

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 active-duty 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



FOR MORE
INFORMATION
CONTACT CDC #3
(813) 828-0195



| 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 |