency:**

American Red Cross

**Service(s):**

Give Blood

**Description:**

Blood donors report feeling a sense of great satisfaction after making their donation.

**Target Audience:**

Willing donors

**Location:**

(Please check the Website for your local chapter)

**Website:**

<http://www.redcrossblood.org/>

### ANGER MANGEMENT

**Agency:**

Morale, Welfare and Recreation/Family Advocacy Program

**Service(s):**

Family Anger Control Training

**Description:**

Dealing with anger and stress for men and women

**Target Audience:**

Active duty and Family Members

**Length:**

2-hour sessions for 8 weeks

**Location:**

2013 N. 3rd St Room 102 Lewis Main, WA 98433

**DSN:** 357-5901

**CIV:** (253) 967-5901

**Website:**

<http://www.jblmafcs.com>

**Agency:**

Morale, Welfare and Recreation

**Service(s):**

Financial assistance program

**Description:**

Assistance is provided as an interest-free loan, grant or a combination loan and grant,

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**Target Audience:**

Soldiers, National Guard, Army Reserve, Retirees and widows

**Location:**

2166 Liggett Ave, Lewis Main, WA 98433

**CIV:** (253) 967-9852

**Website:**

[http://www.jblmmwr.com/acs/acs\\_aer.html](http://www.jblmmwr.com/acs/acs_aer.html)

### ANIMALS / PETS

**Agency:**

The Pet Brigade

**Service(s):**

Pets

**Description:**

Pet Boarding , Pet Lodging, Pet Grooming, Doggie Daycare, Transportation and Vaccination, Poop Scooping Service, Dog Walking Service, Litter Box Cleaning

**Target Audience:**

Service Members, Family Members, Retirees, and Civilians

**Schedule:**

Monday-Friday 0545-1800; Saturday 0900-1400; Sunday CLOSED

**Location:**

04907 Pendleton Drive, JBLM, WA 98433

**Mailing Address:**

P.O. Box 73458, Puyallup, WA 98373

**CIV:** (253) 912-4898

**Website:**

<http://thepetbrigade.com/>

**Agency:**

Lewis-McChord Communities

**Service(s):**

Pest Control

**Description:**

Premier Military Housing

**Target Audience:**

Service Members and Family Members

**Schedule:**

Mon - Tue: 0800-1600; Wed 0830-1600; Thu-Fri: 0800 to 1600; Sat-Sun Closed

**Location:**

Main Lewis, 5128 Pendleton Ave Joint Base Lewis McChord, WA 98433

McChord Field, 3209 Maple St. S.W., Joint Base Lewis McChord, WA 98489

**CIV:** (253) 912-2112

**Website:**

<http://www.jblmc.com/Home.aspx>

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### ARMY / AIR FORCE EMERGENCY RELIEF

**Agency:**

Financial Emergency

**Service(s):**

Financial assistance for emergencies

**Description:**

No interest loans and grants

**Target Audience:**

Service Members and Retirees

**Schedule:**

Monday – Friday 0730-1600

**Location:**

Army Emergency Relief 2166 Liggett Ave Lewis Main, WA 98433

Air Force Aid Society 552 Barnes Blvd McChord Field, WA 98433

**DSN:** 357-9787 and 382-7027

**CIV:** (253) 967-9787 and (253) 982-7027

**Website:**

[http://jblmmwr.com/acs/acs\\_frp.html](http://jblmmwr.com/acs/acs_frp.html)

### BEHAVIORAL HEALTH

**Agency:**

Department of Behavioral Health

Service Line: Consultation & Liaison Services

**Service(s):**

Behavioral Health Consultation, Emergency Services

**Description:**

Service Active Duty, Active Duty Family Members and Military Retirees to provide Behavioral Health consultation for patients in the Emergency Department and inpatient settings.

**Target Audience:**

Active Duty, Family Members, and Retirees

**Schedule:**

Monday – Friday 0730 – 1630; Closed Federal Holidays and selected training holidays.

**Location:**

Madigan tower, 1st Floor, 1-92-10

**CIV:** (253) 968-5119

**Website:**

<http://www.mamc.amedd.army.mil/clinical/behavioral-health/default.aspx>

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### BEHAVIORAL HEALTH (ACTIVE DUTY)

**Agency:**

1/2 SBCT Embedded Behavioral Health (EBH)

**Service(s):**

Counseling

**Description:**

Serving soldiers from 1/2 SBCT; Outpatient BH assessment and treatment

**Target Audience:**

Service Members

**Schedule:**

Monday – Friday 0730 – 1630; Closed Federal Holidays and selected training holidays.

**Location:**

Building R-3742, Lewis Main

**CIV:** (253) 966-3640

**Website:**

<http://www.mamc.amedd.army.mil/clinical/behavioral-health/embedded-and-bh-homes.aspx>

**Agency:**

2/2 SBCT Embedded Behavioral Health (EBH)

**Service(s):**

Counseling

**Description:**

Serving soldiers from 2/2 SBCT; Outpatient BH assessment and treatment

**Target Audience:**

Service Members

**Schedule:**

Monday – Friday 0730 – 1630; Closed Federal Holidays and selected training holidays.

**Location:**

Building R-1880, Lewis North

**CIV:**(253) 967-1481

**Website:**

<http://www.mamc.amedd.army.mil/clinical/behavioral-health/embedded-and-bh-homes.aspx>

**Agency:**

17th FiB/555 ENG BDE Embedded Behavioral Health (EBH)

**Service(s):**

Counseling

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**Description:**

Serving soldiers from 17th FiB / 555th ENG BDE; Outpatient BH assessment and treatment

**Target Audience:**

Service Members

**Schedule:**

Monday – Friday 0730 – 1630; Closed Federal Holidays and selected training holidays.

**Location:**

Building 13815, Lewis North

**CIV:**(253) 967-8283

**Website:**

<http://www.mamc.amedd.army.mil/clinical/behavioral-health/embedded-and-bh-homes.aspx>

**Agency:**

SOF Embedded Behavioral Health (EBH)

**Service(s):**

Counseling

**Description:**

Serving soldiers from the SFG (A), 4/160th SOAR and 2/75th RGR; Outpatient BH assessment and treatment

**Target Audience:**

Service Members

**Schedule:**

Monday – Friday 0730 – 1630; Closed Federal Holidays and selected training holidays.

**Location:**

Building R-3150, Lewis Main

**CIV:**(253) 966-6104

**Website:**

<http://www.mamc.amedd.army.mil/clinical/behavioral-health/embedded-and-bh-homes.aspx>

**Agency:**

Denali Behavioral Health Home (BHH)

**Service(s):**

Counseling

**Description:**

Serving Soldiers from I CORPS HQ, 16th CAB, 201st EMIB, 62nd MED BDE, 42nd MP BDE, 35th SIG BDE and 6th CID, Activated Guard & Reservists; Outpatient BH assessment and treatment

**Target Audience:**

Service Members

**Schedule:**

Monday – Friday 0730 – 1630; Closed Federal Holidays and selected training holidays.

**Location:**

Building 9920A, Madigan Annex, Lewis Main

**CIV:**(253) 968-4851

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**Website:**

<http://www.mamc.amedd.army.mil/clinical/behavioral-health/embedded-and-bh-homes.aspx>

**Agency:**

Yukon Behavioral Health Home (BHH)

**Service(s):**

Counseling

**Description:**

Serving Soldiers from 7th ID HQ, 593rd ESC, 31st AD, 71st OD, 48th CH, 189th IN BDE, 191st IN BDE, Madigan Troop BN; Outpatient BH assessment and treatment

**Target Audience:**

Service Members

**Schedule:**

Monday – Friday 0730 – 1630; Closed Federal Holidays and selected training holidays.

**Location:**

Building 9924B, Madigan Annex, Lewis Main

**CIV:**(253) 968-5906

**Website:**

<http://www.mamc.amedd.army.mil/clinical/behavioral-health/embedded-and-bh-homes.aspx>

**Agency:**

McChord Behavioral Health Home (BHH)

**Service(s):**

Counseling

**Description:**

Serving Airmen from the 62nd Airlift Wing & McChord Field; Outpatient BH assessment and treatment

**Target Audience:**

Service Members

**Schedule:**

Monday – Friday 0730 – 1630; Closed Federal Holidays and selected training holidays.

**Location:**

Building 690 Barnes Blvd, McChord Field

**CIV:**(253) 982-3684/3685

**Website:**

<http://www.mamc.amedd.army.mil/clinical/behavioral-health/embedded-and-bh-homes.aspx>

BEHAVIORAL HEALTH  
(CHILD / FAMILY)

**Agency:**

Internal Behavioral Health Consultants

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**Service(s):**

Counseling

**Description:**

Serving beneficiaries to provide brief assessment and Behavioral Health services in collaboration with the patient's primary health care manager (PCM)

**Target Audience:** \_

Active Duty, Family Members, Teen, Adolescents, Children, Dependents, and Retirees

**Schedule:**

Monday – Friday 0730 – 1630; Closed Federal Holidays and selected training holidays.

**Location:** \_

Located in Main Madigan, Puyallup & South Sound Patient Centered Medical Homes

**CIV:** 800-404-4506 (Tricare Appointment Center)

**Website:**

<http://www.mamc.amedd.army.mil/clinical/behavioral-health/default.aspx>

**Agency:**

Family Advocacy Program (FAP)

**Service(s):**

Family Counseling, Teen, Adolescent and Children Counseling, Domestic Violence Intervention and Prevention

**Description:**

Serving Active Duty and their family members who are identified as high risk for Domestic Violence. Provide assessment, safety planning, case management and group treatment. Coordinates with Command, law enforcement and Child Protective Service.

**Target Audience:** \_

Active Duty, Family Members

**Schedule:**

Monday – Friday 0730 – 1630; Closed Federal Holidays and selected training holidays.

**Location:** \_

Madigan Annex, Building 9905

**CIV:** (253) 968-4159

**Website:**

<http://www.mamc.amedd.army.mil/clinical/behavioral-health/family-advocacy-program.aspx>

**Agency:** \_

GLACIER - Child & Family Behavioral Health Home

**Service(s):**

Family Counseling, Teen, Adolescent and Children Counseling

**Description:**

Serving child, adolescent and adult beneficiaries to provide individual, marriage and family therapy. Provides Behavioral Health services for Military children in local schools, and Tele-Behavioral Health consultation to patients who receive primary care in any of the following Patient-Centered Medical Homes: Pediatrics, Family Medicine, Internal Medicine

**Target Audience:**

Active Duty, Family Members

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**Schedule:**

Monday – Friday 0730 – 1630; Closed Federal Holidays and selected training holidays.

**Location:**

Madigan Medical Mall

**CIV:** (253) 968-4843

**Website:**

<http://www.mamc.amedd.army.mil/clinical/behavioral-health/glacier-clinic.aspx>

**Agency:**

OLYMPIC - Child & Family Behavioral Health Home

**Service(s):**

Family Counseling, Teen, Adolescent and Children Counseling

**Description:**

Serving child, adolescent and adult beneficiaries to provide individual, marriage and family therapy. Provides Behavioral Health services for Military children in local schools, and Tele-Behavioral Health consultation to patients who receive primary care in any of the following Patient-Centered Medical Homes: McChord, Okubo, Puyallup, South Sound, Winder

**Target Audience:**

Active Duty, Family Members

**Schedule:**

Monday – Friday 0730 – 1630; Closed Federal Holidays and selected training holidays.

**Location:**

Madigan Medical Mall

**CIV:** (253) 968-4843

**Website:**

<http://www.mamc.amedd.army.mil/clinical/behavioral-health/olympic-clinic.aspx>

### BEHAVIORAL HEALTH (SPECIALTY)

**Agency:**

Adult Inpatient Psychiatric Unit

**Service(s):**

Individual Counseling, Group Therapy

**Description:**

Serving Active Duty personnel to provide intensive Behavioral Health treatment, including individual and group therapy, and medication treatment. Provides care for a broad range of psychiatric disorders such as depression, schizophrenia, or bipolar disorder.

**Target Audience:**

Active Duty, Family Members

**Schedule:**

Monday – Friday 0730 – 1630; Closed Federal Holidays and selected training holidays.

**Location:**

Madigan Army Medical Center, Fifth Floor North, Hospital Tower 9040 Jackson Ave., Tacoma, WA 98431

**CIV:** (253) 968-3070/ 3069

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## JBLM COMMUNITY RESOURCE GUIDE

**Website:**

<http://www.mamc.amedd.army.mil/clinical/nursing/inpatient-care-units/care-units/adult-inpatient-psychiatric-unit.aspx>

**Agency:**

Arches Tele-Behavioral Health Services

**Service(s):**

Active Duty, Family Member

**Description:**

Serving Active Duty personnel and Active Duty Family Members throughout Western Region Medical Command to provide Behavioral Health treatment, including individual therapy and medication treatment.

**Target Audience:**

Active Duty, Family Members, and Retirees

**Schedule:**

Monday – Friday 0730 – 1630; Closed Federal Holidays and selected training holidays.

**Location:**

Madigan Annex, Building 9922A

**CIV:** (253) 968-6379

**Agency:**

Pinnacle Intensive Outpatient Program

**Service(s):**

Individual Counseling, Group Therapy

**Description:**

Serving Active Duty personnel to provide intensive Behavioral Health treatment, including individual and group therapy, and medication treatment.

**Target Audience:**

Active Duty, Family Members

**Schedule:**

Monday – Friday 0730 – 1630; Closed Federal Holidays and selected training holidays.

**Location:**

Madigan Annex, Building 9924A

**CIV:** (253) 968-3339

**Website:**

<http://www.mamc.amedd.army.mil/clinical/behavioral-health/pinnacle-intensive-outpatient-program.aspx>

**Agency:**

Voyageurs Neuropsychology Clinic

**Service(s):**

Counseling, Family Counseling

**Description:**

Serving Active Duty personnel, Family Members and Military Retirees to provide specialty Neuropsychology Behavioral Health services.

**Target Audience:**

Active Duty, Family Members, and Retirees

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**Schedule:**

Monday – Friday 0730 – 1630; Closed Federal Holidays and selected training holidays.

**Location:**

Madigan Tower, 1st Floor, Room 1-92-10

**Schedule:**

Monday – Friday 0730 – 1630; Closed Federal Holidays and selected training holidays.

**CIV:** (253) 968-4495

**Website:**

<http://www.mamc.amedd.army.mil/clinical/behavioral-health/voyageurs-clinic.aspx>

### BETTER OPPROTUNITY FOR SINGLE SERVICE MEMBERS (B.O.S.S.)

**Agency:**

MWR – Better Opportunities for Single Service Members (BOSS)

**Service(s):**

Recreation, Community Engagement, Networking, Building Friendships, Traveling, Fun

**Description:**

BOSS Bottom Line: Service members helping service members get away from the military mind set, let loose, and have a great time in and around the Washington area!

**Target Audience:**

Single Service Members

**Schedule:**

Monday-Friday 0900-1630

**Location:**

(North Fort): 11592 17th & D St., Inside the [Warrior Zone](#)

(McChord) Location: 100 Jackson Blvd / Customer Service Mall

**(North Fort) CIV:** (253) 967-5636

**(McChord) CIV:** (253) 982-BOSS (2677) or call for apt. (253) 967-5636

**Website:**

<http://www.jblmmwr.com/boss/>

### BIRTHING CENTERS

**Agency:**

Madigan Army Medical Center

**Services:**

Provides normal and high-risk newborn patient care.

**Description:**

Providing you and your family care for the birth of your child.

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**Target Audience:**

Expecting mothers and family members.

**Schedule:**

0600 - 2100 (Third floor, Hospital Tower) or

2100 - 0600 (Emergency Room and follow the signs to the Birthing Center)

**Location:**

3rd Floor, Hospital Tower, 9040 Jackson Ave., Tacoma WA 98431

**Phone Number:**

(253) 968-1535 or (253) 968-1540

**Website:**

<http://www.mamc.amedd.army.mil/services/birthing-center/default.aspx>

### BLOOD BANKS

**Agency:**

Madigan Army Medical Center - Armed Services Blood Bank Center Pacific Northwest

**Service(s):**

Blood Bank, Blood Drive, Blood Donation

**Description:**

Armed Services Blood Bank Center is a tri-service organization that supports the blood requirements for four military hospitals.

**Target Audience:**

Service Members, Family Members, Retirees, and Civilians

**Schedule:**

Monday-Wednesday 0730 – 1530; Closed on Federal Holidays & Selected Training Holidays

**Location:**

Madigan Annex (next to Ramp 2), Bldg. 9904, Tacoma, WA 98431

**CIV:** (253) 968-1850

**CIV:** (253) 968-1903

**Website:**

<http://www.mamc.amedd.army.mil/clinical/blood-bank/default.aspx>

### BREAST FEEDING

**Agency:**

New Parent Support Program

**Service(s):**

Breastfeeding support

**Description:**

Home-based parenting education program

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**Target Audience:**

New parents

**Schedule:**

Monday – Friday 0800-1630

**Location:**

2013A N. 3rd St Rooms 8 & 9, Lewis Main, WA 98433

**DSN:** 357-7409

**CIV:** (253) 967-7409

**Website:**

[www.jblmafcs.com](http://www.jblmafcs.com)

**Agency:**

Women, Infants & Children (WIC)

**Service(s):**

Breastfeeding support

**Description:**

Counseling and educational materials

**Target Audience:**

New Mothers

**Schedule:**

Monday, Wednesday, Friday 0800-1300 and 1345-1600

Tuesday and Thursday 0800-1300 and 1345-1800

**Location:**

2166 Liggett Ave Lewis Main WA 98433

**DSN:** 357-4956

**CIV:** (253) 966-4956

**Website:**

<http://www.fns.usda.gov/wic/breastfeeding-promotion-and-support-wic>

### CASULTY ASSISTANCE

**Agency:**

Directorate of Human Resources

**Service(s):**

Casualty Assistance (Army)

**Description:**

The mission of the Casualty Assistance Office is to provide assistance to the grieving families of deceased military personnel, active duty and retired, by providing the final demonstration of our nation's gratitude to those who faithfully defend our country in peace and war.

**Target Audience:**

Service Members, Family Members, Retirees, and Civilians

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**Schedule:**

Monday-Friday 0800-1630

**Location:**

Bldg. 2140 Liggett Ave, Waller Hall, Room 108, JBLM, WA 98433

**(ARMY)**

**DSN:** 347-5893

**CIV:** (253) 966-5890/ 5889

**Website:**

<http://www.lewis-mcchord.army.mil/dhr/ag/casualty.htm>

**Agency:**

Directorate of Human Resources

**Service(s):**

Casualty Assistance (Air Force)

**Description:**

The mission of the Casualty Assistance Office is to provide assistance to the grieving families of deceased military personnel, active duty and retired, by providing the final demonstration of our nation's gratitude to those who faithfully defend our country in peace and war.

**Target Audience:**

Service Members, Family Members, Retirees, and Civilians

**Schedule:**

Monday-Friday 0800-1630

**Location:**

Bldg. 2140 Liggett Ave, Waller Hall, Room 108, JBLM, WA 98433

**(AIR FORCE)**

**DSN:**382-3821/ 2700

**CIV:** (253) 982-3821/ 2700

**Website:**

<http://www.lewis-mcchord.army.mil/dhr/ag/casualty.htm>

### CHAPLAINACY

**Agency:**

Chaplaincy

**Service(s):**

Religious Services

**Description:**

Protestant, Lutheran Rite, Traditional, Gospel, Catholic Mass, Confession, Adoration, Islamic Prayer, Buddhist, Jewish, Wiccan, Latter Day Saints

**Target Audience:**

Service Members, Family Members, Retirees, and Civilians

**Location:**

Main Chapel, South Liggett and 9th Division Drive, JBLM-Lewis Main, WA

**CIV:** (253) 966-3816 / (253) 967-4646

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## JBLM COMMUNITY RESOURCE GUIDE

**Website:**

<http://www.lewis-mcchord.army.mil/chapel/chapels.html>

**Agency:**

Chaplaincy

**Service(s):**

Religious Services

**Description:**

Protestant, Lutheran Rite, Traditional, Gospel, Catholic Mass, Confession, Adoration, Islamic Prayer, Buddhist, Jewish, Wiccan, Latter Day Saints

**Target Audience:**

Service Members, Family Members, Retirees, and Civilians

**Website:**

[http://www.jblmmwr.com/acs/pdf/acs/reLocation\\_readiness/2014/CU\\_Agency\\_Slides\\_2014/11-Chaplain%20Services%20LowRes.pdf](http://www.jblmmwr.com/acs/pdf/acs/reLocation_readiness/2014/CU_Agency_Slides_2014/11-Chaplain%20Services%20LowRes.pdf)

### CHILD ABUSE / NEGLECT

**Agency:**

Family Advocacy Program

**Service(s):**

Education and prevention

**Description:**

Child abuse prevention

**Target Audience:**

Service Members & Family Members

**Schedule:**

Varies – register for classes at the link below

**Location:**

2013 N. 3rd St Lewis Main, WA 98433

**DSN:** 357-5901

**CIV:** (253) 967-5901

**Website:**

[http://www.jblmmwr.com/acs/acs\\_fap.html](http://www.jblmmwr.com/acs/acs_fap.html)

**Agency:**

Family Advocacy Program

**Service(s):**

Report Child Abuse

**Description:**

Child abuse reporting

**Target Audience:**

JBLM Community

**Location:**

2013 N. 3rd St Lewis Main, WA 98433

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## JBLM COMMUNITY RESOURCE GUIDE

**DSN:** 357-7112/7113

**CIV:** (253) 967-7112/7113, (253) 912-4442 or call 911

**Website:**

[http://www.jblmmwr.com/acs/acs\\_fap.html](http://www.jblmmwr.com/acs/acs_fap.html)

### CHILD CARE

**Agency:**

Child, Youth and School Services

**Service(s):**

Childcare and childcare referrals

**Description:**

JBLM Childcare Centers, Family Childcare Providers, Off Base Childcare

**Target Audience:**

Service Members and Family Members

**Location:**

Multiple Locations for childcare centers

**Central Registration:**

Lewis Main 2295 12th & Bitar & McChord Field 560 Lincoln Blvd

**DSN:** 347-2977

**CIV:** (253) 966-2977

**Website:**

<http://www.jblmmwr.com/CYS.htm>

**Agency:**

City of Tacoma Child Care Resource and Referral

**Service(s):**

Childcare referrals

**Description:**

Pierce County childcare referrals

**Target Audience:**

Service Members and Family Members

**Schedule:**

Monday - Friday 0730-1730

**Location:**

1501 Pacific Ave Suite 305 Tacoma, WA 98402

**CIV:** (253) 591-5471

**Website:**

<http://www.cityoftacoma.org>

### COMMISSARIES ON JBLM

## JBLM COMMUNITY RESOURCE GUIDE

### Lewis-Main Commissary

- 5275 North 14th Street
- Joint Base Lewis-McChord, WA 98433-9500 United States
- Store Phone: 253-966-8456/ Commissary Officer 253-966-8453
- <https://www.commissaries.com/stores/html/store.cfm?dodaac=HQCWGG>

### McChord AFB Commissary

- 577 LINCOLN BOULEVARD
- MCCORD FIELD , WA 98438-1316 United States
- Store Phone: (253)982-3285, EXT. 3017
- <https://www.commissaries.com/stores/html/store.cfm?dodaac=HQCWGR>

## CONFLICT RESOLUTION

### **Agency:**

Chaplaincy

### **Service(s):**

Conflict Resolution

### **Description:**

The pastoral counseling team at the Chaplain Family Life Center provides a variety of free services to help you develop and strengthen your most important relationships in life.

### **Target Audience:**

Service Members, Family Members, Retirees, and Civilians

### **Location:**

Main Chapel, South Liggett and 9th Division Drive, JBLM-Lewis Main, WA

**CIV:** (253) 967-1723

### **Website:**

<http://www.lewis-mcchord.army.mil/chapel/family.html>

### **Agency:**

Military and Family Life Counselors

### **Service(s):**

Problem solving counseling

### **Description:**

Licensed professionals who provide situational problem-solving consultations anonymously and confidentiality.

### **Target Audience:**

Service members and family

### **Location:**

2166 Liggett Ave Lewis Main, WA 98433

Bldg 2013 and 2140 Liggett Ave. (Waller Hall)

**CIV:** (253) 329-6632

### **Website:**

[http://www.jblmmwr.com/acs/acs\\_mil\\_fam\\_cons.html](http://www.jblmmwr.com/acs/acs_mil_fam_cons.html)

## JBLM COMMUNITY RESOURCE GUIDE

### COUNSELING

**Agency:**

Chaplaincy

**Service(s):**

Counseling

**Description:** The pastoral counseling team at the Chaplain Family Life Center provides a variety of free services to help you develop and strengthen your most important relationships in life.

**Target Audience:** Service Members, Family Members, Retirees, and Civilians

**Location:**

Main Chapel, South Liggett and 9th Division Drive, JBLM-Lewis Main, WA

**CIV:** (253) 967-1723

**Website:**

<http://www.lewis-mcchord.army.mil/chapel/family.html>

### COUPLES COUNSELING

**Agency:**

Family Advocacy Program

**Service(s):**

Providing a vigorous proactive prevention and education program that coordinates resources, services, education, and training that result in a better quality of life.

**Description:**

To promote and improve healthy Family dynamics and interactions.

**Target Audience:**

Service members, families and Civilians

**Schedule:**

Monday - Friday 0800 - 1630

**Location:**

2140 Liggett Ave. (AFCS in Waller Hall), Building 2013 (3rd and Pendleton) 2nd Floor (A -wing)  
AFCS Annex (2166 12th St.) & Service Member & Family Readiness Center Annex (552 Barnes Blvd.)

**24/7 Safe Line:** (253) 966-SAFE (7233)

**Website:**

[http://jblmmwr.com/acs/acs\\_fap.html](http://jblmmwr.com/acs/acs_fap.html)

**Agency:**

Family Life Center

**Service(s):**

Counseling

**Description:**

Individual and marriage

**Target Audience:**

Service Members and Family Members

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## JBLM COMMUNITY RESOURCE GUIDE

**Schedule:**

Monday – Friday 0900-1600 – see Website below to Schedule an appointment

**Location:**

9120 Jackson Ave at Transmission Line Rd Lewis Main, WA 98433

**DSN:** 357-1723

**CIV:** (253) 967-1723

**Website:**

<http://www.lewis-mcchord.army.mil/chapel/family.html>

**Agency:**

Military and Family Life Consultants

**Service(s):**

Individual and Family counseling

**Description:**

Confidential counseling services

**Target Audience:**

Active duty and Family Members

**Location:**

Embedded with JBLM schools, Brigades and located in AFCS Annex

**CIV:** (253) 329-6632 or (253) 329-6372

**Website:**

[http://jblmmwr.com/acs/acs\\_mil\\_fam\\_cons.html](http://jblmmwr.com/acs/acs_mil_fam_cons.html)

**Agency:**

Military One Source

**Service(s):**

Understanding Jealousy, Preserving Trust: Keeping Your Relationship Strong

**Description:**

If you feel overcome by jealousy or are in a relationship with a jealous partner, you don't have to manage the situation on your own. Help is available for you and your partner. A professional counselor can provide individual counseling to help you sort through your feelings, or work with you as a couple to rebuild trust. Find confidential, non-medical counseling

**Target Audience:**

Service members and Family Counseling

**DSN:** (800) 342- 9647

**Website:**

<http://www.militaryonesource.mil/family-and-relationships/marriage>

### CRISIS MANAGEMENT

**Agency:**

Northwest Harvest

**Service(s):**

Food Banks

## JBLM COMMUNITY RESOURCE GUIDE

**Description:**

Food bank listings

**Target Audience:**

Those in need of food assistance

**Schedule:**

See link below to search for food banks

**CIV:** (800) 722-6924

**Website:**

<http://www.northwestharvest.org/statewide-network>

**Agency:**

Washington Basic Food Program

**Service(s):**

Food Stamps

**Description:**

Food purchasing assistance

**Target Audience:**

Income qualified

**CIV:** (877) 501-2233

**Website:**

[http://www.foodhelp.wa.gov/basic\\_food.htm](http://www.foodhelp.wa.gov/basic_food.htm)

### DEERS

**Agency:**

Directorate of Human Resources

**Service(s):**

DEERS

**Description:**

To enroll all eligible DoD beneficiaries in the Defense Enrollment Eligibility Reporting System.

**Target Audience:**

Non-Personnel Service Delivery Redesign (Non-PSDR), Service Members, Retirees, Family Members, Federal Employees, Contract Employees and all other DoD Uniformed Service beneficiaries

**Schedule(1):**

Monday – Friday: 0730 – 1530 (Thursday: 0830 – 1530)

**Schedule(2):**

Monday – Friday: 0900 - 1600

**Location(1):**

2140 Liggett Ave, Waller Hall, Room 101, JBLM, WA 98433

**DSN:**(253) 477-4282

**Location(2):**

Bldg 100 Col. Joe Jackson Blvd, Suite 1001K

McChord AFB, WA 98438

**DSN:** (253) 982-9646

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## JBLM COMMUNITY RESOURCE GUIDE

**Website:**

<http://www.lewis-mcchord.army.mil/dhr/>

### DENTAL / HEALTH / MEDICAL SERVICES

**Agency:**

JBLM Dental Activity

**Service(s):**

Dental Care

**Description:**

Oral healthcare

**Target Audience:**

Service Members and other eligible beneficiaries

**Schedule:**

Monday - Friday 0730-1630 – see Website below to Schedule an appointment

**Location:**

Varies – see Website below for Locations and contact information

**DSN:** 357-5271

**CIV:** (253) 967-5271

**Website:**

<http://www.mamc.amedd.army.mil/dental/clinics/dental-clinic-2.aspx>

**Agency:**

MetLife

**Service(s):**

Dental Care

**Description:**

Oral healthcare

**Target Audience:**

Family Members

**Location:**

7700 Arlington Boulevard, Suite 5101, Falls Church, VA 22042-5101

**CIV:** 1-855-638-8371

**Website:**

<https://employee dental.metlife.com/dental/public/EmpEntry.do>

**Agency:**

Madigan Army Medical Center – Patient Advocacy Office

**Service(s):**

Patient Advocacy

**Description:**

Madigan's Patient Advocate as part of the Patient Assistance Center is here to help patients' unresolved needs are met and to ensure our patients are satisfied with their medical care with the utmost dignity and respect our patients deserve.

## JBLM COMMUNITY RESOURCE GUIDE

**Target Audience:**

Service Members, Family Members, Retirees, and Civilians

**Schedule:**

Monday-Wednesday 0730 – 1530; Closed on Federal Holidays & Selected Training Holidays

**Location:**

Madigan Army Medical Center, 2nd Floor, Medical Mall, 9040 Jackson Ave. Tacoma, WA 98431

**CIV:** (253) 968-1145

**Website:**

<http://www.mamc.amedd.army.mil/services/patient-advocacy/default.aspx>

### DEPLOYMENT

**Agency:**

Armed Forces Community Service

**Service(s):**

Mobilization and Deployment education and support

**Description:**

Support services throughout the deployment cycle

**Target Audience:**

Service Members and Family Members

**Schedule:**

See [Website](#) below to sign up for classes or for additional information

**Location:**

2140 Liggett Ave Room 400 Lewis Main, WA 98433

**DSN:** 357-8430

**CIV:** (253) 967-8430

**Website:**

[http://jblmmwr.com/acs/acs\\_mob\\_dep.html](http://jblmmwr.com/acs/acs_mob_dep.html)

**Agency:**

Families Over Coming Under Stress (FOCUS)

**Service(s):**

Resiliency training

**Description:**

Assists with communication, managing emotions. Problem solving and coping

**Target Audience:**

Service Members and Family Members

**Schedule:**

See [Website](#) below for additional information

**Location:**

2013 N. 3rd St Room 331 Lewis Main, WA 98433

**DSN:** 347-8430

**CIV:** (253) 966-6390

**Website:**

<http://www.focusproject.org/>

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## JBLM COMMUNITY RESOURCE GUIDE

### DEPRESSION

**Agency:**

Chaplaincy

**Service(s):**

Depression

**Description:**

The pastoral counseling team at the Chaplain Family Life Center provides a variety of free services to help you develop and strengthen your most important relationships in life.

**Target Audience:**

Service Members, Family Members, Retirees, and Civilians

**Location:**

Main Chapel, South Liggett and 9th Division Drive, JBLM-Lewis Main, WA

**CIV:** (253) 967-1723

**Website:**

<http://www.lewis-mcchord.army.mil/chapel/family.html>

**Agency:**

62nd Medical Squadron

**Service(s):**

Family or Relationship Issues, Stress, Grief and Loss, Anxiety and Worries, Anger, Depression

**Description:**

Services are available by walk-ins or appointments by calling.

**Target Audience:**

Service Members and Family Members

**CIV:**(253) 982-5688

**Website:**

<http://www.mcchord.af.mil/units/62ndmedicalsquadron/clinicsandservices.asp>

### DESIGNATED DRIVER

**Agency:**

MWR – Better Opportunities for Single Service Members (BOSS)

**Service(s):**

Designated Driver Program

**Description:**

**Call for a FREE, SAFE, NO QUESTIONS ASKED ride.** CAC REQUIRED AT TIME OF PICKUP. We will pick up Single Service Members within a 15 mile radius and return them safely home.

**Target Audience:**

Single Service Members

**Schedule:**

9PM – 3 AM Friday, Saturday and DONSA's

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## JBLM COMMUNITY RESOURCE GUIDE

**Location:**

9999 Wilson Ave., JBLM, WA 98433

**DD Line:** (253) 208-9169

**Volunteer Line:** (253) 967-5636

**Website:**

<http://www.jblmmwr.com/boss/>

### DINING FACILITIES

**McChord AFB Dining Facilities**

Olympic DFAC

Bldg 548: 116th Squadron & Outer Dr.

Flight Kitchen

Bldg 1419: McChord Airfield

**Lewis Main Dining Facilities**

16th Combat Aviation Brigade DFAC

Bldg 3279: 2nd Division and Kyle St.

Ghost Inn - 1st Stryker Combat Brigade Team

Bldg 3757: Stryker and Railroad Ave.

Courage Inn - 201 BFSB / 51 Sig / 62nd Med

Bldg 9129: Mil Park Ave

**Lewis North Dining Facilities**

2nd Stryker Brigade Combat Team

Bldg B11575: 41st Division and C St.

Castles and Cannons - 17FA / 555 ENGR

Bldg P12638: 14th and D St.

### DIRECTORATE OF PUBLIC WORKS

**Agency:**

Directorate of Public Works

**Service(s):**

Chemical Latrines, Custodial Services, Digging Permit, Hazardous Material, Lock & Keys, Recycling Materials, Illegal Dumping, Pest Control and Signs

**Description:**

Plan, maintain, operate and protect the infrastructure, facilities and environment for the Service Members, Civilians, Families, and Retiree Community at Joint Base Lewis-McChord.

**Target Audience:**

Service Members, Family Members, Retirees, and Civilians

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## JBLM COMMUNITY RESOURCE GUIDE

**Location:**

2012 Liggett Ave, JBLM, WA 98433

**CIV:** 253-967-3131

**Website:**

<http://www.lewis-mcchord.army.mil/publicworks/>

### DOMESTIC VIOLENCE

**Agency:**

Families Family Advocacy Program

**Service(s):**

Victim Advocacy Program

**Description:**

Advocacy and Safeline

**Target Audience:**

Service Members and Family Members

**Schedule:**

24 hours

**Location:**

2013 N. 3rd St Lewis Main and 552 Barnes Blvd McChord Field

**DSN:** 347-7233

**CIV:** (253) 966-7233

**Website:**

[http://jblmmwr.com/acs/army\\_comm\\_service.html](http://jblmmwr.com/acs/army_comm_service.html)

**Agency:**

Families Family Advocacy Program

**Service(s):**

Domestic violence prevention

**Description:**

Prevention and education classes

**Target Audience:**

Service Members and Family Members

**Schedule:**

Monday – Friday 0730-1630

**Location:**

2013 N. 3rd St Lewis Main and 552 Barnes Blvd McChord Field

**DSN:** 357-5901 or 382-2695

**CIV:** (253) 967-5901 or (253) 982-2695

**Website:**

[http://jblmmwr.com/acs/army\\_comm\\_service.html](http://jblmmwr.com/acs/army_comm_service.html)

### EMERGENCY SERVICES

## JBLM COMMUNITY RESOURCE GUIDE

### **DIRECTORATE OF EMERGENCY SERVICES**

<http://www.lewis-mcchord.army.mil/des/>

#### **FIRE DEPARTMENT**

[http://www.lewis-mcchord.army.mil/des/fd\\_home.htm](http://www.lewis-mcchord.army.mil/des/fd_home.htm)

#### **POLICE DEPARTMENT**

[http://www.lewis-mcchord.army.mil/des/le\\_polices\\_services.htm](http://www.lewis-mcchord.army.mil/des/le_polices_services.htm)

## EMPLOYMENT

#### **Agency:**

Employment Readiness program

#### **Service(s):**

Resume assistance, skills assessment, job counseling

#### **Description:**

Assistance with resumes and job listings

#### **Target Audience:**

Family Members

#### **Schedule:**

Monday – Friday 0730-1600 – see Website below for appointments, classes and additional information

#### **Location:**

551 Barnes Blvd McChord Field, WA 98433

**DSN:**382-9675

**CIV:**(253) 982-9675

#### **Website:**

[http://jblmmwr.com/acs/acs\\_erp.html](http://jblmmwr.com/acs/acs_erp.html)

#### **Agency:**

Employee Assistance Program

#### **Service(s):**

Consultation and referral

#### **Description:**

Consultation and support for workplace issues

#### **Target Audience:**

Family Members, Retirees and DOD Civilians

#### **Schedule:**

Monday – Friday 0800-1600

#### **Location:**

JBLM-Lewis Main 2008-B N.3rd Ave Room B110

JBLM-McChord Field 555 Barnes Blvd CES Bldg, Old First Shirt Office

**DSN:**357-1412 and 357-5815

**CIV:**(253) 967-1412 and (253) 982-5815

#### **Website:**

<http://www.lewis-mcchord.army.mil/dhr/asap/employeeassist.htm>

## **CAREER/JOB SEARCH**

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## JBLM COMMUNITY RESOURCE GUIDE

### **JBLM Unlimited Opportunities**

<http://jblmunlimited.gov>

### **Government Careers in Washington State**

<http://careers.wa.gov/>

### **USA Jobs**

<http://www.usajobs.gov/>

### **Government Jobs**

<http://www.governmentjobs.com/>

### **Government Job Bank**

<http://www.govjobs.com/>

## EQUAL OPPORTUNITY EMPLOYMENT

### **Agency:**

Equal Opportunity Office

### **Service(s):**

Support for discrimination based on race, religion, color, national origin, sex (to include sexual harassment), age (40 and over), disability (mental or physical) and genetic information

### **Target Audience:**

Service Members, Family Members, Retirees, DOD Civilians

### **Schedule:**

Monday – Friday 0800-1530

### **Location:**

Bldg 100 Room 1077 McChord Field, WA

**DSN:**382-1285

**CIV:**(253) 982-1285

### **Website:**

<http://www.mcchord.af.mil/units/equalopportunityoffice.asp>

## EXCEPTIONAL FAMILY MEMBER PROGRAM

### **Agency:**

Exceptional Family Member Program

### **Service(s):**

Support services for Family Members with special needs

### **Description:**

Advocacy, Respite Care, resource referral

### **Target Audience:**

Family Members

### **Schedule:**

Monday – Friday 0730-1630

### **Location:**

2140 Liggett Ave Lewis Main, WA 98433 and 551 Barnes Blvd McChord Field, WA 98433

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## JBLM COMMUNITY RESOURCE GUIDE

**DSN:** 357-9705 or 382-7289

**CIV:** (253) 967-9705 or (253) 982-7289

**Website:**

[http://jblmmwr.com/acs/acs\\_efmp.html](http://jblmmwr.com/acs/acs_efmp.html)

**Agency:**

Exceptional Family Member Program

**Service(s):**

Enrollments/Disenrollments & overseas screening

**Description:**

Supports medical side of program

**Target Audience:**

Family Members

**Schedule:**

Monday – Friday 0730-1630

**Location:**

Army MTF EFMP in Madigan Army Medical Center – 1st Floor Nursing Tower Lewis Main

Air Force MTF EFMP (SNIAC) – 1st Floor of McChord Medical Clinic on McChord Field

**DSN** 782-5658 or 382-3350

**CIV**(253) 968-5658 or (253) 982-3350

**Website:**

[http://jblmmwr.com/acs/acs\\_efmp.html](http://jblmmwr.com/acs/acs_efmp.html)

**Agency:**

Madigan Army Medical Center

**Service(s):**

Enrollments/Disenrollments & overseas screening

**Description:**

Supports medical side of program

**Target Audience:**

Family Members

**Schedule:**

Monday – Friday 0730-1600

**Location:**

9040 Jackson Ave. JBLM, WA 98431, Room1-28-17 (First Floor along the South Corridor of the Hospital Tower next to the Nutrition Clinic)

**CIV:** (253) 968-0254 or (253) 968-1370 or (253) 968-3659

**Website:**

<http://www.mamc.amedd.army.mil/clinical/exceptional-family-member/default.aspx>

### FAMILY SUPPORT SERVICES

**Agency:**

Military and Family Life Consultants

UPDATE AS OF 01 FEB 16

## JBLM COMMUNITY RESOURCE GUIDE

**Service(s):**

Individual and Family counseling

**Description:**

Confidential counseling services

**Target Audience:**

Active duty and Family Members

**Location:**

Embedded with JBLM schools, Brigades and located in AFCS Annex Lewis Main

**CIV:** (253) 329-6632 or (253) 329-6372

**Website:**

[http://jblmmwr.com/acs/acs\\_mil\\_fam\\_cons.html](http://jblmmwr.com/acs/acs_mil_fam_cons.html)

**Agency:**

Family Life Center

**Service(s):**

Counseling

**Description:**

Individual and marriage

**Target Audience:**

Service Members and Family Members

**Schedule:**

Monday – Friday 0900-1600 – see Website below to Schedule an appointment

**Location:**

9120 Jackson Ave at Transmission Line Rd Lewis Main, WA 98433

**DSN:** 357-1723

**CIV:** (253) 967-1723

**Website:**

<http://www.lewis-mcchord.army.mil/chapel/family.html>

### FINANCIAL SERVICES

**Agency:**

Financial Readiness Program

**Service(s):**

Financial education, consumer advocacy

**Description:**

Appointments and classes

**Target Audience:**

Service Members, Family Members, Retirees and DOD Civilians

**Schedule:**

Monday – Friday 0730-1600 – visit Website below for appointments and to register for classes

**Location:**

2166 Liggett Ave Lewis Main, WA 98433 and

552 Barnes Blvd McChord Field, WA 98433

**DSN:** 357-1453

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## JBLM COMMUNITY RESOURCE GUIDE

**CIV:** (253) 967-1453

**Website:**

[http://jblmmwr.com/acs/acs\\_frp.html](http://jblmmwr.com/acs/acs_frp.html)

### FIRST AID CLASSES

**Agency:**

Fire and Emergency Service and Morale, Welfare and Recreation

**Service(s):**

First aid classes

**Description:**

Instruction of first aid, CPR and AED

**Target Audience:**

Government ID card holders

**Length:**

8 hours

**Schedule:**

See link below for Schedule and required workbook purchase information

**Location:**

4274 Idaho Ave Lewis Main, WA 98433 and 1210 12th St McChord Field, WA 98438

**DSN:**347-7466

**CIV:** (253) 966-7466

**Website:**

<http://www.jblmmwr.com/pdf/index/2014/JBLM%202014%20First%20Aid&CPR%20Courses%20-%20Flier%20.pdf>

### FITNESS / NUTRITION

**Agency:**

Madigan Army Medical Center Nutrition Clinic

**Service(s):**

Nutrition education and counseling (individual and group), unit classes, health fairs, and community outreach programs

**Description:**

Evidenced-based Medical Nutrition Therapy, Performance Optimization (to include Performance Triad), and Health Promotion

**Target Audience:**

Active Duty & Reserve Service members, retirees and their dependents

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## JBLM COMMUNITY RESOURCE GUIDE

**Schedule:**

Monday – Friday 0730-1630, or by special request

**Location:**

9040A Jackson Avenue, Tacoma, WA 98431

**CIV:** 253-968-0547

**Website:**

<http://www.mamc.amedd.army.mil/clinical/nutrition-care/default.aspx>

**Agency:**

Morale, Welfare and Recreation

**Service(s):**

Fitness Centers

**Description:**

Fitness equipment and classes

**Target Audience:**

Government ID card holders

**Schedule:**

See link below for Schedule, Locations and hours of operation

**Location:**

Multiple

**DSN:** 357-2604

**CIV:** (253) 967-2604

**Website:**

<http://jblmmwr.com/fitness.html>

**Agency:**

McChord Health & Wellness Center

**Service(s):**

Exercise physiologist, Dietitian and Health Promotion Managers

**Description:**

HAWC fosters a culture that promotes a fit and healthy lifestyle

**Target Audience:**

Service Members, Family Members and Civilians

**Location:**

McChord Field Fitness Center Annex (BDLG 726) & McChord Clinic (BLDG 690)

**CIV:** (253) 982-2273

**Website:**

<http://www.lewis-mcchord.army.mil/resiliency/afwellness.html>

**Agency:**

JBLM Wellness Center

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## JBLM COMMUNITY RESOURCE GUIDE

**Service(s):**

Health Assessment, Physical Fitness, Healthy Nutrition, General Wellness Education

**Description:**

To help build and sustain good health, help to set goals and achieve them.

**Target Audience:**

Service members, retirees, family members, Civilians

**Location:**

Jensen Family Health & Fitness Center (BDLG 2022 Liggett Avenue)

**CIV:** (253) 966-3757

**Website:**

<http://www.lewis-mcchord.army.mil/resiliency/armywellness.html>

### FOOD BANKS

Pierce County:

<http://www.co.pierce.wa.us/index.aspx?NID=454>

Pullayup County

<http://puyallupfoodbanks.org>

Thurston County:

<http://www.co.thurston.wa.us/solidwaste/business/docs/foodbanks.pdf>

Lewis County:

<http://www.homelessshelterdirectory.org/cgi-bin/id/countyfb.cgi?county=Lewis-County&state=WA>

Kitsap County:

<http://www.homelessshelterdirectory.org/cgi-bin/id/countyfb.cgi?county=Kitsap-County&state=WA>

### GARBAGE / TRASH

**Agency:**

Public Works

**Service(s):**

Recycling

**Description:**

Refuse & Recycling, Garbage

**Target Audience:**

Service Members and Family Members

**Schedule:**

Tuesday – Saturday 0730-1600

**Location:**

Main Lewis, 2012 Liggett Avenue, JBLM, WA 98433

**CIV:** (253) 966-6444

**Website:**

<http://www.lewis-mcchord.army.mil/publicworks/sites/services/dumpsters.aspx>

## JBLM COMMUNITY RESOURCE GUIDE

### GATE OPERATIONS

**Agency:**

Provost Marshal

**Service(s):**

Gate Operations

**Description:**

Joint Base Lewis-McChord (JBLM) is a controlled access installation. Vehicles with an adult Authorized ID Cardholder may enter JBLM through any open gate. Commercial vehicles to the Lewis side should enter through the Logistic Center Gate and to the McChord side through the CVIP Gate. During those hours when the Logistics Center and McChord CVIP gates are closed, commercial vehicles process at Madigan Gate. Vehicles without an adult Authorized ID Cardholder present must report to the Visitor Center adjacent to either Liberty Gate or McChord Main Gate to receive a pass. In order to receive a pass, you must have your driver's license, vehicle registration, and proof of insurance. For additional information see the details under either Visitor's Center or Vehicle & Weapon Registration page.

**Target Audience:**

Service Members, Family Members, Retirees, and Civilians

**Schedule:** Varies

**Location:**

Main Gate, I-5 Exit 120 to JBLM-Lewis Main, JBLM, WA 98433

**CIV:** (253) 967-4794

**Website:**

[http://www.lewis-mcchord.army.mil/des/le\\_gate\\_operations.htm](http://www.lewis-mcchord.army.mil/des/le_gate_operations.htm)

### GRIEF COUNSELING

**Agency:**

Chaplaincy

**Service(s):**

Grief Counseling

**Description:**

The pastoral counseling team at the Chaplain Family Life Center provides a variety of free services to help you develop and strengthen your most important relationships in life.

**Target Audience:**

Service Members, Family Members, Retirees, and Civilians

**Location:**

Main Chapel, South Liggett and 9th Division Drive, JBLM-Lewis Main, WA

**CIV:** (253) 967-1723

**Website:**

<http://www.lewis-mcchord.army.mil/chapel/family.html>

## JBLM COMMUNITY RESOURCE GUIDE

### HEART CARE

**Agency:**

Madigan Army Medical Center – Cardiology Clinic

**Service(s):**

Heart Care, Healthcare, Cardiovascular Health

**Description:**

Comprehensive cardiovascular care.

**Target Audience:**

Service Members, Family Members, Retirees and Veterans

**Schedule:**

Monday-Wednesday 0730 – 1530; Closed on Federal Holidays & Selected Training Holidays

**Location:**

Madigan Army Medical Center, Second Floor, Medical Mall,  
9040 Jackson Ave., Tacoma, WA 98431

**CIV:** (253) 968-6061/6062

**FAX:** (253) 968-0100

**Website:**

<http://www.mamc.amedd.army.mil/clinical/medicine/cardiology/default.aspx>

### HIV/AIDS / STD's

**Agency:**

Madigan Army Medical Center - Preventative Medicine Clinical Services

**Service(s):**

STD Testing, HIV Testing, AIDS, Sexually Transmitted Disease, Sexually Transmitted Infection

**Description:**

Confidential STD testing, diagnosis, treatment, counseling, and education for patients and partners eligible for care at Madigan. **CONFIDENTIAL: TESTS RESULTS ARE NOT REPORTER TO UNITS/COMMANDERS.**

**Target Audience:**

anyone ≥14 years old with a valid Military ID

**Schedule:**

Monday – Friday 0730-1630 Walk-in hours: 0730-1030

**Location:**

Bldg. 9025 5th Street, JBLM, WA 98433

**CIV:** (253) 968-4443

**Website:**

<http://www.lewis-mcchord.army.mil/chapel/family.html>

### HOUSING

## JBLM COMMUNITY RESOURCE GUIDE

**Agency:**

Access Point 4 Housing – Associated Ministries

**Service(s):**

Homeless shelter referral

**Description:**

Central point of entry for shelter and housing

**Target Audience:**

Homeless

**Schedule:**

Monday – Friday 0900-1700

**Location:**

1224 South I Street Tacoma, WA 98405

**CIV:** (253) 426-1509

**Website:**

<http://www.associatedministries.org>

**Agency:**

Lewis-McChord Communities

**Service(s):**

Housing

**Description:**

Premier Military Housing

**Target Audience:**

Service Members and Family Members

**Schedule:**

Mon - Tue: 0800-1600; Wed 0830-1600; Thu-Fri: 0800 to 1600; Sat-Sun Closed

**Location:**

Main Lewis, 5128 Pendleton Ave Joint Base Lewis McChord, WA 98433

McChord Field, 3209 Maple St. S.W., Joint Base Lewis McChord, WA 98489

**CIV:** (253) 912-2112

**Website:**

<http://www.jblmc.com/Home.aspx>

**Agency:**

The Fisher House

**Service(s):**

Military Lodging, Emergency Housing, And Volunteer Services

**Description:**

All lodging fees for guest families at this house are paid through a grant from Fisher House Foundation. Our mission is to provide our service members and their families a comfortable, nurturing and secure environment while they receive medical care at Madigan Army Medical Center.

**Target Audience:**

Family Members or Active Duty and Veterans

**Location:**

9999 Wilson Ave., JBLM, WA 98433

**CIV:** (253) 964-9283

**FAX:** (253) 968-3619

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## JBLM COMMUNITY RESOURCE GUIDE

**Website:**

<http://fisherhouse-jblm.org/>

**Agency:**

IHG Army Hotels Rainier Inn & Complex (Lewis)

**Service(s):**

Military Lodging, Hotel, Motel

**Description:**

Free Internet, Free Breakfast, Pet Friendly, Eco-Friendly

**Target Audience:**

Service Members, Family Members, Retirees and Veterans

**Schedule:**

24 hours

**Location:**

Building 2107, Utah Avenue, JBLM, WA 98433

**Reservations:** 1-877-711-TEAM

**Front Desk:** 1-(253) 964-0211

**Website:**

[https://www.ihg.com/armyhotels/hotels/us/en/installations?cm\\_sp=OSMAM-MA-US-EN-HPH-AIX-MHR-Installations](https://www.ihg.com/armyhotels/hotels/us/en/installations?cm_sp=OSMAM-MA-US-EN-HPH-AIX-MHR-Installations)

**Rainier and Evergreen inn**

<http://www.ihg.com/armyhotels/hotels/us/en/reservation>

### IDENTIFICATION CARDS

**Agency:**

Directorate of Human Resources

**Service(s):**

DEERS/ ID Cards

**Description:**

To provide Common Access Cards

**Target Audience:**

Non-Personnel Service Delivery Redesign (Non-PSDR), Service Members, Retirees, Family Members, Federal Employees, Contract Employees and all other DoD Uniformed Service beneficiaries

**Schedule(1):**

Monday – Friday: 0730 – 1530 (Thursday: 0830 – 1530)

**Schedule(2):**

Monday – Friday: 0900 - 1600

**Location(1):**

2140 Liggett Ave, Waller Hall, Room 101, JBLM, WA 98433

**DSN:**(253) 477-4282

**Location(2):**

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## JBLM COMMUNITY RESOURCE GUIDE

Bldg 100 Col. Joe Jackson Blvd, Suite 1001K  
McChord AFB, WA 98438

**DSN:** (253) 982-9646

**Website:**

<http://www.lewis-mcchord.army.mil/dhr/ag/idcard.htm>

### INJRY PREVENTION / RECOVERY

**Agency:**

Madigan Army Medical Center

**Service(s):**

Physical Medicine and Rehabilitation

**Description:**

Physical therapy, Occupational Therapy, Physical Medicine and Chiropractic.

**Target Audience:**

Service members, family members and DOD Civilians

**Location:**

9040 Jackson Ave, Lewis Main, 98433

**DSN:** 1-800-404-4506 (Referral Needed for appointment)

**Website:**

<http://www.mamc.amedd.army.mil/clincal/physical-medicine/default.aspx>

### LEADERSHIP TOOLS / CLASSES

**Agency:**

Henry H. Lind NCO Academy

**Service(s):**

Leadership Development

**Description:**

Developing the leaders of the military.

**Target Audience:**

Non-Commissioned Officers

**Location:**

5996 41st Division Dr., Lewis Main, WA 98433

**DSN:** (253) 967-2015

**Website:**

<http://www.facebook.com/pages/Henry-H-Lind-NCO-Academy/11211888523538>

### LEGAL SERVICES

## JBLM COMMUNITY RESOURCE GUIDE

**Agency:**

Volunteer Legal Service Program

**Service(s):**

Legal services

**Description:**

POA, Notary services, wills, family law, evictions

**Target Audience:**

Income qualifying

**Schedule:**

See link below for additional information

**Location:**

621 Tacoma Ave S Suite 303 Tacoma, WA 98402

**CIV:** (253) 572-5134

**Website:**

<http://tacomaprobono.org/>

**Agency:**

Legal Assistance

**Service(s):**

Legal services

**Description:**

POA, Notary services, wills, referrals

**Target Audience:**

Service Members, Family members, Retirees

**Schedule:**

See links below for additional information

**Location:**

2027A Liggett Ave Lewis Main, WA 98433 or 100 Main St McChord Field, WA

**DSN:** 677-1875 or 382-5513

**CIV:** (253) 477-1875 or (253) 982-5513

**Website:**

<http://legalassistance.law.af.mil/content/locator.php>

### MILITARY DISCOUNTS

**DISCOUNT HOTELS NEAR JBLM**

<http://military-hotels.us/washington/fort-lewis-wa.html>

**DISCOUNT RESTAURANTS**

<http://jointbaseliving.com/category/restaurants-near-jblm/>

**DISCOUNT RECREATION**

<http://jointbaseliving.com/category/things-to-do/>

### NEWCOMERS

## JBLM COMMUNITY RESOURCE GUIDE

**Agency:**

Armed Forces Community Service Relocation Readiness Program

**Service(s):**

Newcomer support and orientation

**Description:**

Maps, local area information, lending closet, orientation

**Target Audience:**

Government ID card holders

**Schedule:**

See link below for additional information

**Location:**

2140 Liggett Ave Room 400 Lewis Main, WA 98433

**DSN:** 347-6338

**CIV:**(253) 966-6338

**Website:**

[http://jblmmwr.com/acs/acs\\_rrp.html](http://jblmmwr.com/acs/acs_rrp.html)

### PARENTING

**Agency:**

New Parent Support Program

**Service(s):**

Breastfeeding support

**Description:**

Home-based parenting education program

**Target Audience:**

New parents

**Schedule:**

Monday – Friday 0800-1630

**Location:**

2013A N. 3rd St Rooms 8 & 9 Lewis Main, WA 98433

**DSN:** 357-7409

**CIV:**(253) 967-7409

**Website:**

<http://www.jblmafcs.com>

**Agency:**

Washington State Department of Social and Health Services

**Service(s):**

Foster care information

**Description:**

Information, resources, training

**Target Audience:**

Anyone interested in becoming a foster parent

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## JBLM COMMUNITY RESOURCE GUIDE

**Schedule:**

See link below for additional information

**CIV:**888-235-7638

**Website:**

<https://www.dshs.wa.gov/CA/fos/becoming-a-foster-parent>

**Agency:**

JBLM Foster Parent Recruitment Initiative

**Service(s):**

Military connected foster care information

**Description:**

Recruitment and retention

**Target Audience:**

Military connected individuals or couples interested in becoming foster parents

**Schedule:**

See link below for additional information

**CIV:** 206-406-2398

**Website:**

<http://www.fosteringtogether.org>

**Agency:**

Family Advocacy Program

**Service(s):**

Education and prevention

**Description:**

Parenting skills

**Target Audience:**

Service Members & Family Members

**Location:**

2013 N. 3rd St Lewis Main, WA 98433

**DSN:** 357-5901

**CIV:** (253) 967-5901

**Website:**

[http://www.jblmmwr.com/acs/acs\\_fap.html](http://www.jblmmwr.com/acs/acs_fap.html)

### PET SERVICES

**Agency:**

Veterinary Treatment Facility

**Service(s):**

Exams, registration, spay/neuter, dental

**Description:**

Pet wellness and registration

**Target Audience:**

Service Members and Family members

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## JBLM COMMUNITY RESOURCE GUIDE

**Schedule:**

Mon. - Thurs.. 0800-1600 and Fri. 0800-1500

**Location:**

768 Warehouse Road McChord Field, WA

**DSN:** 382-3951

**CIV:** (253) 982-3951

**Website:**

[http://www.jblmmwr.com/vet\\_clinic.html](http://www.jblmmwr.com/vet_clinic.html)

**Agency:**

The Pet Brigade

**Service(s):**

Boarding, grooming, day care, boarding

**Description:**

Full service pet center

**Target Audience:**

Government ID card holders

**Schedule:**

Varies - find more information at the link below

**Location:**

0497 Pendleton Ave Lewis North, WA 98433

**CIV:** (253) 912-4898

**Website:**

<http://www.thepetbrigade.com>

### PHARAMACY / PRESCRIPTION REFILLS

**Agency:**

Madigan Army Medical Center – Main Outpatient Pharmacy

**Service(s):**

Prescription Refill, Medication, Medicine, Medical Supplies

**Description:**

Madigan Army Medical Center has several pharmacies available on Joint Base Lewis-McChord. These pharmacies are located in Madigan Army Medical Center, on JBLM Lewis Main, JBLM Lewis North, and McChord Field. At all Locations, when picking up prescriptions, you must have a military ID card for all patients' ages 10 years and older. A photocopy of the patient's ID card may be used to pick up prescriptions.

**Target Audience:**

Active Duty, Family Members, Civilian and Retirees

**Schedule:**

Varies

(Main Outpatient Pharmacy) Monday – Friday 0800 – 1800; Saturdays 0900- 1700; Madigan training holidays 0800-1600; Closed Sunday and Federal Holidays.

**Location:**

Madigan Army Medical Center's Medical Mall

## JBLM COMMUNITY RESOURCE GUIDE

**Schedule:**

Monday – Friday 0730 – 1630; Closed Federal Holidays and selected training holidays.

**CIV: (Prescription Refill Line)** (253) 968-2999

**Website:**

(Prescription Refills) <http://www.mamc.amedd.army.mil/clinical/pharmacy/Refills.aspx>

(Pharmacies)

<http://www.mamc.amedd.army.mil/clinical/pharmacy/default.aspx>

### PREGNANCY

**Agency:**

Madigan Army Medical Center

**Service(s):**

Education/ Classes and Support Groups

**Description:**

Educate and support pregnant women greater than 20 weeks

**Target Audience:**

Pregnant women greater than 20 weeks

**Schedule:**

Every Thursday

**Location:**

Sakakini Conference Room

(3rd Floor Madigan, Outside Labor & Delivery)

**Appointment Line:** 1-800-404-4506

**Website:**

<http://www.mamc.amedd.army.mil/clinical/obgyn/education-classes-support-groups.aspx>

### POST TRAUMATIC STRESS DISORDER

**Agency:**

National Center for PTSD

**Service(s):**

Therapy, Counseling, Education and Medicine

**Description:**

Your one stop for everything involving PTSD

**Target Audience:**

Service members

**Information Line:** 802-296-3600

**Website:**

<http://www.ptsd.va.gov/>

**Agency:**

Chaplaincy

## JBLM COMMUNITY RESOURCE GUIDE

**Service(s):**

PTSD

**Description:**

The pastoral counseling team at the Chaplain Family Life Center provides a variety of free services to help you develop and strengthen your most important relationships in life.

**Target Audience:**

Service Members, Family Members, Retirees, and Civilians

**Location:**

Main Chapel, South Liggett and 9th Division Drive, JBLM-Lewis Main, WA

**CIV:** (253) 967-1723

**Website:**

<http://www.lewis-mcchord.army.mil/chapel/family.html>

### RELATIONSHIP ISSUES

**Agency:**

Military and Family Life Counselors (MFLC)

**Service(s):**

Military and Family Life Counselors are licensed professionals who provide situational, problem-solving consultations anonymously and confidentially.

**Description:**

provide consulting, education and training support on topics such as: Combat stress and coping strategies; emotional cycle of deployment and reintegration; communication; relationship issues and re-establishing intimacy; anger management/conflict resolution; parenting skills; children's reaction to deployment and reunion.

**Target Audience:**

Service Members, Family Members

**Location:**

Bldg. 2140 Liggett Ave, Waller Hall, Room 108, JBLM, WA 98433

**(Main Lewis) CIV:** (253) 329-6632

**(McChord Field) CIV:** (253) 329-6634

**Website:**

[http://www.jblmmwr.com/acs/acs\\_mil\\_fam\\_cons.html](http://www.jblmmwr.com/acs/acs_mil_fam_cons.html)

**Agency:**

The FOCUS Program

**Service(s):**

Resiliency Training for military couples

**Description:**

Training services: improve communication, problem solving, enhancing mutual support, strategy planning for deployment

**Target Audience:**

Service Members, Family Members

**Schedule:**

Varies, call to Schedule

## JBLM COMMUNITY RESOURCE GUIDE

**Location:**

2013B, Pendleton & 3rd RM. 331, JBLM, WA 98433

**CIV:** (253) 966-6390

**EMAIL:** jblm@focusproject.org

**Website:**

<http://www.focusproject.org/>

### RELOCATION ASSISTANCE

**Agency:**

Armed Forces Community Service Relocation Readiness Program

**Service(s):**

Relocation services

**Description:**

Maps, local area information, lending closet, orientation

**Target Audience:**

Government ID card holders

**Schedule:**

See link below for additional information

**Location:**

2140 Liggett Ave Room 400 Lewis Main, WA 98433

**DSN:** 347-6338

**CIV:** (253) 966-6338

**Website:**

[http://jblmmwr.com/acs/acs\\_rrp.html](http://jblmmwr.com/acs/acs_rrp.html)

**Agency:**

JPPSO Northwest

**Service(s):**

Shipping Office

**Description:**

Provide high quality customer service to all services members, DOD Civilians and their families as well as to our commercial industry.

**Target Audience:**

Service members, family members and DOD Civilians

**Schedule:**

Monday – Friday: 0730 - 1500

**Location:**

Bldg 2150 (Liggett Ave. & Next to Waller Hall)

**DSN:** (253) 967-5093

**Website:**

<http://www.lewis-mcchord.army.mil/jppso/>

## JBLM COMMUNITY RESOURCE GUIDE

**Agency:**

Relocation Readiness Program

**Service(s):**

Relocation Assistance

**Description:**

The most important thing you can do to ensure a smooth move is to start planning early using the many Relocation Assistance Program services and tools.

**Target Audience:**

Active duty and family members

**Schedule:**

Monday – Friday: 0730 - 1630

**Location:**

2140 Liggett Ave, Room 400, JBLM, WA 98433

**DSN:** (253) 966-6338, (253) 967-3633, (253) 967-3350

**Website:**

[http://www.jblmmwr.com/acs/acs\\_rrp.html](http://www.jblmmwr.com/acs/acs_rrp.html)

**Agency:**

Service member & Family Readiness Center

**Service(s):**

Relocation Services

**Description:**

The Service member & Family Readiness Center was formerly the Airman & Family Readiness Center. Now this center falls under Armed Forces Community Service, with resources for all branches. All AFCS Locations (except the SFAC, which is Army-sponsored) are available to all branches, DoD Civilians and their Families.

**Target Audience:**

Air Force Service Members, Family Members

**Schedule:**

Monday-Friday 0730-1630

**Location:**

Bldg. 552, off Barnes Blvd., JBLM, McChord Field

**CIV:**(253) 982-2695

**Website:**

[http://www.jblmmwr.com/acs/afcs\\_facilities.html](http://www.jblmmwr.com/acs/afcs_facilities.html)

### RESILIENCY TRAINING

**Agency:**

Comprehensive Soldier Fitness Program

**Service(s):**

Resiliency Training

**Description:**

Improve communication, strengthen relationships, problem solving

**Target Audience:**

Service Members

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## JBLM COMMUNITY RESOURCE GUIDE

**Schedule:**

Varies – see link below for training calendar

**Location:**

9D48 F Street Lewis North, WA 98433

**DSN:** 782-7642

**CIV:**(253) 968-7642

**Website:**

<http://www.lewis-mcchord.army.mil/csf2/>

**Agency:**

Armed Forces Community Service

**Service(s):**

Master Resiliency Training

**Description:**

Improve communication, strengthen relationships, problem solving

**Target Audience:**

Family Members and DOD Civilians

**Schedule:**

Varies – see link below for Schedule of classes and to register

**DSN:**357-3544

**CIV:**(253) 967-3544

**Website:**

[http://jblmmwr.com/acs/army\\_comm\\_service.html](http://jblmmwr.com/acs/army_comm_service.html)

### RETIREMENT

**Agency:**

Retirement Services Office

**Service(s):**

Retiree support services

**Description:**

Benefits information

**Target Audience:**

Service Members, Family Members, Retirees, Widows/Widowers

**Schedule:**

Monday – Friday 0730-1630

**Location:**

2140 Liggett Ave Lewis Main, WA 98433

**DSN:** 347-5881

**CIV:**(253) 966-5881

**Website:**

<http://www.lewis-mcchord.army.mil/dhr/rso/>

### **RETIRED AIF FORCE**

<http://mcchordrao.com/>

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## JBLM COMMUNITY RESOURCE GUIDE

### RETIRED ARMY

<http://www.lewis-mcchord.army.mil/dhr/rso/>

### SAFETY

**Agency:**

JBLM Safety Office

**Service(s):**

Report unsafe conditions and hazards

**Description:**

Report unsafe or unhealthy working conditions

**Target Audience:**

All personnel on JBLM

**Schedule:**

Open

**Location:**

Bldg 2007A, JBLM, WA 98433

**DSN:** (253) 967-3079

**Website:**

<http://www.lewis-mcchord.army.mil/safety/>

### SEXUAL HARASSMENT / ASSAULT

**Agency:**

Sexual Harassment, Assault Response and Prevention

**Service(s):**

Victim centered services and resources

**Description:**

Assistance with medical, legal and criminal justice system

**Target Audience:**

Victims of sexual assault

**Schedule:**

Monday – Friday 0730-1830 and 24 hour hotline

**Location:**

2027C Liggett Ave Lewis Main, WA 98433

**DSN:** 677-1984

**CIV:** (253) 477-1984

**24-Hour Hotline:** (253) 389-8469

**Website:**

[http://www.jblmmwr.com/acs/other\\_pages/acs/sharp/sharp.html](http://www.jblmmwr.com/acs/other_pages/acs/sharp/sharp.html)

**Agency:**

Sexual Assault Prevention and Response Office

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## JBLM COMMUNITY RESOURCE GUIDE

**Service(s):**

Victim centered services and resources

**Description:**

The SAPRO is responsible for oversight of the Department's sexual assault policy.

**Target Audience:**

Victims of sexual assault

**Website:**

[http://www.jblmmwr.com/acs/other\\_pages/acs/sharp/sharp.html](http://www.jblmmwr.com/acs/other_pages/acs/sharp/sharp.html)

**Agency:**

Sexual Harassment, Assault Response and Prevention

**Service(s):**

Victim centered services and resources

**Description:**

Assistance with medical, legal and criminal justice system

**Target Audience:**

Victims of sexual assault

**Website:**

<http://www.sexualassault.army.mil/>

### SINGLE PARENTING

**Agency:**

Armed Forces Community Services

**Service(s):**

New Parenting Support Program

**Description:**

NPSP provides a wide variety of services that include single parenting, past childhood issues, behavioral problems and sibling rivalry

**Target Audience:**

Active duty and family members

**Schedule:**

Monday – Friday: 0800 - 1630

**Location:**

2166 Liggett Ave. Lewis Main, 98433

**DSN:** (253) 967-7409

**Website:**

[http://www.militaryinstallations.dod.mil/MOS/f?p=MI:CONTENT:0:::P4\\_INST\\_ID,P4\\_CONTENT\\_TITLE,P4\\_CONTENT\\_EKMT\\_ID,P4\\_CONTENT\\_DIRECTORY:5050,New%20Parent%20Support%20Program,30.90.210.30.160.0.0.0.0.33](http://www.militaryinstallations.dod.mil/MOS/f?p=MI:CONTENT:0:::P4_INST_ID,P4_CONTENT_TITLE,P4_CONTENT_EKMT_ID,P4_CONTENT_DIRECTORY:5050,New%20Parent%20Support%20Program,30.90.210.30.160.0.0.0.0.33)

### SLEEP ISSUES

## JBLM COMMUNITY RESOURCE GUIDE

**Agency:**

Madigan Army Medical Center

**Service(s):**

Pulmonary and Sleep Clinics

**Description:**

This clinic is staffed by subject matter experts who experienced and certified in various fields including Sleep medicine, Sleep psychology, Respiratory therapy and Patient education.

**Target Audience:**

Referred patients

**Schedule:**

Monday – Friday: 0730 - 1630

**Location:**

9040 Jackson Ave. JBLM, WA 98433

**Front Desk:** (253) 968-3214

**Website:**

<http://www.mamc.amedd.army.mil/clinical/medicine/pulmonary-and-sleep/default.aspx>

**Agency:**

Army Wellness Center

**Services:**

Sleep Management

**Description:**

Education for good sleep habits

**Target Audience:**

All Service Members and Government Card Holders

**Schedule:**

Please call for information on classes

**Location:**

Located inside the Jensen Family Health & Fitness Center (BLDG 2022 Liggett Avenue)

**Front Desk:** (253) 966-3757

**Website:**

<http://www.lewis-mcchord.army.mil/resiliency/armywellness.html>

**Agency:**

McChord Health & Wellness Center

**Service(s):**

Sleep Management and Good Sleep Behavior

**Description**

The HAWC has a complimentary staff of medical personnel, including a registered dietitian, health promotions manager and exercise physiologist

**Target Audience:**

Active Duty personnel, dependents, National Guard, Reservists, retired military personnel and DOD Civilians.

**Location:**

Located inside the McChord Field Fitness Center Annex (BLDG 726) & McChord Clinic (BLDG 690)

**CIV:** (253) 982-2273 (Please call for an appointment)

## JBLM COMMUNITY RESOURCE GUIDE

**Website:**

<http://www.lewis-mcchord.army.mil/resiliency/afwellness.html>

*Please contact your local clinic for additional resources concerning sleep issues and/or good sleep habits.*

### SOLDIER FOR LIFE –TRANSITION ASSISTANCE PROGRAM

**Agency:**

Soldier for Life – Transition Assistance Program

**Service(s):**

Transition from the military to the Civilian sector

**Description:**

Our team of transition counselors are here to help guide you on your path as a service member transitioning out of the military.

**Target Audience:**

Active duty, family members, veterans and retirees

**Schedule:**

Monday, Tuesday, Wednesday, Friday: 0800 – 1700

Thursday: 1000 - 1700

**Location:**

3271 2nd Division Dr. JBLM, WA 98433

**DSN:** (253) 967-3258

**Website:**

<https://www.acap.army.mil/>

### SPIRITUAL FITNESS / GUIDANCE

**Agency:**

Joint Base Lewis McChord Chaplaincy

**Service(s):**

Spiritual Support

**Description:**

Service Schedule, chaplain contact information, counseling

**Target Audience:**

Service Members and Family Members

**Schedule:**

Varies – see link below for more information

**Location:**

Multiple Locations

**DSN:** 357-3816

**CIV:** (253) 967-3816

**Website:**

<http://www.lewis-mcchord.army.mil/chapel/chapels.html>

## JBLM COMMUNITY RESOURCE GUIDE

**Agency:**

JBLM Family Life Center

**Service(s):**

Faith base, family or individual counseling

**Description:**

Confidential, unlimited sessions and free

**Target Audience:**

Active duty, family members, retirees and DOD Civilians

**DSN:** (253) 967-1723 (Call for an Appointment)

**Website:**

<http://www.lewis-mcchord.army.mil/chapel/family.html>

### SPORTS AND RECREATION

**Agency:**

JBLM Morale, Wellness and Recreation

**Service(s):**

Intramural Sports and Fitness Centers

**Description:**

Five star fitness and sports centers

**Target Audience:**

Active duty and Family members

**Schedule:**

Monday – Friday: 0800 - 1600

**Location:**

Administration, Bldg 3236, 2nd Division Dr. & Handrich, JBLM, WA 98433

**DSN:** (253) 967-2604

**Website:**

<http://www.jblmmwr.com/intramural/>

### STRESS MANAGEMENT

**Agency:**

JBLM Wellness Center

**Service(s):**

Stress Management

**Description:**

Helps to set goals and achieve them, address lifestyle changes in areas that affect your short term and long term health.

**Target Audience:**

Active duty and family members

**Schedule:**

Monday – Friday: 0730 - 1600

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## JBLM COMMUNITY RESOURCE GUIDE

**Location:**

Bldg 2022 (Liggett Ave & Division)

**DSN:** (253) 966-3757

**Website:**

<http://www.lewis-mcchord.army.mil/resiliency/armywellness.html>

### SUICIDE PREVENTION

**Agency:**

Suicide Prevention Program

**Service(s):**

Suicide prevention

**Description:**

Training, Education and Counseling

**Target Audience:**

Service Members, DOD Civilians and Family Members

**Schedule:**

Varies – see link below for more information

**Location:**

2008B Pendleton Ave Lewis Main, WA 98433

**DSN:** 677-3811 and 347-6693

**CIV:** (253) 477-3811 and (253) 966-6693

**Suicide Prevention Lifeline:** 800-273-8255

**Website:**

<http://www.lewis-mcchord.army.mil/dhr/asap/suicideprevent.htm>

**Agency:**

Armed Forces Community Services

**Service(s):**

Survivor Outreach Services

**Description:**

Help you to cope with your loss for as long as you desire.

**Target Audience:**

Active duty, Family members and retirees

**Schedule:**

Monday – Friday 0730 - 1600

**Location:**

2166 Liggett Ave, Lewis Main, 98433

**Toll Free:** 1-866-963-2538

**Website:**

[http://www.jblmmwr.com/acs/acs\\_sos.html](http://www.jblmmwr.com/acs/acs_sos.html)

## JBLM COMMUNITY RESOURCE GUIDE

### TAX CENTER

**Agency:**

Tax Center

**Service(s):**

Electronic federal and state tax returns

**Description:**

Accurately prepare and electronically file federal and state tax returns for Active duty service members, qualifying dependents and military retirees.

**Target Audience:**

Active Duty Service Members, Qualifying Dependents, and Military Retirees.

**Schedule:**

Monday – Friday 0900-1630, Saturday and Sunday (Closed)

**Location:**

Bldg T6069 at 41st Division Dr. Across from Iron Mike Statue

**DSN:** (253) 967-1040

**Website:**

<http://www.lewis-mcchord.army.mil/taxcenter/index.html>

### TEEN/ CHILD DEVELOPMENT

**Agency:**

Child, Youth School and Services

**Service(s):**

School readiness, social, mental, emotional and physical development of your children.

**Description:**

Affordable quality childcare and activities are provided for children from 4 weeks through 12 years of age.

**Target Audience:**

Active duty and Family Members

**Schedule:**

Please call for hours of operation.

**Location:**

Located all over JBLM

**DSN:** (253) 966-2977

**Website:**

[http://www.jblmmwr.com/cyssc\\_cdc.html](http://www.jblmmwr.com/cyssc_cdc.html)

### TOBACCO CESSATION

**Agency:**

JBLM Wellness Center

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**Service(s):**

Smoking cessation education

**Description:**

Tobacco free living

**Target Audience:**

Smokers

**Schedule:**

See link below for additional information

**Location:**

Jensen Gym 2022 Liggett Ave Lewis Main, WA 98433

**DSN:** 347-3757

**CIV:** (253) 966-3757

**Website:**

<http://www.lewis-mcchord.army.mil/resiliency/armywellness.html>

**Agency:**

Madigan Army Medical Center

**Service(s):**

Smoking Cessation

**Description:**

Madigan also has a knowledgeable and enthusiastic staff working in its tobacco cessation programs.

**Target Audience:**

Smokers

**Location:**

9040 Jackson Ave, Lewis Main, 98433

**DSN:** 1-800-404-4506 (Referral Needed for appointment)

**Website:**

<http://www.mamc.amedd.army.mil/clinical/physical-medicine/default.aspx>

**Agency:**

McChord Health & Wellness Center

**Service(s):**

Tobacco Cessation

**Description**

The HAWC has a complimentary staff of medical personnel, including a registered dietitian, health promotions manager and exercise physiologist

**Target Audience:**

Active Duty personnel, dependents, National Guard, Reservists, retired military personnel and DOD Civilians.

**Location:**

Located inside the McChord Field Fitness Center Annex (BLDG 726) & McChord Clinic (BLDG 690)

**CIV:** (253) 982-2273 (Please call for an appointment)

**Website:**

<http://www.lewis-mcchord.army.mil/resiliency/afwellness.html>

## JBLM COMMUNITY RESOURCE GUIDE

### TRAUMATIC BRAIN INJURY

**Agency:**

Madigan Army Medical Center

**Service(s):**

Traumatic Brain Injury Clinic

**Description:**

The TBI clinic serves active duty service members who have a history of TBI also retirees and dependents (over the age 18)

**Target Audience:**

Service members, family members and retirees

**Schedule:**

Monday – Friday: 0800 - 1630

**Location:**

Madigan Annex, Ramp 3 9921A East Johnson St. & 9912B East Hayes St., Lewis Main, 98431

**Front Desk:** (253) 968-0606 or (253) 968-3091

**Website:**

<http://www.mamc.amedd.army.mil/clinical/operational-medicine/traumatic-brain-injury/default.aspx>

### UNITS ON JBLM

**I CORPS**

<http://www.lewis-mcchord.army.mil/icorps/>

**7TH INFANTRY DIVISION**

**593RD EXPEDITIONARY SUSTAINMENT COMMAND**

**62ND AIRLIFT WING**

**446TH AIRLIFT WING**

**TENANT ORGANIZATIONS**

<http://www.lewis-mcchord.army.mil/army.html>

### VETERANS

**Agency:**

Department of Veterans Affairs

**Service(s):**

Readjustment Counseling Service

**Description:**

Vet Center staff respect the privacy of all veterans. They hold in the strictest confidence all information disclosed in the counseling process.

**Target Audience:**

Military veterans

## JBLM COMMUNITY RESOURCE GUIDE

**Schedule:**

Call for appointment

**Location:**

Various Locations

**DSN:** 1-877-222-8387

**Website:**

<http://www.va.gov>

**DEPT. OF VETERANS AFFAIRS**

<http://www.va.gov/>

**TRICARE WEST**

<https://www.uhcmilitarywest.com/>

### VOLUNTEERING

**Agency:**

Installation Volunteer Corps

**Service(s):**

Volunteer registration and Management

**Description:**

Support and training for volunteers

**Target Audience:**

Volunteers

**Schedule:**

Monday – Friday 0730-1630

**Location:**

4274 Idaho Ave Lewis Main JBLM, WA 98433

**DSN:** 357-2324

**CIV:** (253) 957-2324

**Website:**

[http://www.jblmmwr.com/acs/acs\\_avc.html](http://www.jblmmwr.com/acs/acs_avc.html)

### WEIGHT MANAGEMENT

**Agency:**

Madigan Army Medical Center Nutrition Clinic

**Service(s):**

Nutrition education and counseling (individual and group), unit classes, health fairs, and community outreach programs

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**Description:**

Evidenced-based Medical Nutrition Therapy, Performance Optimization (to include Performance Triad), and Health Promotion

**Target Audience:**

Active Duty & Reserve Service members, retirees and their dependents

**Schedule:**

Monday – Friday 0730-1630, or by special request

**Location:**

9040A Jackson Avenue, Tacoma, WA 98431

**CIV:** 253-968-0547

**Website:**

<http://www.mamc.amedd.army.mil/clinical/nutrition-care/default.aspx>

**Agency:**

MADIGAN ARMY MEDICAL CENTER Nutrition Clinic

**Service(s):**

Adult Weight Management classes

**Description:**

Our registered dietitians provide evidence-based medical nutrition therapy.

**Target Audience:**

Active duty, family members and retirees.

**Schedule:**

Monday – Friday 0730 – 1630, Closed on Federal and training holidays.

**Location:**

9040 Jackson Ave. JBLM, WA 98431 (First Floor, Hospital Tower)

**Appointment Line:** 800-404-4506

**Website:**

<http://www.mamc.amedd.army.mil/clinical/nutrition-care/default.aspx>

**Agency:**

Army Wellness Center

**Service(s):**

Healthy Nutrition Education, Metabolic Testing and Weight Management

**Description:**

Education for healthy dieting, metabolic testing and nutrition education

**Target Audience:**

All Service Members and Government Card Holders

**Schedule:**

Please call for information on classes

**Location:**

Located inside the Jensen Family Health & Fitness Center (BLDG 2022 Liggett Avenue)

**Front Desk:** (253) 966-3757

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## JBLM COMMUNITY RESOURCE GUIDE

**Website:**

<http://www.lewis-mcchord.army.mil/resiliency/armywellness.html>