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:  

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_liason.html

Agency:  
Stone Education Center  
Service(s):  
Education Services  
Description:  
Counseling, colleges, testing  
Target Audience:  
Service Members, Family Members, and Retirees  

UPDATE AS OF 01 FEB 16
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

COUNTINUING EDUCATION SERVICES  

EDUCATION SERVICES  
David L. Stone Education Center  
John D. "Bud" Hawk Education Center  
https://www.goarmyed.com/public/facility_pages/Joint_Base_Lewis_McChord_Education_McChord_Field_Education_Center  
https://www.facebook.com/mcchordedu

ON-POST LIBRARIES  
Grandstaff Memorial Library  
http://www.jblmmwr.com/library_grandstaff.html  
McChord Library  
http://www.jblmmwr.com/library_mcchord.html  
Book Patch Children's Library  
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
**Location:**
Bldg 2008-B, N. 3rd Ave (between Pendleton and Liggett) Lewis Main, WA 98433  
**DSN:** 357-1414  
**CIV:** (253) 967-1414  
**Website:**

**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:**

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**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

UPDATE AS OF 01 FEB 16
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/

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ANGER MANAGEMENT

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,
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

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

UPDATE AS OF 01 FEB 16
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

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:**

UPDATE AS OF 01 FEB 16
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

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

Agency: 17th FIB/555 ENG BDE Embedded Behavioral Health (EBH)
Service(s): Counseling
UPDATE AS OF 01 FEB 16
**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:**

**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:**

**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

UPDATE AS OF 01 FEB 16
**Website:**

**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:**

**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:**

**Agency:**
Internal Behavioral Health Consultants

**BEHAVIORAL HEALTH**

(CHILD / FAMILY)

**Agency:**
Internal Behavioral Health Consultants

**UPDATE AS OF 01 FEB 16**
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)

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

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

Location:
Madigan Medical Mall
CIV: (253) 968-4843
Website:

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:

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

UPDATE AS OF 01 FEB 16
Website:

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:

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

UPDATE AS OF 01 FEB 16
**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:**

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**BETTER OPPORTUNITY 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-Thursday 0900-1630

**Location:**
(North Fort): 11592 17th & D St., Inside the Warrior Zone  
(McChord) Location: 100 Jackson Blvd / Customer Service Mall

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

**Website:**
http://www.jblmmwr.com/boss/

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**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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UPDATE AS OF 01 FEB 16
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
**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.jbmafcs.com

**Agency:**
Women, Infants & Children (WIC)

**Service(s):**
Breastfeeding support

**Description:**
Counseling and educational materials

**Target Audience:**
New Mothers

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**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:**

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**CASUALTY 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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UPDATE AS OF 01 FEB 16
Schedule:
Monday-Friday 0800-1630

Location:
Bldg. 2140 Ligget Ave, Waller Hall, Room 108, JBLM, WA 98433
(ARMY)

DSN: 347-5893
CIV: (253) 966-5890/ 5889

Website:

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 Ligget Ave, Waller Hall, Room 108, JBLM, WA 98433
(AIR FORCE)

DSN: 382-3821/ 2700
CIV: (253) 982-3821/ 2700
Website:

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

UPDATE AS OF 01 FEB 16
Website:

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

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

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

UPDATE AS OF 01 FEB 16
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

UPDATE AS OF 01 FEB 16
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

McChord AFB Commissary
- 577 LINCOLN BOULEVARD
- MCCHORD FIELD, WA 98438-1316 United States
- Store Phone: (253)982-3285, EXT. 3017

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:

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
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 Ligett 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

Agency: Family Life Center
Service(s): Counseling
Description: Individual and marriage
Target Audience: Service Members and Family Members

UPDATE AS OF 01 FEB 16
**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:**

**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

**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

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**CRISIS MANAGEMENT**

**Agency:**
Northwest Harvest

**Service(s):**
Food Banks

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UPDATE AS OF 01 FEB 16
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

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(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

UPDATE AS OF 01 FEB 16
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:

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://employeedental.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.

UPDATE AS OF 01 FEB 16
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:

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://jblm.mwr.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/

UPDATE AS OF 01 FEB 16
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:**

**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:**

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 DONSAs

UPDATE AS OF 01 FEB 16
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

UPDATE AS OF 01 FEB 16
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

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

EMERGENCY SERVICES

UPDATE AS OF 01 FEB 16
DIRECTORATE OF EMERGENCY SERVICES
http://www.lewis-mcchord.army.mil/des/
FIRE DEPARTMENT
POLICE DEPARTMENT
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

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:

CAREER/JOB SEARCH

UPDATE AS OF 01 FEB 16
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:

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

UPDATE AS OF 01 FEB 16
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

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:

FAMILY SUPPORT SERVICES

Agency:
Military and Family Life Consultants

UPDATE AS OF 01 FEB 16
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

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:

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

UPDATE AS OF 01 FEB 16
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:

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

UPDATE AS OF 01 FEB 16
Schedule:
Monday – Friday 0730-1630, or by special request

Location:
9040A Jackson Avenue, Tacoma, WA 98431

CIV: 253-968-0547

Website:

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 (BDLG 690)

CIV: (253) 982-2273

Website:

Agency:
JBLM Wellness Center
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
Puyallup 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
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

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
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:**

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:**

HOUSING
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
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:  

Rainer and Evergreen inn


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):  

UPDATE AS OF 01 FEB 16
INJURY 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

LEGAL SERVICES
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

UPDATE AS OF 01 FEB 16
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

**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
**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

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**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
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

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

PHARMACY / 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

UPDATE AS OF 01 FEB 16
Schedule:
Monday – Friday 07:30 – 16:30; Closed Federal Holidays and selected training holidays.

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

Website:
(Pharmacies)

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:

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
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 Ligget 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

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

UPDATE AS OF 01 FEB 16
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

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/
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

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

RESILIENCY TRAINING

Agency: Comprehensive Soldier Fitness Program
Service(s): Resiliency Training
Description: Improve communication, strengthen relationships, problem solving
Target Audience: Service Members

UPDATE AS OF 01 FEB 16
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

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**RETIRED AIF FORCE**

http://mcchordrao.com/

UPDATE AS OF 01 FEB 16
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

Agency:
Sexual Assault Prevention and Response Office

UPDATE AS OF 01 FEB 16
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

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:

SLEEP ISSUES

UPDATE AS OF 01 FEB 16
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:**  

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:**  

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)
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

UPDATE AS OF 01 FEB 16
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

UPDATE AS OF 01 FEB 16
**Location:**
Bldg 2022 (Liggett Ave & Division)

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

**Website:**

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**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:**

**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/acss/acss_sos.html

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UPDATE AS OF 01 FEB 16

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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:**

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 actives 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/cyss_cdc.html

TOBACCO CESSATION

**Agency:**
JBLM Wellness Center

UPDATE AS OF 01 FEB 16
Service(s): Smoking cessation education
Description: Tobacco free living
Target Audience: Smokers
Schedule: See link below for additional information
Location: Jensen Gym 2222 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

UPDATE AS OF 01 FEB 16
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

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

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

UPDATE AS OF 01 FEB 16
**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/

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**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

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**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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UPDATE AS OF 01 FEB 16
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 dieticians 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

UPDATE AS OF 01 FEB 16
Website: