

Active Duty  
Air Force  
Families

# Hearts Apart

## Deployed & Remote Family Programs

**Programs for Before, During & After a Deployment**

(within 60 days post deployment)

- ✦ **Family Child Care Program** - Deployed child care - Up to 128 hours of free child care for children 12yrs. & under. Returning Home Child Care - Up to 16 hours of free child care when returning from deployed status. For more information please contact Ms. Cox (813) 828-7760.
- ✦ **Give Parents a Break** - Free child care for 4 hours once a month up to for the duration of the member's deployment.
- ✦ **Car Care Vouchers** - free oil and filter change, \$35 value, and service will be complete at Firestone located on base. Send us an e-mail with a copy of the deployment orders and we'll send you the voucher.
- ✦ **"What I Love About You By Me" Journals** - communication tool towards meaningful discussion and expressions of appreciation.
- ✦ **Operation Story Time** - United Through Reading
- ✦ **Pillowcase Picture Transfer** - send us your favorite family photo and we'll transfer it onto a pillow case!
- ✦ **Battalion Buddies** - Available for children, 12yrs. & under.
- ✦ **Portfolio** - A place to organize & store your important documents while your loved one is away.

*\*while supplies last*

**Contact us at: [6FSS.FSH.MFReadiness@us.af.mil](mailto:6FSS.FSH.MFReadiness@us.af.mil) for more information**

*The M&FRC keeps families of deployed members informed of ongoing programs, services, and benefits. Families are encouraged to participate in any and all programs through the duration of the member's deployment. Family members are also encouraged to keep in contact with their unit Key Spouse for support and information.*



**f** For more information join our Facebook group at  
MacDill Hearts Apart/Deployed & Remote Families  
<https://www.facebook.com/groups/370834913624897/>