



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**