



Child and Youth Programs



**EFMP** Family Support

## EFMP Respite Care

AVAILABLE FOR ELIGIBLE  
NAVY FAMILIES

Navy Child & Youth Programs is proud to offer free respite care, either 20 or 32 hours a month, to families with children identified as exceptional family members (EFMs).



**AVAILABLE IN THE U.S.**

### ELIGIBILITY REQUIREMENTS

- The Sailor is active duty or a reservist on active-duty orders.
- The EFM(s) (birth through 18 years) resides with the Sailor.
- If eligible, the EFMP enrollment letter will state how many hours the family can receive.

Respite care provided by well-trained and background screened providers throughout the United States.



**20 or 32 HOURS FREE  
PER MONTH**

The EFMs level of need will determine how many hours a month a family will receive.



**FOR MORE INFORMATION**

**Call 800-424-2246 or  
visit [www.childcareaware.org](http://www.childcareaware.org)**