



NAVY WELLNESS DIRECTORY

NEWPORT NEWS SHIPYARD

A resource to build
Great People
who are strong in
Mind, Body, and Spirit



MIND:
PSYCHOLOGICAL RESOURCES

SERVICE	DESCRIPTION	PROVIDER	MODALITY	AVAILABILITY	LOCATION	TRANSPORTATION REQUIREMENT	TIME COMMITMENT (commute time from HII/NNS)	CONTACT INFO
ARSENAL Workshops	Seven key aspects in life involved in building resiliency to stress are assessed and discussed, along with action plans to implement changes to each.	Chaplain Corps (CREDO)	Virtual	N/A	N/A	N/A	N/A	Website: https://cnrma.cnic.navy.mil/Operations-and-Management/Religious-Programs/ Phone: (757) 444-6051 Email: CNRMACREDO@gmail.com Notes:
			In-Person Option 1	On Demand	Bldg. C-7, 1630 Morris St Norfolk, VA 23511	POV/Duty van	5 hours	
			In-Person Option 2	On Demand	Huntington Hall, NNSY, 3100 Huntington Ave. Bldg. 633, Newport News, VA 23607	POV/Duty van	3 hours	
			Mobile	By request	Provider comes to command	None	3 hours	
START Training	90 minute online training to help teach skills and knowledge to keep others safe from suicide.	Chaplain Corps (CREDO)	Virtual	On Demand	N/A	N/A	90 minutes	Website: https://cnrma.cnic.navy.mil/Operations-and-Management/Religious-Programs/ Phone: (757) 444-7654/7666 Email: CREDO_CNRMA.FCT@navy.mil Notes: Ideal for RAs
			In-Person Option 1	N/A	N/A	N/A	N/A	
			Mobile	N/A	N/A	N/A	N/A	
safeTALK Workshops	Half-day events that train participants to identify signs of suicidal ideations, engage with the person, and escort to a higher echelon of care.	Chaplain Corps (CREDO)	Virtual	N/A	N/A	N/A	N/A	Website: https://cnrma.cnic.navy.mil/Operations-and-Management/Religious-Programs/ Phone: (757) 444-6051 Email: CNRMACREDO@gmail.com Notes: Minimum number of participants - 10
			In-Person Option 1	On Demand	Bldg. C-7, 1630 Morris St Norfolk, VA 23511	POV/Duty van	5 hours	
			In-Person Option 2	On Demand	Huntington Hall, NNSY, 3100 Huntington Ave. Bldg. 633, Newport News, VA 23607	POV/Duty van	3 hours	
			Mobile	By request	Provider comes to command	N/A	3 hours	
ASIST Workshops	Two-day training that examines causes for suicidal ideations, equips the students with ability to identify signs, engage with the person, and build a safety plan.	Chaplain Corps (CREDO)	Virtual	N/A	N/A	N/A	N/A	Website: https://cnrma.cnic.navy.mil/Operations-and-Management/Religious-Programs/ Phone: (757) 444-6051 Email: CNRMACREDO@gmail.com Notes: Minimum number of participants - 8
			In-Person Option 1	On Demand	Bldg. C-7, 1630 Morris St Norfolk, VA 23511	POV/Duty van	2 days	
			In-Person Option 2	On Demand	Huntington Hall, NNSY, 3100 Huntington Ave. Bldg. 633, Newport News, VA 23607	POV/Duty van	2 days	
			Mobile	By request	Provider comes to command	N/A	2 days	
Life-skills Group Process for at-risk Sailors	Promote Psychological Flexibility, Mindfulness and Spirituality with Acceptance and Commitment Therapy Modality /Group Process	Chaplain John C Stennis	In Person	Weekly	Floating Accomodation Facility	None	1 hour	Website: None Phone: CAPT P. B. Greer, Chaplain, JCS 757-586-9324 Email: paul.b.greer.mil@us.navy.mil Notes: Contact John C. Stennis Chaplain Office for more information.

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Resiliency Coach Program (In implementation)	Select E-5-E-6 trained in advance coach, suicide prevention, Mind Body Mental Fitness from NCCOSC course. Pair with at risk Sailors for extra support	Chaplain/MH team: John C Stennis	In person	semi-annual	Suite#201 in the bldg 2600 Huntington Ave. Bldg. 633, Newport News, VA 23607	None	18 hours	Website: None Phone: CAPT P. B. Greer, Chaplain, JCS 757-586-9324 Email: paul.b.greer.mil@us.navy.mil Notes: Contact John C. Stennis Chaplain Office for more information.
Advance Warrior Toughness Training	NETC program Mind Body Spirit	Reigious Program Specialist/ Volunteers- John C Stennis	In person	Monthly INDOC(JCS)	Huntington Hall, NNSY, 3100 Huntington Ave. Bldg. 633, Newport News, VA 23607	POV/Duty van	1.5 hours	Website: None Phone: CAPT P. B. Greer, Chaplain, JCS 757-586-9324 Email: paul.b.greer.mil@us.navy.mil Notes: Contact John C. Stennis Chaplain Office for more information.
Counseling	Any Service Member can ask to speak with a Chaplain that day	Command Religious Minitries Department- PCU JFK	Virtual	N/A	N/A	N/A	N/A	Phone: (757) 534-4855 Email: aaron.kleinman@cvn79.navy.mil Notes: One dedicated space to conduct counseling in Bank Building.
			In-Person Option 1	Monthly	Bank Building 2600 Washington Ave. Newport News, VA 23607	N/A	None	
			In-Person Option 2	On Demand	Bldg. 608 4101 Washington Ave. Newport News, VA 23607	N/A	None	
			In-Person Option 3	By request	PCU JFK Chaplain's Office	N/A	None	
			Mobile	By request	PCU JFK Duty Chaplain	N/A	None	
safeTALK Workshops	Half-day events that train participants to identify signs of suicidal ideations, engage with the person, and escort to a higher echelon of care.	Command Religious Minitries Department- PCU JFK	Virtual	N/A	N/A	N/A	N/A	Phone: (757) 534-4855 Email: aaron.kleinman@cvn79.navy.mil Notes: All incoming sailors E-6 and below receive safeTALK training at INDOC. (4 trainers) and PCU JFK Sailors (3 trainers).
			In-Person Option 1	By request	U40 1327 W C Street Norfolk, VA 23511	POV/Duty van	5 hours	
			Mobile	N/A	N/A	N/A	N/A	

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Stress Management classes	Stress and strong emotions can cause or worsen various health problems such as heart disease, hypertension, headaches, strokes, and depression. AFWC offers Biofeedback and education in stress relief techniques and coping skills to help combat daily stress.	AFWC	Virtual	On request/ Provider availability	N/A	None	60 min	Website: https://mcdonald.tricare.mil/Health-Services/Preventive-Care/Department-of-Public-Health/Army-Wellness Phone: (757) 314-7724 Email: Notes: Appointment required, can request multiple services in one visit.
			In-Person	Monday- Tuesday 7:30 a.m.- 4:30 p.m. / Wednesday- Friday 6:00 a.m. - 3:00 p.m	JBLE AFWC; Building 500 Sternberg Ave , Fort Eustis, VA, United States, Virginia	POV/Walk	60 min	
			Mobile	On request/ Provider availability	AFWC can come to you, coordinate by calling.	N/A	60 min	
Individual Stress Management Training Sessions	Biofeedback and education in stress relief techniques and coping skills to help combat daily stress.	AFWC	In-Person only	Monday- Tuesday 7:30 a.m.- 4:30 p.m. / Wednesday- Friday 6:00 a.m. - 3:00 p.m	JBLE AFWC; Building 500 Sternberg Ave , Fort Eustis, VA, United States, Virginia	POV	2 hrs	
Mind Body Mental Fitness Classes (MBMF)	This program is designed to promote a culture of excellence as part of the continuum of Warrior Toughness, Expanded Operation Stress Control (E-OSC) and Command Resilience Team (CRT).	Fleet and Family Support Center	Virtual	Schedules varies each	www.MyNavyFamily.com	None	2.0 hours/module	Website: https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/ Phone: 757-887-4606 (NWSY); 757-688-6289 (HH) Email: Notes: MBMF consists of 6 modules (i.e., stress resilience, mindfulness and meditation, living core values, flexibility, problem-solving, and connection). The modules can be tailored at command request.
			In-Person	M-R 0730-1630; Friday 0730-	HH BLG 633;and 1949 Von Steuben Dr., Newport News,	POV	Varies by class	
			Mobile	On request/ Provider	At your command	None	Varies by class	
Clinical Counselors	Provide short-term individual, marital, couples, ; group counseling to military members and their spouses. Whether feeling stressed, coping with loss, or want to improve personal relationship and communication skills.	Fleet and Family Support Center	Virtual	M-R 0730-1630; Friday 0730- 1400	Telephonic-phone number TBD	None	3 hours	Website: Email: Notes: By appointment only. Clinician will contact sailor/ family member to schedule and exchange contact information. Services are provided in-person or telephonically (if appropriate). Phone: 757-887-4606 (NWSY); 757-688-6289 (HH)
			In-Person	M-R 0730-1630; Friday 0730- 1400	HH BLG 633; 1949 Von Steuben Dr., Newport News, VA 23603	POV	3 hours	
			Mobile	Commands can request an onsite crisis intervention	At your command	None	Crisis interventions vary based on request/ need.	

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Life Skills Classes	The following FFSC life skills education programs provide a variety of valuable resources that can help service members and their families successfully manage the challenges of military life: Building Healthy Relationships, Family Violence Prevention Education, Information and Referral, New Parent Support/Parenting Programs, Stress and Anger Management, and Ready Navy.	Fleet and Family Support Center	Virtual	Schedules vary each month	MyNavyFamily.com (NMCI use https://learning.zeiders.refineddata.com)	None	Varies by class	Website: https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/ Phone: 757-887-4606 (NWSY); 757-688-6289 (HH) Email: Notes: Walk ins and by appointment+J145:L147
			In-Person	M-R 0730-1630; Friday 0730-1400	HH BLG 633; 1949 Von Steuben Dr., Newport News, VA 23603	POV	3 hours+I145:J147	
			Mobile	On request/ Provider availability	At your command	None		
SAIL	Sailor Assistance and Intercept for Life (SAIL) is a program available to active duty Sailors who experienced a suicide ideation or attempt (Suicide-Related Behavior). SAIL is an evidence-based intervention that provides rapid assistance, ongoing risk assessment, care coordination, and reintegration assistance. Risk is assessed at key intervals using the Columbia Suicide Severity Rating Scale and managed using the Veterans Affairs Safety Plan through a series of contacts over 90 days following Suicide-Related Behavior.	Fleet and Family Support Center	Virtual	M-R 0730-1630; Friday 0730-1400		None	1.5 hours initial and .5 follow up contacts	Website: Phone: NA Email: MILL_N17_SAIL.fct@navy.mil Notes: If SM has suicide related behavior (SRB), command is REQUIRED to make a SAIL referral. Complete SAIL referral form and send encrypted email to above. SAIL case manager (CM) will contact SM to provide services via phone.
			In-Person	N/A	N/A	N/A	N/A	
			Mobile	N/A	N/A	N/A	N/A	
Deployed Resiliency Counselors and Embedded Intergrated Prevention Coordinators	Embedded on CVN and LHD	Fleet and Family Support Center	Virtual	On request/ Provider availability	Telephonic-Phone number TBD	None		Website: Phone: Email: Notes: DRCs and EIPCs with USS John C. Stennis have offices in 2600 Washington Ave, NN (old bank building)
			In-Person	Embedded	2600 Washington Ave, NN, VA	POV	2-3 hours	
			Mobile	On request/ Provider availability	At your command	None	Varies	
Warrior Toughness Program		NTSC	Virtual		N/A	None		Website: Phone: Email: Notes:
			In-Person					
			Mobile					

MIND:
SOCIAL RESOURCES

SERVICE	DESCRIPTION	PROVIDER	MODALITY	AVAILABILITY	LOCATION	TRANSPORTATION REQUIREMENT	TIME COMMITMENT (commute time from HII/NNS)	CONTACT INFO
Arbinger Workshops (LOM or DIOM)	LOM - 1 day (6-8 hours) DIOM - 2 day (12-16 hours) Programs that focus on leadership and communication within an organization, and how internal attitudes help or hinder both. Geared toward senior leaders.	Chaplain Corps (CREDO)	Virtual	N/A	N/A	N/A	N/A	Website: https://cnrma.cnic.navy.mil/Operations-and-Management/Religious-Programs/ Phone: (757) 444-6051 Email: CNRMACREDO@gmail.com Notes: Minimum number of participants -
			In-Person Option 1	On Demand	Bldg. C-7, 1630 Morris St Norfolk, VA 23511	POV/Duty van	1 day or 2 days	
			In-Person Option 2	On Demand	Huntington Hall, NNSY, 3100 Huntington Ave. Bldg. 633, Newport News, VA 23607	POV/Duty van	1 day or 2 days	
			Mobile	By request	Provider comes to command	None	1 day or 2 days	
Four Lenses Workshops	A personality type assessment tool that assesses and teaches 4 people types and how each are wired. Focus is on how each can help build stronger teams together.	Chaplain Corps (CREDO)	Virtual	N/A	N/A	N/A	N/A	Website: https://cnrma.cnic.navy.mil/Operations-and-Management/Religious-Programs/ Phone: (757) 444-6051 Email: CNRMACREDO@gmail.com Notes: Minimum number of participants
			In-Person Option 1	On Demand	Bldg. C-7, 1630 Morris St Norfolk, VA 23511	POV/Duty van	6 hours	
			In-Person Option 2	On Demand	Huntington Hall, NNSY, 3100 Huntington Ave. Bldg. 633, Newport News, VA 23607	POV/Duty van	4 hours	
			Mobile	By request	Provider comes to command	None	4 hours	
Clifton Strengths Finder Workshops	Personality assessment and team building course that helps individuals learn their top 5 strengths and how they can help benefit the team.	Chaplain Corps (CREDO)	Virtual	N/A	N/A	N/A	N/A	Website: https://cnrma.cnic.navy.mil/Operations-and-Management/Religious-Programs/ Phone: (757) 444-6051 Email: CNRMACREDO@gmail.com Notes:
			In-Person Option 1	On Demand	Bldg. C-7, 1630 Morris St Norfolk, VA 23511	POV/Duty van	6 hours	
			In-Person Option 2	On Demand	Huntington Hall, NNSY, 3100 Huntington Ave. Bldg. 633, Newport News, VA 23607	POV/Duty van	3-4 hours	
			Mobile	By request	Provider comes to command	None	3-4 hours	
Marriage Enrichment Workshop	Half-day event that utilizes a combination of programs to improve communication, defuse conflict and build resilience in marriages.	Chaplain Corps (CREDO)	Virtual	N/A	N/A	N/A	N/A	Website: https://cnrma.cnic.navy.mil/Operations-and-Management/Religious-Programs/ Phone: (757) 444-7654/7666 Email: CREDO_CNRMA.FCT@navy.mil Notes:
			In-Person Option 1	N/A	N/A	N/A	N/A	
			Mobile	By request	Provider works with command to set up event	None	6-8 hours	
Marriage Enrichment Retreat	Multi-day event that utilizes a combination of programs to improve communication, defuse conflict and build resilience in marriages.	Chaplain Corps (CREDO)	Virtual	N/A	N/A	N/A	N/A	Website: https://cnrma.cnic.navy.mil/Operations-and-Management/Religious-Programs/ Phone: (757) 444-7654/7666 Email: CREDO_CNRMA.FCT@navy.mil Notes:
			In-Person Option 1	Offered quarterly	Varies	Varies	2-3 days	
			Mobile	N/A	N/A	N/A	N/A	

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One Love Escalation Workshop	Healthy relationship, dating and relationship abuse prevention class.	Chaplain Corps	Virtual		N/A	None		Website: https://https://www.joinonelove.org/ Phone: Email: Notes:
			In-Person Option 1	Offered monthly/ INDOC	Huntington Hall, NNSY, 3100 Huntington Ave. Bldg. 633, Newport News, VA 23607	POV/Duty van	1.5 hours	
Life After Mast	Skills based program based on Acceptance and Commitment Theory and emotional intelligence and behavior therpay modalities to assist Sailor in recovery post Non-judicial punishment for Sailors on restriction	DRC, EIPC & Chaplain- John C Stennis	In-person	Weekly	Floating Accomodation Facility	None	1 hour	Website: None Phone: CAPT P. B. Greer, Chaplain, JCS 757-586-9324 Email: paul.b.greer.mil@us.navy.mil Notes: Contact John C. Stennis Chaplain Office for more information.
Emotional Triage	Affect Labeling and Emotional Intelligence	Reigious Program Specialist/ Chaplains- John C Stennis	In person	Daily	Floating Accomodation Facility	None	None	Website: None Phone: CAPT P. B. Greer, Chaplain, JCS 757-586-9324 Email: paul.b.greer.mil@us.navy.mil Notes: Contact John C. Stennis Chaplain Office for more information.
Community Relations Volunteer Program	Volunteer opportunities designed to promote altriusm; connect to values, meaning and purpose, and enhance quality of life and service.	Reigious Program Specialist/ Chaplains- John C Stennis	In person	bi-monthly	Varies. Botanical Garden, Mariner's Museum, Habitat for Humanity, animal shelter, food bank, etc.	Duty van	6 hours	Website: None Phone: CAPT P. B. Greer, Chaplain, JCS 757-586-9324 Email: paul.b.greer.mil@us.navy.mil Notes: Contact John C. Stennis Chaplain Office for more information.
ASIST Workshops	Two-day training that examines causes for suicidal ideations, equips the students with ability to identify signs, engage with the person, and build a safety plan.	Command Religious Minitries Department- PCU JFK	Virtual	N/A	N/A	N/A	N/A	Phone: (757) 534-4855 Email: aaron.kleinman@cvn79.navy.mil Notes: Offered monthly, five trainers available
			In-Person Option 1	By Request	U40 1327 W C Street Norfolk, VA 23511	POV	18 hours	
			Mobile	N/A	N/A	N/A	N/A	
Force Preservation Council	Meeting with Triad, Wellness Team, DH, DLCPO, command resilience stakeholders to discuss destructive decisions and mitigation factors for sailors expereincing high stress events.	Command Religious Minitries Department- PCU JFK	Viritual	N/A	N/A	N/A	N/A	Phone: (757) 534-4855 Email: aaron.kleinman@cvn79.navy.mil Notes: Offered monthly
			In-person Option 1	Quarterly	Bldg. 608 4101 Washington Ave. Newport News, VA 23607	N/A	3-4 Hours	
			Mobile	N/A	N/A	N/A	N/A	

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SERVICE	DESCRIPTION	PROVIDER	MODALITY	AVAILABILITY	LOCATION	TRANSPORTATION REQUIREMENT	TIME COMMITMENT (commute time from HII/NNS)	CONTACT INFO
Community Relations Projects	Volunteer opportunities at non-profit organizations in the Hampton Roads Area	Command Religious Ministries Department- PCU JFK	Virtual	N/A	N/A	N/A	N/A	Phone: (757) 534-4855 Email: aaron.kleinman@cvn79.navy.mil Notes: Offered weekly
			In-person Option 1	By request	Norfolk Botanical Gardens 6700 Azalea Garden Rd. Norfolk, VA 23518	POV	4-5 Hours	
			In-person Option 2	By request	Virginia Peninsula Food Bank 2401 Aluminum Ave. Hampton, VA 23661	POV	4-5 Hours	
			In-person Option 3	By request	Blue Bird Gap Farm 60 Pine Chapel Rd. Hampton, VA 23669	POV	4-5 Hours	
			Mobile	N/A	N/A	N/A	N/A	
Financial	Family Employment Readiness- Valuable resource to help spouses and family members find employment. FFSC offers employment workshops, federal employment information, individual career counseling, local and national employment information, and resume critiques.	Fleet and Family Support Center	Virtual	Schedules vary each month	N/A	None	Varies	Website: https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/ Phone: 757-887-4606 (NWSY); 757-688-6289 (HH) Email: Notes: Walk ins and by appointment
			In-Person	M-R 0730-1630; Friday 0730- 1400	1949 Von Steuben Drive, Newport News, VA 23603	POV	Varies	
			Mobile	On request/ Provider availability	At your command	None	Varies	
MWR / Liberty	Monthly life skills programs	Liberty team	Virtual	N/A	N/A	N/A	N/A	Website: NavyLifeNWSY.com/events Phone: 757-688-7541 Email: Matthew.p.palandro2.naf@us.navy.mil Notes: Liberty skills programs are available on a monthly basis and some will be transported to NWSY Yorktown or Cheatham Annex.
			In-Person	19 Jan. Nat Popcorn day HH 23 Jan National Pie Day. 25 Jan. Nail & String art HH 5pm 29 Jan. Retro Movie Night. 31 Jan. Town Hall mtg 5-pm HH	3100 Huntington Ave. Newport News VA. 23607 www.navylifeNWSY.com/ events	None or MWR if off-site	1.5-2hr.	
			Mobile	MWR can bring programs to commands	3100 Huntington Ave. Newport News VA. 23607	Yes can be provided if needed from ship / command.	2 hour	

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MWR	Variety of MWR recreational opportunities from organized trips/tours, and self-directed recreational and entertainment opportunities	MWR Community Rec Team	Virtual	N/A	N/A	N/A	N/A	Website: www.navylifema.com/installation/nwsy Phone: 757-688-7541 Email: Matthew.p.palandro2naf@us.navy.mil Notes: Self-Directed MWR opportunities may include but not limited to; Navy Digital Library, access to to the local MWR Ticket/Travel office for discounted entertainment options.
			In-Person	Programs scheduled monthly or resources and referrals provided for self-directed opportunities.	3100 Huntington Ave. Newport News VA. 23607	Varies, in some cases MWR could provide for organized off-site trips	2-4 hr.	
			Mobile	Can coordinate trips off base outing with commands	3100 Huntington Ave. Newport News VA. 23607	Varies depending on activty	2-4 hr.	
SARP Level .5 (Prime for Life) and Level 1 Spirituality Module	Incorprate Spirituality in treatment and recovery in biopsychosocial-spiritual model. Address spiritual practices in recovery, forgiveness therapy and moral injury. Logotherapy and exestitial meaning making.	SARP Counselor & Chaplain Corps- John C Stennis	In-person	Quarterly	Suite#201 in the bldg 2600 Huntington Ave. Bldg. 633, Newport News, VA 23607	POV/Duty van	2 hours	Website: None Phone: CAPT P. B. Greer, Chaplain, JCS 757-586-9324 Email: paul.b.greer.mil@us.navy.mil Notes: Contact John C. Stennis Chaplain Office for more information.
Bible Study	Weekly Bible Study on topical spiritual issues and books of the Bible	Chaplain - John C Stennis	In-person	Weekly	Floating Accomodation Facility	None	1 hour	Website: None Phone: CAPT P. B. Greer, Chaplain, JCS 757-586-9324 Email: paul.b.greer.mil@us.navy.mil Notes: Contact John C. Stennis Chaplain Office for more information.

MIND:
FINANCIAL RESOURCES

SERVICE	DESCRIPTION	PROVIDER	MODALITY	AVAILABILITY	LOCATION	TRANSPORTATION REQUIREMENT	TIME COMMITMENT (commute time from HII/NNS)	CONTACT INFO
Personal Financial Management	FFSC has many resources that can help manage money. FFSC has fully qualified financial education specialists that can help with Command Financial Specialist training, individual financial counseling, and personal financial management workshops	Fleet and Family Support Center	Virtual	Schedules vary each month	MyNavyFamily.com (NMCI use https://learning.zeiders.refineddata.com)	None	Varies	Website: https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/ Phone: 757-887-4606 (NWSY); 757-688-6289 (HH) Email: Notes: Walk ins and by appointment
			In-Person	M-R 0730-1630; Friday 0730-1400	HH BLG 633; 1949 Von Steuben Dr., Newport News, VA 23603	POV	Varies	
			Mobile	On request/ Provider availability	At your command	None	Varies	
Command Financial Specialist	CFS, are responsible for the financial literacy education and training, information and referral, financial counseling, and consumer advocacy at the command.	Unit	Virtual	On request/ Provider availability	Telephonic	None	Varies	Website: https://finred.usalearning.gov/SPL/ServiceResources/CoastGuardResource/Overview/CFSPProgramOverview Phone: Email: Notes: Services provided by active duty members that have completed CFS class at FFSC.
			In-Person	Embedded	At your command	None	Varies	
			Mobile	On request/ Provider availability	At your command	None	Varies	

BODY:

NUTRITIONAL RESOURCES

SERVICE	DESCRIPTION	PROVIDER	MODALITY	AVAILABILITY	LOCATION	TRANSPORTATION REQUIREMENT	TIME COMMITMENT (commute time from HII/NNS)	CONTACT INFO
Navy Registered Dietitians	Provide medical nutrition therapies, nutrition counseling and education to Active Duty, dependents, and beneficiaries.	BUMED	Virtual	M-F, 0800-1500	N/A	None	1 hour	Website: https://portsmouth.tricare.mil/Health-Services/Preventive-Care/Nutrition-Services Phone: 757-953-2631 Email: N/A Notes: appointment and referral required
			In-Person	M-F, 0800-1500	Charette Health Care Center, Building 2, 2nd Floor, 620 John Paul Jones Circle Portsmouth, VA 23708	POV	2.5 hours	
			Mobile	On request/ Provider availability	Provider comes to command	None	1 hour	
Shipshape Program	The official Navy weight management program designed to assist active duty and reserve military service members, beneficiaries, and government civilians with making healthy behavior changes in order to lose weight. Covers topics on mindset, nutrition, physical activity, and sleep.	BUMED / Navy & Marine Corps Force Health Protection Command	Virtual	Thursdays 0900-1100	Weeks 1 and 6 are virtual	None		Website: https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Population-Health/Health-Promotion-and-Wellness/ShipShape/ Phone: (757) 953-1925/1927 Email: Notes:
			In-Person	Thursdays 0900-1100	Sessions 2-5 are in person NMC Portsmouth 620 John Paul Jones Circle	POV	4 hours	
Metabolic Testing & Health Coaching	The MIM class addresses common challenges to preparing fast and healthy meals at home. We discuss how to find healthy foods when eating at restaurants	AFWC	Virtual	Yes, TCON for Health Coaching	N/A	None	15-30 min (health coaching)	Website: https://mcdonald.tricare.mil/Health-Services/Preventive-Care/Department-of-Public-Health/Army-Wellness Phone: (757) 314-7724 Email: Notes: Appointment required, can request multiple services in one visit.
			In-Person	TBD, Coming Soon, week of 29 Jan.	Huntington Hall; 3100 Huntington Ave, Bldg 633, Newport News, VA 23607	POV	30-60 min	
			In-Person	Monday-Tuesday 7:30 a.m.- 4:30 p.m. / Wednesday-Friday 6:00 a.m. - 3:00 p.m	JBLE AFWC; Building 500 Sternberg Ave , Fort Eustis, VA, United States, Virginia	POV	90 minutes	
			Mobile	On request/ Provider availability	AFWC can come to you, coordinate by calling.	N/A	30-60 min	

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NUTRITIONAL RESOURCES

SERVICE	DESCRIPTION	PROVIDER	MODALITY	AVAILABILITY	LOCATION	TRANSPORTATION REQUIREMENT	TIME COMMITMENT (commute time from HII/NNS)	CONTACT INFO
Meals in Minutes Classes	The MIM class addresses common challenges to preparing fast and healthy meals at home. We discuss how to find healthy foods when eating at restaurants	AFWC	Virtual	On request/ Provider availability	N/A	None	60 min	Website: https://mcdonald.tricare.mil/Health-Services/Preventive-Care/Department-of-Public-Health/Army-Wellness Phone: (757) 314-7724 Email: Notes: Appointment required, can request multiple services in one visit.
			In-Person	Monday-Tuesday 7:30 a.m.- 4:30 p.m. / Wednesday-Friday 6:00 a.m. - 3:00 p.m	JBLE AFWC; Building 500 Sternberg Ave , Fort Eustis, VA, United States, Virginia	POV	2 hrs	
			Mobile	On request/ Provider availability	AFWC can come to you, coordinate by calling.	N/A	60 min	
Mission Nutrition Classes	Mission Nutrition is a standardized, science-based 2 day long course focused on improving your nutritional knowledge and awareness.	MWR	Virtual	N/A	N/A	N/A	N/A	Website: NavyLifeNWSY.com/events Phone: 757-688-7553 Email: matthew.p.palandro2.naf@us.navy.mil Notes: Mission Nutrition classes are scheduled quarterly
			In-Person	29 - 1 MAR	3100 Huntington Ave. Newport News. VA. 23607 or Cheatham Annex	POV or coordinated transportation from HHall w/ MWR	16 hours	
			Mobile	Can be scheduled to come directly to commands.	3100 Huntington Ave. Newport News. VA. 23607 or Cheatham Annex	N/A	16 hours	
NOFFS Meal Builder	The Navy Operational Fitness and Fueling System (NOFFS) fueling systems includes the meal builder. The meal builder supports weight control and physical performance through fueling strategy to assist Sailors with their goals. The meal builders provides recommended fueling based on gender and activity level. The recommendations in the zones provide a better idea of the amount of food that should be eaten to achieve the Sailor's goals.	MWR	Virtual	online link	https://www.navyfitness.org/fitness/nutrition/noffs-fueling-series	N/A	N/A	Website: https://www.navyfitness.org/fitness/nutrition/noffs-fueling-series Phone: 757-688-7553 Email: matthew.p.palandro2.naf@us.navy.mil Notes: NOFFS Nutrition can be delivered by at NOFFS certified instructors in-person or virtual.
			In-Person	On-site request and scheduling varies	3100 Huntington Ave. Newport News, VA. 23607	None- onsite	1-2 hour commitment	
			Mobile	Can be scheduled to work directly one on one with /commands	3100 Huntington Ave. Newport News, VA. 23607	N/A	1-2 hour commitment	
Nutrition Counseling	Health and wellness coaching is available for weight management, fitness, nutrition and stress management.	Military OneSource	Virtual	appointment on request	N/A	None	1 hour	Website: https://www.militaryonesource.mil/benefits/health-wellness-coaching/ Phone: 800-342-9647 Email: none, book through website Notes:

BODY:

NUTRITIONAL RESOURCES

SERVICE	DESCRIPTION	PROVIDER	MODALITY	AVAILABILITY	LOCATION	TRANSPORTATION REQUIREMENT	TIME COMMITMENT (commute time from HII/NNS)	CONTACT INFO
Operation Supplement Safety	Department of Defense dietary supplement program for the military community, leaders, healthcare providers, and DoD civilians	USU Consortium for Health and Military Performance	Virtual	online resource	N/A	None		Website: www.opss.org Phone: Email: Notes:
Human Performance Resource Center	Online resources for healthy living	USU Consortium for Health and Military Performance			N/A	None		Website: https://www.hprc-online.org/total-force-fitness/ service-specific-resources/navy Phone: Email: Notes:

BODY:
PHYSICAL FITNESS/SLEEP RESOURCES

SERVICE	DESCRIPTION	PROVIDER	MODALITY	AVAILABILITY	LOCATION	TRANSPORTATION REQUIREMENT	TIME COMMITMENT (commute time from HII/NNS)	CONTACT INFO
Body Composition Analysis	Body composition goes beyond the number seen on a scale and determines if weight comes from fat or fat-free mass. Fat free mass includes everything the body is made of that is not fat, such as muscle and bone.	AFWC	Virtual	N/A	N/A	None	N/A	JBLE AFWC Website: https://mcdonald.tricare.mil/Health-Services/Preventive-Care/Department-of-Public-Health/Army-Wellness JBLE Phone: (757) 314-7724 Email: Notes: Appointment required for both locations, can request multiple services in one visit. Unit style assessment offered. Huntington Hall Phone: 948-205-0105
			In-Person	TBD, Coming Soon, week of 29 Jan.	Huntington Hall, 3100 Huntington Ave, bldg 633, Newport News, VA 23607	POV	30 min	
			In-Person	Monday-Tuesday 7:30 a.m.-4:30 p.m. / Wednesday-Friday 6:00 a.m. - 3:00 p.m	JBLE AFWC; Building 500 Sternberg Ave , Fort Eustis, VA, United States, Virginia	POV	90 min	
			Mobile	On request/ Provider availability	AFWC can come to you, coordinate by calling.	N/A	30 min	
Fitness Testing & Exercise Prescription	Exercise testing is an assessment of biometrics (height, weight, body mass index, blood pressure, heart rate), cardiorespiratory fitness, musuclar strength, and flexibility. Exercise Prescription provided.	AFWC	Virtual	N/A	N/A	None	30 min (exercise prescription follow up only)	Website: https://mcdonald.tricare.mil/Health-Services/Preventive-Care/Department-of-Public-Health/Army-Wellness Phone: (757) 314-7724 Email: Notes: Appointment required, can request multiple services in one visit.
			In-Person	Monday-Tuesday 7:30 a.m.-4:30 p.m. / Wednesday-Friday 6:00 a.m. - 3:00 p.m	JBLE AFWC; Building 500 Sternberg Ave , Fort Eustis, VA, United States, Virginia	POV	60 min	
			Mobile	N/A	N/A	N/A	N/A	

BODY:

PHYSICAL FITNESS/SLEEP RESOURCES

SERVICE	DESCRIPTION	PROVIDER	MODALITY	AVAILABILITY	LOCATION	TRANSPORTATION REQUIREMENT	TIME COMMITMENT (commute time from HII/NNS)	CONTACT INFO
Stress Management classes	Stress and strong emotions can cause or worsen various health problems such as heart disease, hypertension, headaches, strokes, and depression. AFWC offers Biofeedback and education in stress relief techniques and coping skills to help combat daily stress.	AFWC	Virtual	On request/ Provider availability	N/A	None	60 min	Website: https://mcdonald.tricare.mil/Health-Services/Preventive-Care/Department-of-Public-Health/Army-Wellness Phone: (757) 314-7724 Email: Notes: Appointment required, can request multiple services in one visit.
			In-Person	Monday-Tuesday 7:30 a.m.- 4:30 p.m. / Wednesday-Friday 6:00 a.m. - 3:00 p.m	JBLE AFWC; Building 500 Sternberg Ave , Fort Eustis, VA, United States, Virginia	POV	2 hrs	
			Mobile	On request/ Provider availability	AFWC can come to you, coordinate by calling.	N/A	60 min	
Healthy Sleep Habits classes	The class covers various topics to include the importance of sleep,insufficient sleep and its impact on wellness, basic sleep hygiene guidelines,environmental and stimulus control to promote falling and staying asleep andtools and resources available.	AFWC	Virtual	On request/ Provider availability	N/A	None	60 min	Website: https://mcdonald.tricare.mil/Health-Services/Preventive-Care/Department-of-Public-Health/Army-Wellness Phone: (757) 314-7724 Email: Notes: Appointment required, can request multiple services in one visit.
			In-Person	Monday-Tuesday 7:30 a.m.- 4:30 p.m. / Wednesday-Friday 6:00 a.m. - 3:00 p.m	JBLE AFWC; Building 500 Sternberg Ave , Fort Eustis, VA, United States, Virginia	POV	2 hrs	
			Mobile	On request/ Provider availability	JBLE AFWC; Building 500 Sternberg Ave , Fort Eustis, VA, United States, Virginia	N/A	60 min	
Intramural Sports	Basketball, Soccer, Softball. Seasons run 4-6 weeks.	MWR	In-Person	Sports scheduled by season. Coaches meeting Basketball 18 JAN.	HHall Gym- 3100 Huntington Ave. Newport News. VA. 23607	Onsite @ HHall, Yorktown or CAX can provide transportation	2-3 hours per commitment	Website: NavyLifeNWSY.com/events Phone: 757-688-7553 Email: matthew.p.palandro2.naf@us.navy.mil Notes: Huntington Hall local Fitness Director will provide additional details. Coaches meeting scheduled for Basketball 18, JAN. HHall.

BODY:

PHYSICAL FITNESS/SLEEP RESOURCES

SERVICE	DESCRIPTION	PROVIDER	MODALITY	AVAILABILITY	LOCATION	TRANSPORTATION REQUIREMENT	TIME COMMITMENT (commute time from HII/NNS)	CONTACT INFO
NOFFS	The Navy Operational Fitness and Fueling System (NOFFS) educational courses are instructor-led lecture and practical sessions geared towards improving operational performance. NOFFS provides foundational and performance nutrition guidance, and decrease the incidence and severity of musculoskeletal injuries.	MWR	Virtual	online link	https://www.navyfitness.org/fitness/nutrition/noffs-fueling-series	N/A	N/A	Website: NavyLifewNWSY.com/events Phone: 757- 688- 7553 Email: Matthew.p.palandro2.naf@us.navy.mil Notes: Assistance can be scheduled w/ Fitness specialists to focus on specific targeted training.
			In-Person	on-site request and scheduling varies	3100 Huntington Ave. Newport News, VA. 23607	None	1.5 hours	
			Mobile	Can be scheduled to work directly one on one with /commands	3100 Huntington Ave. Newport News, VA. 23607	N/A	N/A	
Fitness Specialists	Fitness specialist support the overall wellness of the community through the delivery fitness programs and service. Programs and services support the ability of Sailors to cultivate healthy relationships (e.g., social support), behavioral habits (e.g., nutrition, exercise), and improve stress.	MWR	Virtual	N/A	N/A	N/A	N/A	Website: NavyLifeNWSY.com/events Phone: 757-688-7553 Email: matthew.p.palandro2.naf@us.navy.mil Notes: Assistance can be prescheduled per session on -site.
			In-Person	On-site request and scheduling varies Mon-Sat	Huntington Hall MWR- 3100 Huntington Ave. Newport News	Onsite at HHall MWR Fitness Center	1.5 hours	
			Mobile	Can be scheduled to work directly one on one with / commands		N/A	N/A	
CNIC Afloat Recreation and Fitness Specialist	MWR Afloat Recreation and Fitness Specialist Program include Afloat Recreation Specialists (Fun Boss) and Afloat Fitness Specialist (Fit Boss) who serve aboard aircraft carriers, amphibious assault ships, and at times on hospital ships. Fun and Fit Bosses work together in providing fitness and recreation programs for shipboard Sailors and Marines.	Fit and Fun Boss	In-Person	Programming schedule varies based on ship; Programming is restricted to Sailors assigned to the ships	CVN in RCOH	None	None	Website: https://www.navyfitness.org/deployed-forces-support/fun-boss-fit-boss-program Phone: N/A Email: therese.m.guinane.naf@us.navy.mil Notes: Fit and Fun also support the social and nutrition wellness categories

BODY:

MEDICAL/DENTAL READINESS RESOURCES

SERVICE	DESCRIPTION	PROVIDER	MODALITY	AVAILABILITY	LOCATION	TRANSPORTATION REQUIREMENT	TIME COMMITMENT (commute time from HII/NNS)	CONTACT INFO
Women's Health Services	Walk-ins for preventive care	BUMED	Ship's medical	M-F, by appointment	PCU JFK: Bank Building USS JCS: FAF	None	1 hour	Website: https://portsmouth.tricare.mil/Health-Services/Contraceptive-Care Phone: Email: Notes: Includes PAP exams except for Langley
			BHC Norfolk	Tue and Wed 0700-1030, 1230-1430	1721 Admiral Taussig Blvd Norfolk, VA 23511	POV	2 hours	
			NMC Portsmouth	Th, 1300-1500	620 John Paul Jones Circle Portsmouth, VA 23708	POV	2 hours	
			McDonald Army Health Center	T-F, 1300-1400	Building 575 Jefferson Avenue Fort Eustis, VA 23604	POV	2 hours	
			Langley	M-F, 0800-0900	77 Nealy Avenue Hampton, VA 23665	POV	1.5 hours	
			Mobile	On request via ship's medical	Provider comes to command	None	1 hour	
Tobacco Cessation Classes	Prepare and equip tobacco users with the proper tools for a successful quit attempt.	BUMED	Virtual	By appointment	NMC Portsmouth Bldg 3	None	30 minutes	Website: Phone: (757) 953-1927/1925 Email: Notes: Health Promotion and Wellness Clinic, Bldg 3
			In-Person Option 1	By appointment	620 John Paul Jones Circle Portsmouth, VA 23708		1.5 hours	
			Telephonic	By appointment			30 minutes	
Preventative Medicine Trainings	The Preventive Medicine Department is available for in-service training courses concerning communicable disease control by calling the Portsmouth office. Pamphlets, flyers and posters are also available upon request.	BUMED	Mobile	Providers come to your command by request.	Your command	None	1 hour	Website: https://portsmouth.tricare.mil/Clinics/NAVSTA-Norfolk-BHC/Preventive-Medicine Phone: 757-953-8809/8810 Email: Notes:

SPIRIT:
 SPIRIT RESOURCES

SERVICE	DESCRIPTION	PROVIDER	MODALITY	AVAILABILITY	LOCATION	TRANSPORTATION REQUIREMENT	TIME COMMITMENT (commute time from HII/NNS)	CONTACT INFO
Divine Worship	Chaplain led religious services on Sunday	Command Religious Minitries Department-PCU JFK	Virutal	N/A	N/A	N/A	N/A	Phone: (757) 534-4855 Email: aaron.kleinman@cvn79.navy.mil Notes: Held in unfinished chapel on board ship
			In-person Option 1	Monthly	PCU JFK 4101 Washington Ave. Newport News, VA 23601	N/A	N/A	
			In-person Option 2	By request	PCU JFK 4101 Washington Ave. Newport News, VA 23601	N/A	N/A	
			Mobile	N/A	N/A	N/A	N/A	