

# 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 child care 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

MACDILL AIR FORCE BASE  
**FORCE**  
SUPPORT SQUADRON

 AIR FORCE AID SOCIETY

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	Saturday, 9th	Friday, 2 <sup>nd</sup>	12:00-4:00pm
DECEMBER	Saturday, 14th	Friday, 6th	6:30-10:30pm