



Australian Government

Defence

eNews



DMFS South Queensland

September 2025

Brisbane, Canungra, Amberley & Darling Downs
Defence Member and Family Helpline 1800 624 608



DMFS HELPLINE

1800 624 608

The helpline is available 24/7 and is staffed by qualified human services professionals, including social workers and psychologists

Defence Member and Family Support (DMFS) offers a range of programs and services to help Defence members and their families manage the unique challenges and opportunities of each stage of Military life.

The team in South Queensland consist of Defence Social Workers, Military Support Officers, Family and Education Liaison Officers and our Business Support Officer.

If you would like to receive our information guide explaining all our services please use this link- [Defence Member and Family Information Guide Request for hardcopy](#).

Or you can view our guide online- [Defence Member and Family Information Guide | About | Defence](#)

Our offices are located

Brisbane: 71 Osbourne Rd, Mitchelton

Amberley: Building 139, Hudson Rd, RAAF Base Amberley

Darling Downs: 25/49 RQR Barracks, O'Quinn St, Toowoomba

To defend Australia and its national interests in order
to advance Australia's security and prosperity

www.defence.gov.au



Amberley



Coffee Connections

Café 63, Winston Glades 18 Sept 25 from 9:30

[Register Here](#) Please note this is a self-funded event

Father's Day – Let's celebrate at the Movies 20 Sep 25 -1pm
Connect with Dad and enjoy an afternoon at the movies, new release Kangaroo

[Register Here - Father's Day](#)

Brisbane



ADF Equip- Relocation and Science Lab

Gallipoli Barracks Community Centre- 29th September 25

The sessions will focus on tips and support for coping with relocation. At the start of each session, children will take part in an informal activity to get to know each other. After the program, join in the fun for an exciting, hands-on experience where imagination meets exploration! This interactive session will spark curiosity through captivating demonstrations that inspire wonder in children of all ages.

[Register Here- ADF Equip and Science Lab](#)

Canungra



Teddy Bears Picnic- Canungra

DJ Smith Park Playground 3rd October 25

Come along and enjoy a Teddy Bears picnic, catching up with friends both old and new, get the latest updates from the DMFS team and enjoy some fresh air and play at the park with the kids. Bring along a picnic and a blanket.

[Register Here- Teddy Bears Picnic](#)

Child Of The ADF Medallion Ceremony

Kokoda Barracks- 29th November 2025

Participation in the CoADFM program is open to all Defence resident family children (ARF/URF) aged 18 years and under of current serving (SERCAT 3-7 and SERVOP C) ADF members. Each eligible participant may receive one CoADFM during the serving member's career. Medallions are awarded to children who have shown resilience and growth in managing the challenges of the ADF lifestyle.

[Register Here- CoADF Canungra](#)

Darling Downs



Father's Day

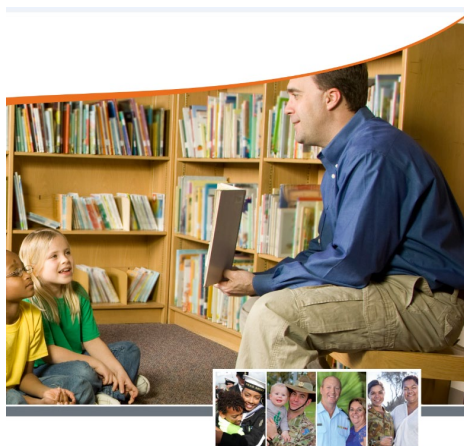
Darling Downs

Father's Day

Join DMFS and TDFSA for our Father's Day event at the Movies. Yes we have hired out the whole cinema for Dads in the Darling Downs to celebrate Father's Day!! TDFSA will provide the popcorn and drink, whilst DMFS will screen the new movie Kangaroo. Come along, relax, and spend quality time with the Family.

[Register Here](#)

News from the EDLO SE QLD



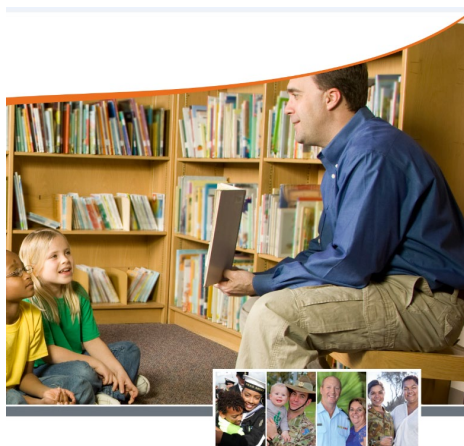
Hello to all our families with kids at school!

The one thing I am passionate about is ensuring that children everywhere are in a school environment where they feel included, safe, happy, and ready to learn. Please remember that EDLO's in each region are available through the *DMFS Helpline 1800 624 608* and can assist with your education enquiries.

If you are posting,

- The CDF Signed School Letter is available to families to support school enrolment applications. Please contact the **DMFS Helpline 1800 624 608** to obtain a copy.
- You may be eligible to apply for tutoring assistance through the DMFS Education Assistance Scheme [Education Assistance Scheme | ADF Members & Families | Defence](#)
- Defence School Mentors (DSMs) are available in some schools to provide social and emotional support to your child. Follow the link for an updated list of schools with DSM support; [Defence School Mentor Program | ADF Members & Families | Defence](#)

News from the EDLO SE QLD *cont*



This month, I would like to share some information that may be helpful for SQLD families with children with additional needs or who may be experiencing learning difficulties. Recently, I have met with two Not-for-profit organisations that families may be interested in learning more about.

SPELD QLD

Speld Qld is a Not-for-profit organisation that collaborates with Education Queensland and includes a team of highly experienced education and psychology professionals who provide a variety of services. These services include educational advice, psychoeducational assessment, speech and language assessments, assistive technology consultations, professional development, workshops, and a specialist library. SPELD QLD has specialist teachers who offer *tutoring services* in literacy and numeracy.

[SPELD Queensland | Not-for-profit Supporting Queensland](#)

Mastery Schools Australia (MSA)

This Not-for-profit school operates for students from grades 4-10, with campuses at both Springfield and Mitchelton. This is an educational alternative for students experiencing learning difficulties who may be disengaged or at risk of disengaging from mainstream school. Specialist teachers deliver the Australian Curriculum through mastery learning of literacy and numeracy with a focus on explicit instruction pedagogy. For further information about whether this school is suitable for your child, you can attend a parent information session at the school or make enquiries with your local MSA campus.

[MSA Mitchelton - Mastery Schools Australia](#)

[MSA Springfield - Mastery Schools Australia](#)

[For additional information please call the Defence Member and Family Helpline- 24/7 on 1800 624 608](#)

Childcare Assistance



Have you recently relocated and looking for access to childcare, out of school hours' care or vacation care for your children? ADF members can access Child Care Connect, which was previously known as Individual Case Management (ICM), to ensure childcare is tailored to your family's circumstances. This includes negotiating with local childcare providers, organising family day care, before and after school care or family's eligibility for Government In-Home Support Agency.

To access this service, call the Defence Member and Family Helpline [1800 624 608] and ask about ICM or email memberandfamilyhelpline@defence.gov.au

South Queensland Defence Community Centres



Gallipoli Barracks Community Centre (GBCC)

The Gallipoli Barracks Community Centre is a not for profit organisation. It was established for the benefit of Defence families who are posted to Enoggera Barracks and surrounding areas. For more information, please visit the GBCC [website](#) or [Facebook](#) page.

Toowoomba Defence Families Support Association (TDFSA)

The Toowoomba Defence Families Support Association is a not for profit organisation providing a range of services and activities to Defence families in the Darling Downs area. For more information, please visit the TDFSA [website](#) or [Facebook](#) page.

DENNKS- Defence Empty Nesters No Kids



Defence Empty Nesters No Kids provide social events for Members and Families who either don't have children or they have flown the coop. Monthly get togethers are held at various times and locations around the Ipswich region. Follow DENNKS Amberley via Facebook

September – Lunch – Sunday 14th at 11:30 Boonah Pub

October – Dinner Saturday 8th 6:00pm Heisenberg Haus, 164 Brisbane St, Ipswich

November – Show – Outback Spectacular - Sunday 27th Entertainment Rd Oxenford, meet 11:30 for a 12:30 start

December – Dinner Saturday 13th The Oggsters Christmas TBA

Kings Trust Australia



Ready to Start a Business? Join Launch Lab Online

Launch Lab Online is a free, two-part virtual workshop for contemporary ADF veterans and their partners who are thinking about starting a business – delivered by [The King's Trust Australia](#). Across two half-day sessions, you'll explore, test and refine your business ideas in a practical and supportive environment. Whether you're just starting out or looking for a refresher on the fundamentals, this workshop will help you build confidence and take the next step towards launching your own business.

Date: September 2 & 4

Time: 10:00 am – 12:00 pm (AEST)

Where: Online

FREE Tickets: via [Humanitix](#)

Buddy Up Australia



Buddy Up Australia invites current and former Defence members, first responders and their families to connect through purpose-filled community events that support physical health, mental wellbeing, and social connection. Over the next few months, they are offering a diverse calendar of activities across South East Queensland including:

- **Weekly Walks & Coffee Catchups** – Relaxed mornings at New Farm, Currimundi, and Sandgate
- **Recreational Hiking Series** – Scenic group hikes across South East Queensland
- **Adventure & Social Events** – V8 Supercars, Whale Watching, Game Over Karting, and Treetop Challenge
- **Wellness & Recovery Activities** – Yoga, cold water therapy, and sailing with Mate-Ship
- **Community Fun** – Bocce & Corn hole in the park, pampering days, and more

We would love to welcome new members into our inclusive and supportive community. See our calendar via the link Register here: <https://buddyupaustralia.org/events>

Mates4Mates



Beyond the Uniform Program Ipswich

Have struggled to adapt to life after serving or have recently discharged from service? Get support with the **Beyond the Uniform Program**.

The Beyond the Uniform Program is a group program that has been designed by Mates4Mates clinicians for veterans who discharged less than 3 years ago or those current serving awaiting discharge.

Across two days, the program aims to connect you with likeminded others in a focused support group while learning mental, physical and social wellbeing strategies that can assist with challenges of life after serving.

When: 8 and 9 October 25

Timings – Day 1 -11.30am to 4:30pm

Day 2 – 8:30am to 4:30 pm

Where: Mates4Mates, Ipswich Centre, Level 1, 260 Brisbane Street, West Ipswich QLD 4305

Open Arms



Open Arms is proud to launch two new online mental health programs tailored for veterans and families. These initiatives expand Open Arms' digital mental health offerings, making it easier for veterans, families, and carers across Australia to access support—no matter where they live.

Both programs are open to anyone over 18 years old in the veteran community. You don't need to be an existing Open Arms client to get involved. These new programs are delivered in partnership with two established providers of health services to the Australian community.

***"Shoulder to Shoulder"** offers two forums—one for veterans, and one for families and carers—created to offer peer-led, anonymous spaces to connect and be supported. Co-designed with the veteran community and trauma experts, both forums are moderated by mental health professionals, accessible 24/7 on any device, and provide connection, resources and peer support from people who 'get it'.*

***"Stronger We Stand"** these free, online workshops are designed to help families and carers who support veterans experiencing suicidal distress or those bereaved by suicide.*

If you wish to learn more about these programs, available to both veterans (including current serving) and their families follow this link- [Online Programs | Open Arms](#) or call the Open Arms helpline- 1800 011 046.

Families of Veterans Guild



FAMILIES
OF VETERANS GUILD
CONNECT - SUPPORT - EMPOWER

At the Families of Veterans Guild, we *connect*, *support* and *empower* the families of Australian veterans every day.

Our Social Work and Wellbeing Program offers free online wellbeing activities for Defence and Veteran family members across Australia.

For more information visit www.familiesofveterans.org.au

Email the Social Work and Wellbeing team
wellbeing@fov.org.au

Subscribe to our [Wellbeing newsletter](#) or join our [Facebook group](#) to learn about our upcoming wellbeing activities.

Gem Art Session

Online Thursday 11 September, 7pm – 8pm

Join the waitlist here: <https://familiesofveterans.org.au/gem-art-veteran-families/>

Writing through Grief

Online Thursday 18 September, 6pm – 7.30pm

Register here: <https://familiesofveterans.org.au/writing-through-grief-session/>

Cook and Connect: Veteran Family Dinner

Online Wednesday 24 September, 6pm – 8pm

Register here: <https://familiesofveterans.org.au/veteran-family-dinner/>

Find Out First!



DMFS South Queensland has an Eventbrite page for each location. Tickets for all DMFS events are only available through Eventbrite. Events are uploaded at different times throughout the month.

To avoid missing tickets, follow the page to receive an instant notification when events are released.

To opt-in to receive notifications directly from our Eventbrite page, all you need to do is:

- **Follow** the DMFS [Brisbane/Canungra](#), [Amberley](#) or [Darling Downs](#) Eventbrite page
- **Register** your details
- **Download** the Eventbrite app
- **Enable** push notifications

Defence Member and Family Helpline

1800 624 608

For advice, support or local community information, contact our all-hours [Defence Member and Family Helpline](#). Run by Defence Member and Family Support, the helpline is the best way to access the programs and services that we offer to help Defence families manage the military way of life.

The helpline is available 24/7 and is staffed by qualified human services professionals, including social workers and psychologists.

It is now even easier to join the DMFS mailing list



Be the first to know about upcoming DMFS events and activities so that you do not miss tickets! Stay up to date with community information and stay connected with what's on in your community. By joining our mailing list, you will receive a monthly update straight to your inbox. It's as easy as scanning the QR Code or clicking this [link](#). Please share with new families posting to the region.

The information contained in this bulletin is sent out on behalf of other agencies and groups. It does not necessarily indicate DMFS support or involvement. The intention is to provide information to readers so that they can self-select and research its suitability for them individually. If you no longer wish to receive this bulletin, please submit your request to [DMFS South Queensland](#) and select Brisbane/Canungra, Amberley or Darling Downs Area Office.



Follow Defence Member and Family Support to receive updates

