

# 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



MONTH	DATE OF SESSION	LAST DAY TO SIGN-UP	SESSION TIME
FEBRUARY	FRIDAY, FEB 10TH	FRIDAY, FEB 3RD	6:30 - 10:30PM
MARCH	FRIDAY, MAR 10TH	FRIDAY, MAR 3RD	6:30 - 10:30PM
MAY	FRIDAY, MAY 5TH	FRIDAY, APR 28TH	6 :30 - 10:30PM
JUNE	FRIDAY, JUN 9TH	FRIDAY, JUN 2ND	6:30 - 10:30PM
SEPTEMBER	FRIDAY, SEP 15TH	FRIDAY, SEP 8TH	6:30 - 10:30PM
OCTOBER	FRIDAY, OCT 13TH	FRIDAY, OCT 6TH	6:30 - 10:30PM
DECEMBER	SATURDAY, DEC 9TH	FRIDAY, DEC 1ST	8:30AM - 12:30PM