

RISE & THRIVE



A Motivational Day for the Armed Forces Community

Saturday 7 February 10am – 4pm

The Maison Dieu (Dover Town Hall)

Join us for Rise & Thrive, a **FREE** one-day event dedicated to veterans, ex-military personnel, reservists, and cadets in the Dover District and beyond.

- **Motivational speakers** with live experience of transition and resilience
- **Specialist support agencies** offering advice on mental health, employment, housing, and wellbeing
- **Community connections** to combat isolation and celebrate service
- **Access tailored support**, share experiences, and take positive steps toward thriving in civilian life

Be part of a day that empowers, connects, and celebrates the armed forces community.

Registration is essential - click the link below.

www.eventbrite.co.uk

