

# GIVE PARENTS a BREAK (GPAB)

Supporting Air Force and Space Force families with child care when life's challenges make a break essential.



## Eligibility

- ★ Active-duty Air Force and Space Force members
- ★ Air National Guard and Reserve members activated under Title 10, USC for more than 15 days

## Program Benefits

- ★ **Financial Assistance**  
\$40 per dependent child per month (up to 3 months)
- ★ **Provider Flexibility**  
Funds can be used for any child care option
- ★ **Direct Payment to Families**  
Approved funds are deposited to member via Zelle or ACH



## To Apply

Visit **afas.org** and select *Request Assistance*  
or  
Scan QR Code

## Documents Required

- ★ **GPAB Certificate**  
Referred by one of the following:
  - Unit Commander/First Sergeant
  - Chaplain
  - Doctor (or other medical professional)
  - Family Advocacy Personnel
  - Military & Family Readiness Center Personnel
- ★ **Certification Form**  
(Included in application process)
- ★ **Military ID**  
(Copy of front & back)

## Questions?

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