

Bahrain Family Readiness Group Local Resources



“Who’s Your Guy?”

Revised: 8 September 2012

BAHRAIN FRC



PLEASE REMEMBER

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Activity on websites and other social media may be visible to the public.

Please contact Fleet & Family Services Center (FFSC) at 1875-4064 for information on hiring domestic help.

BAHRAIN FRC



BASE MAP



BAHRAIN FRC



Helpful Websites

Camel Crossings

(On and off base information with directions, updated 2009.)

www.cnic.navy.mil/navycni/groups/public/documents/document/cnicp_a232878.pdf

Fab Bahrain

(Similar to “Yellow Pages”; contact information is updated quarterly)

www.fabbahrain.com

Mums in Bahrain

(Similar to “Yellow Pages”; information for events & activities for children)

Mumsinbahrain.net

Click Bahrain

(Similar to “Yellow Pages”; Restaurants, shopping, nightlife, etc.)

www.clickbahrain.com

Timeout Bahrain

(Similar to “Yellow Pages”; Restaurants nightlife, etc.)

www.timeoutbahrain.com

My Secret Bahrain

www.mysecretbahrain.com

Gulf Daily News

(Local English Daily Newspaper)

www.gulf-daily-news.com

Tourism/Event Information

Complete Guide to Bahrain

www.bahrainguide.org

Ministry of Culture

www.moci.gov.bh/en

Bahrain Tourism

www.bhaintourism.com

Spring of Culture

www.springofculture.org

CAR CLEANING*

Lazer Car Services (Arad)

www.lazer.bh

1767-7050

AutoSpa (Budaiya Hwy)

www.autospabahrain.com

1759-5971

Eco Wash (Home Service)

1749-0565

*Please contact Fleet & Family Services Center (FFSC) at 1875-4064 for information on hiring domestic help.

Auto Shine (Manama)

1723-2223

CARPETS

On base (Bldg P911)

1785-6994

Al Thahani Carpet (Shwarma Alley)

Mr. Mohammed Thahani

1771-0692

Iwan Carpets & Crafts (Adliya)

1721-0937 or 3682-0782

ewancarpets@gmail.com

Oasis Carpets (Shwarma Alley)

Mr. Abdul Wahwd Abdulla

1771-3197 or 3946-0324

www.oasiscarpets.com

Peacock Carpets (Multiple Locations)

1771-3152

www.peacock-carpet.com

Carpet House (Shwarma Alley)

Mr. Mohammed Abdu Al-Omari

1771-0163 or 3946-5687

www.carpethouse.net

CARPET CLEANING

Iwan Carpets & Crafts (Adliya)

Mr.

1721-0937 or 3682-0782

ewancarpets@gmail.com

Al Thahani Carpets (Shwarma Alley)

Mr. Mohammed Thahani

1771-0692

Ali Makki Hasan Constr. (in home)

Mr. Mohammad Uddin

1727-3722 or 3960-1123

nizam17july@yahoo.com

CELL PHONES

Cell Phone Shop (On base, P911, Upstairs)

1785-6927

Gosi Complex (Exhibition Ave)

Mobile phones, plans, accessories, unlocking

1729-1551

CLASSIFIEDS

www.expatriates.com

www.manama.dubizzle.com

www.gulf-daily-news.com/classifieds.aspx

www.facebook.com/groups/mumsinbhclassifieds

www.facebook.com/groups/338932252820281/

(Closed Group associated with Expats in Bahrain)

COUPONS/DISCOUNT CARDS

Navy Exchange

Accepts all coupons to include those up to 6 months expired

The Entertainer Bahrain (25 BD)

www.theentertainerme.com

einfo@theentertainerme.com

Mums in Bahrain Purple Card (10 BD)

www.mumsinbahrain.net (Select "Purple Club")

Gulf Hotel VIP Prestige Club (75-90 BD)

www.gulfhotebahrain.com/content/prestige-club

COMPUTER REPAIR

Technoserve

3960-9876

PC Doctor (Lulu Center/By Souq)

1725-1114

CRAFTING STORES

Celebrations (Budaiya Hwy)

1759-5791

www.celebrations-artsandcrafts.com

Things To Do (Budaiya Hwy)

1759-0409

www.thingstodobahrain.net

Talent (Budaiya Hwy)

1759-4050

DRY CLEANING

Martinizing (On Base, P911)

1785-4279

Kingdom Laundry & Dry Cleaning (Exhibitions Ave)

1729-6999

Super Laundry & Dry Cleaning (Multiple Locations)

1771-0694 (Adliya), 1746-7217 (Arad)

Jeeves Dry Cleaning (Delivery)

1746-5575

www.jeevesbahrain.com

My Door Dry Cleaning (Delivery)

1668-1668

www.mydoorbahrain.com

ELECTRONICS

NEX (On Base, P911)
1785-6937

Lulu Hypermarket (Multiple Locations)

1746-5599 (Hidd)
www.bahrain.luluhypermarket.com

Carrefour (Bahrain City Centre)

1717-2222
www.carrefourbahrain.com

Home Electronics (Next to Manama Souq)

1787-8888
www.homeelectronics.com.bh

Lakeland (Bahrain City Centre/Kitchen Appliances)

1717-9810
www.lakeland.co.uk/stores/bahrain

FLOWERS

Singapore Flower (Adliya)

1774-2456
singaporeflw@gmail.com

Alia Flowers (Adliya)

1771-4696
www.aliaflowers.com
aliaflr@batelco.com.bh

Freesia (Adliya)

3687-6068

Sharaf DG (Bahrain City Centre)

1717-2666
www.sharafdg.com

Manazel (Salmabad)

1778-6727
www.manazelbahrain.com/bhr

FRAMING

Sheema Framing (Adliya)

Mr. Mustafa Shafiq

1771-3235 or 3642-2786

<http://www.facebook.com/SheemaFraming>

Bahrain Artistic Frames Center (Exhibition Ave)

Mr. Raj Haroon

3612-4666 or 1771-7706

www.bahrainartframing.com

Arabesque (Adliya)

1772-2916 ☐

www.arabesque-gallery.com

FURNITURE (Handmade)

Sanabil Handicrafts (Shwarma Alley)

Mr. Khan

3373-1284 or 3989-0375

khanasghar1993@gmail.com

Wood Land Crafts (Juffair)

Mr. Mohammed Abid

1782-7075 or 3325-7541

ethnicabid@hotmail.com

Al Wasmi (Busaiteen)

1733-3499

Bu Atiyah Carpentry Workshop (Arad)

3636-2332

Arc-36@hotmail.com

GARDENING

Agro Flora (Budaiya Hwy)
1755-5676

Jassim Garden Centre (Sanabis)
1755-2808

Al Khair Ag Centre (Budaiya Hwy)
1769-7881

**Ar Mazra'ah Garden Center
(Sitra)**
1773-1300

GROCERIES

NEX Bahrain (On Base)
1785-6931

Lulu Hypermarket (Multiple Locations)
1746-5599 (Hidd)
www.bahrain.luluhypermarket.com

Al Jazira (Multiple Locations)
1781-5900 (Juffair)
www.aljziragroup.com.bh/profile.php

Carrefour (Bahrain City Centre)
1717-2222
www.carrefourbahrain.com

Geant (Bahrain Mall)
1755-8181
www.geant-bahrain.com

MegaMart (Multiple Locations)
1782-6884 (Juffair), 1734-3266 (Muharraq)

Al Osa (Multiple Locations)
1769-7558 (Saar), 1603-3773 (Amwaj)

Central Market (Manama)
1733-1638

HAIR SALONS

*See also SPAS

NEX Salon (On Base, P911)

1785-4229

Joz Salon (Multiple Locations)

1603-1120 (Amwaj), 1736-9133 (Juffair)

Elie & Jean Salon (Multiple Locations)

1722-7300 (Regency), 1758-0885 (Ritz-Carlton)

www.ejhair.com/index.asp

Lavender Secret (Ladies & Kids Haircuts Lulu-Hidd)

1700-8356

www.lavenderSecret.com

info@LavenderSecret.com

Toon Town Kids Club (Kids' Haircuts/Bahrain Mall)

1755-6216

HANDICRAFTS

Ethnic Crafts, W.L.L. (On Base, P911)

Mr. Khalid Mir

3927-8574 or 1755-6246

ethnic2@batelco.com.bh

Roshan Antique Gallery (Manama Souq)

Mr. Saeed Khan

1721-0859 or 1721-0859

Millennium Handicrafts (Manama Souq)

Mr. Abdulla Al Gunaid

1724-6745

HENNA

Creative Henna Designers (Adliya)

Mrs. Tasneem

3914-2176

www.facebook.com/hennadesigners93

cdesigners93@gmail.com

Rachna's Henna Salon (Adliya)

1771-6699

Vanilla Saloon (Adliya)

1774-2210

HOUSEKEEPING*

Cubao Cleaning

3669-4406

www.honestytradingspc.com/cubao/aboutus.html

Cedar Cleaning

3676-3771

Sama Al Bahrain General Service (Online Booking)

1787-7328

www.samaalbahrain.com

scheduleacleaning@samaalbahrain.com

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JEWELRY

Annual Jewelry Show

www.jewelleryarabia.com

Ramzana Jewellers (NEX, P911/American Alley/Gold Souq)

1721-0190

www.ramzanajewellers.com

Harmony Jewels (Gold Souq)

1721-5121 or 3917-1921

www.harmony-ga.com

Kapil Jewellers (Gold City)

1721-1821

www.kapiljewellers.com e-mail: info@kapiljewellers.com

KEYS/LOCKSMITH

Mr. Mohammed (Locksmith)
3929-8181

Nader Keys (Schwarma Alley)
1727-6742

Star Key Maker (Muharraq)
1734-5447

MANICURES/PEDICURES

***See also SPAS**

NEX Salon (On Base, P911)
1785- 4229

N*Style Nails (Al Aali Shopping Complex)
1758-1974

N Spa (Seef Mall)
1758-0011

MOTORCYCLES

Harley-Davidson® Bahrain (Budaiya Hwy)
Sales, Maintenance, & Registration Assistance
1759-9006 or 1759-4391
www.harley-davidson-bahrain.com

MOVERS

Al Tawfeek Removals
8000-1130

New Tech
Mr. Santhosh Kumar
1724-6710

Pic-Pac
1772-7332 or 1736-5213

Link World
1710-0900 or 3982-5025
www.linkworldbahrain.com

Allied Pickfords
1773-5355 or 1773-1752
www.alliedpickfords.com

ORGANIZATIONS

American Women's Association (AWA)

3888-4924

www.awabahrain.org

info@awabahrain.org

Boy Scouts

www.bsapack826.org/

membership@bsapack826.org

The British Club (Mahooz)

1772-8245

www.britishclubbahrain.com

Girl Scouts

BahrainGirlScouts@gmail.com

Bahrain Hash House Harriers

1786-2620

www.bahrainhash.com

Bahrain Road Runners

www.bahrainroadrunners.com

The Country Club (Budaiya Hwy)

1759-3593

www.countryclubbahrain.com

PET ADOPTION

Tony the Dogfather (Karranah)

3962-9889

www.dogfatherbahrain.com

BSPCA (Askar)

1759-1231

www.bspca.org

bspca@batelco.com.bh

RESTAURANT INFO

Hunger Line ☐

1750-6070 ☐

Delivery Websites

www.6alabat.com

Restaurant Listings

www.fabbahrain.com/eating.html

www.timeoutbahrain.com/restaurants

www.bahrainhotelandrestaurantguide.com/

www.clickbahrain.com/clickbahrain_restaurant_timings.asp

www.bahrainmenus.com

RELIGIOUS CENTERS

On Base Religious Services

1785-4303

Sacred Heart (Roman Catholic/Manama)

1725-3598

www.sacredheartchurchbahrain.org

St. Christopher's (Anglican/Manama)

1725-3866

www.stchcathedral.org.bh

The Church of Jesus Christ of Latter-Day Saints (Salmaniya)

1761-2382

SELF-STORAGE

Takhzeen

6999-0999

www.takhzeen.net

SHOEMAKERS/REPAIR

National Shoemaker (Adliya)

Mr. Ahmed

3903-9767

Al Tawfeek Shoe Repair (Adliya)

Mr. Krish

3677-6034

SPAS

**See also Hair Salons & Manicures/Pedicures*

The Mobile Spa

1777-7444

www.themobilespaonline.com

Al Areen Palace & Spa

1784-5000

www.alareenpalace.com/spa

Sparadise

1731-3131

www.spabahrain.com

The Pineapple Spa

1771-2000

www.pineapplespa-bahrain.com

SPORTS EQUIPMENT

NEX Bahrain Bike Shop (On base, P911)
3942-1359

Skate Shack (Budaiya Hwy)
1769-7176
www.skate-shack.com

Sun And Sand Sports (Bahrain City Centre)
1717-2666
www.sunandsandsports.com

SUNLESS TANNING

Head2Toe Salon (Mahooz) □
1725-2505
On Facebook

UBeauti (Hamala)
1369-1999

Sun Kissed Mobile Tanning □
3920-5798
On Facebook

TAILORS

Jilani (On Base, P911)
1785-4174

Yousef (Manama Souq)
3927-1388

Al Baryma (Manama Souq)
Mr. Majeed
1721-4700 or 3661-2605
linenyaya@gmail.com

Ladies' Best (Budaiya Hwy)
Mrs. Pan
1759-1556
Al Rhodha (Gudabiya)
1729-0654

Sharafali Fabrics & Tailoring (Manama Souq)
1725-3945 or 3963-0106
shabbirsharafali@gmail.com

Farah Tailoring (Umm Al Hassam)
1782-6032

TIRES

NEX Bahrain (On Base, P911)
www.shopmyexchange.com
(Search under Home & Auto)

R.M. Kooheji & Sons (Exhibition Ave)
1729-1146

Tire Rack
www.tirerack.com

Dunlop Tires (Manama)
1724-0600

Bridgestone Tyres (Adliya)
1771-7443

TOW TRUCKS

Speedy Motors
1768-1999
www.en.speedymotors.com

Al Sabea
Mr. Said Hussain
3922-2344

Mansoor Towing & Transport
3322-5071 or 3911-1765

Al Muffah Garage (Arad)
1767-1168

TRAVEL AGENCIES

Omega Travel (On Base, P911)
1785-4775
www.omegabahrain.com

Emirates Holidays (Seef Mall)
1758-8707
www.emiratesholidays.com

Shoiz International Travel
Mr. Zulfikar Ali Moiz
1778-6391
infobahn@shoizinternational.travel

UPHOLSTERERS

Mr. Prakash Ponanni
(+Repairs, Picture Hanging)
3430-3528 or 3931-4006

Sunshine Upholstery (Busaiteen)
Mr. Abdul Jabar
3982-9006

Mr. Nazeer
3931-4886

Mr. Abdul (Muharraq)
3378-3

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