GIVE PARENTS A BREAK

WHAT IS GIVE PARENTS A BREAK?

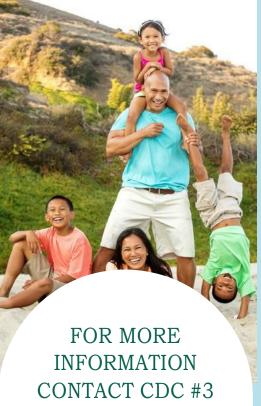
Give Parents A Break (GPAB) is a program sponsored by 6 FSS to support monthly childcare breaks for active-duty Air Force and Space Force families who need a break from the stresses of parenting. Families are referred to the program and receive a certificate to participate. MacDill Air Force and Space Force families may be referred by Unit Leadership, First Sergeants, Chaplains, and Medical/Mental Health Professionals.

Eligible dependents (8 weeks - 12 years) of Active-Duty Air & Space Force Families

AFTER REFERRAL STEPS

After referral, certificates may be obtained through M&FRC by calling (813) 828-0145 EXT 1. MacDill activeduty Air and Space Force families enrolled in Child & Youth Programs (CYP) may obtain a certificate from CYP directors.

- GPAB MUST HAVE 8 CHILDREN SIGNED UP TO OPEN
- SIGN UPS/RESERVATIONS MUST BE MADE NLT THE FRIDAY BEFORE EACH UPCOMING SESSION (SEE SCHEDULE BELOW)
- CURRENT IMMUNIZATION RECORD ALONG WITH CERTIFICATE OF REFERRAL MUST BE PRESENTED TO MAKE A RESERVATION AT MACDILL'S CDC #3









MONTH	DATE OF SESSION	LAST DAY TO SIGN-UP	SESSION TIME
FEBRUARY	Friday, 9th	Friday, 2nd	6:30 - 10:30pm
MARCH	Friday, 8th	Friday, 1st	6:30 - 10:30pm
JUNE	Friday, 7th	Friday, 4th	6:30 - 10:30pm
JULY	Friday, 12th	Friday, 5th	6:30 - 10:30pm
AUGUST	Friday, 9th	Friday, 2 nd	6:30 - 10:30pm
SEPTEMBER	Friday, 13th	Friday, 6th	6:30 - 10:30pm
OCTOBER	Friday, 18th	Thursday, 10th	6:30 - 10:30pm
NOVEMBER	Friday, 15th	Thursday, 7th	6:30 - 10:30pm
DECEMBER	Saturday, 14th	Friday, 6th	12:00 - 4:00pm