



FOR SERVING, VETERANS AND CARE EXPERIENCED FAMILY MEMBERS IN THE ARMED FORCES COMMUNITY

DECEMBER EVENTS 2025

DEC
10

1.30 PM - 3.30 PM

NEW HORIZONS

- Celebrating the strengths we can take from our military service
- Adopting a growth mindset
- Identifying key connections and building our own community
- Finding opportunities to give back as a care experienced veteran (or individual still in service)
- Practising self-care and coping strategies to stay well through this transition)

DEC
15

10 AM - 12 PM

INFORMATION TO ACCESS RECORDS

- Friendly and informal group
- Designed to support those who have already accessed their care records, or are in the process of doing so
- Session hosted by Rees Ambassador Jackie McCartney who has been through the process of accessing records.