

ANZAC DAY 2026

A Guide To Services and Support



ANZAC DAY 2026

QLD Services and Events

In Queensland, numerous dawn services, marches, and local commemorative events are organised by RSL sub-branches, councils, schools, and community groups.

Major Commemorative Events in 2026

Brisbane – CBD Dawn Service & Parade

The central dawn service in Brisbane is held at the Shrine of Remembrance in ANZAC Square, located between Ann Street and Adelaide Street. Attendees are encouraged to arrive early (around 3:30 am) as the service typically begins around 4:00 am. After the dawn service, the ANZAC Day Parade in the CBD usually departs from Adelaide Street (between George Street and Creek Street) starting around 9:45 am and continues through to midday.

For those unable to attend in person, the parade is often broadcast on ABC television and via ABC's streaming or radio services.

Post-Parade — ANZAC Square Memorial Gardens

Located beneath the Shrine of Remembrance in Brisbane CBD, the Memorial Galleries will be open special hours, from 5:30am—3pm, on Anzac Day, Saturday 25 April, for patrons wishing to explore the exhibition or place a poppy, wreath,

or message of remembrance in honour of Queensland associated Battalions, Regiments, and other units.

Enter through the double brass doors in the Anzac Square parklands or via the Central Station pedestrian tunnel.

March - Brisbane City

Best views of the event are found on Adelaide Street between George and Creek Streets.

March form up point at Queen's Garden Park, Brisbane City at 9:45am for a 10:05am step off for Group 1.

Any Non-Association Veterans are invited to join Group 2 and descendants are invited to participate in Group 9.

Sunshine and Gold Coast Services

Gold Coast Dawn services include: Currumbin/Palm Beach at the Currumbin RSL, 4:40am - 6:00am.

Sunshine Coast services include: Caloundra, Kings Beach Amphitheatre, 5:00am

Cairns Services

The Cenotaph, Cairns Esplanade, 5:30am

www.totalveteranhealthcare.com



ANZAC DAY 2025

Caring For Your Mental Health

For many veterans, ANZAC Day is a powerful and meaningful occasion — but it can also stir up difficult emotions. Memories of service, the loss of mates, or feelings of isolation may surface during commemorations. Looking after your wellbeing is just as important as paying respects.

Here are some strategies to help:

- **Set your own pace** – You don't need to attend large services if they feel overwhelming. A quiet moment at home, or a visit to a local memorial at a less crowded time, can be just as meaningful.
- **Reach out to others** – Talk to fellow veterans, friends, or family members. Sometimes sharing stories or simply being with people who understand can ease the weight of the day.
- **Use grounding techniques** – If you feel anxious during a service or march, take slow breaths, notice your surroundings, and remind yourself you are safe in the present moment.

- **Access support services** – Organisations like Wounded Heroes – Veterans & Families Crisis Care are there if you need someone to talk to. Local RSL sub-branches may also provide wellbeing officers and peer support.
- **Plan downtime** – After attending a service, give yourself space to rest, reflect, and recover. This could be time with family, a walk in nature, or a personal ritual of remembrance.

Taking care of your mental health honours both your service and your ongoing wellbeing. Remember — you are not alone, and support is always available.

Support Contact Numbers

Wounded Heroes Australia
1300 532 112

Provides crisis support, emergency accommodation, and financial assistance to veterans and their families in hardship.

Defence Family Helpline - Open Arms
1800 624 608

Support for families of ADF members, including relocation, wellbeing, and transition advice.

www.totalveteranhealthcare.com



ANZAC DAY 2026

Others Ways To Participate

Even if you are unable to join a dawn service or parade, there are many meaningful ways to honour ANZAC Day. Below are suggestions to show respect, reflect, and support:

1. Observe a Moment of Silence

At 6:00 am (local time), many Australians pause for a nationwide minute of silence in honour of fallen service members.

Alternatively, you could choose dawn or midday depending on your personal schedule. Consider lighting a candle, and placing it in your window as a symbol of remembrance.

2. Watch or Listen to Broadcasts

Major ANZAC Day services, including the Brisbane dawn service and parade, are often broadcast by ABC television, ABC radio, and via streaming services. Many regional services are also broadcast or streamed locally.

3. Wear a Sprig of Rosemary

A sprig of rosemary remains a powerful symbol of remembrance. Wearing one on 25 April is a simple, visible act of respect. Local RSL sub-branches usually provide sprigs (often for a donation) in the lead up to ANZAC Day.

4. Visit War Memorials & Cenotaphs

Even outside official service times, you might visit your local war memorial, place a wreath or flowers, reflect quietly, or read names inscribed on memorial plaques. Some memorials include honour rolls, individual plaques, or silhouettes commemorating local servicemen and women.

5. Share Stories & Educate

Talk with family, especially younger generations, about the sacrifices of those who served. Visit museums, war memorial galleries, and RSL exhibitions. Many places offer educational materials or guided walks. You might research local veterans or service histories from your region or family and share them in school or community groups.

6. Volunteer or Support RSL & Veteran Services

Many RSL branches welcome volunteers in the weeks leading up to ANZAC Day (for logistical support, distribution of pins, event planning).

Consider donating to veteran welfare organisations, or supporting local veteran outreach, health, or youth education programs.

www.totalveteranhealthcare.com



Lest We Forget.

