



Wellbeing Tips

The value of community for veteran families



Finding connection in your community

Connection can be found in many places. Whether it is through a hobby you enjoy such as running, yoga, cooking, art, meditation or photography, shared interests can provide a way to meet others and build meaningful connections. Joining a local club, class or community group can help create opportunities for conversation, friendship and support.

For veteran families, social connection can be especially important. Defence life often involves frequent changes, which can make it harder to maintain social connections. Connecting with others who understand the unique defence experience can provide a sense of understanding and support. Community connections can help families feel less isolated during times of transition and change.

Connection does not always have to mean building close friendships. Sometimes it is simply having people to share an activity with, seeing familiar faces each week, or enjoying a conversation over a coffee. These small moments can make a big difference to wellbeing and help strengthen our sense of community. Getting involved can start with one small step, such as attending a local event, joining a group that interests you, volunteering, or trying a new activity. Many people feel nervous when trying something new, but connections often grow gradually through regular participation and shared experiences.

You can join us at one of our upcoming online or in person wellbeing activities and connect with other veteran families. Our activities provide opportunities to share experiences, meet people who understand the unique aspects of military and veteran life, and build connections in a welcoming and supportive environment.



Join one of our upcoming
Wellbeing Activities!

<https://familiesofveterans.org.au/defence-families-wellbeing-events/>