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Five & Thrive Advocates for Improved Quality of Life for Military Families. Pictured: Sharene Brown.

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FIVE & THRIVE CHAMPIONS QUALITY OF LIFE FOR MILITARY FAMILIES THROUGH COLLABORATION AND COMMUNITY EVENTS

For military families navigating the challenges of service life, Five & Thrive is more than a resource—it's a movement built on action, advocacy, and connection.

This grassroots initiative was founded with a singular purpose: **to improve the five most pressing quality-of-life areas for military families—childcare, education, healthcare, housing, and spouse employment.** Each challenge directly affects military readiness and retention, which is why Five & Thrive lives by the principle that “family readiness is mission readiness.”

“My goal is to ensure these five specific areas are highlighted and any challenges under them are met with purpose and resolve,” says Sharene Brown, co-founder of Five & Thrive.



Through a growing slate of programs and community events, Five & Thrive is driving impact across military-connected communities:

- **The SITREP, a monthly digital newsletter,** keeps military and Veteran families informed and connected. Each edition delivers curated tools, trusted resources, upcoming events, and policy updates—making it an essential read for those navigating military life. [Join the email list.](#)
- **Thrive Guides are another flagship resource.** These comprehensive, branch-specific playbooks provide practical, location-based information tailored to families in the Air Force, Air National Guard, Space Force, and Reserve components. Notably, these guides have been formally introduced at major military installations like MacDill Air Force Base and Joint Base San Antonio, where over 100 community leaders joined the launch. [Download a Thrive Guide.](#)
- **QX Convos are part of Five & Thrive's QX (Quality of Life Experience) model,** which focuses on listening to families, applying data, and leading with purpose. The first QX Convo, held in May, brought together Veteran and active-duty spouses, leaders, and community partners to engage in honest conversations and collective problem-solving. [Learn more.](#)
- **The One in a Million Walk / Run Challenge,** held throughout May, is a free international event honoring the resilience and contributions of military spouses. Participants around the world walk or run in tribute, showing appreciation while raising awareness of quality-of-life challenges. The inaugural event built community across the globe and strengthened visibility for military families' needs.

Since launching in 2021, **Five & Thrive has earned recognition from the highest levels of leadership** and expanded its footprint through partnerships with the National Defense University Foundation and others. Its continued success demonstrates how focused advocacy and grassroots momentum can create real change.

To sign up for the SITREP, download a Thrive Guide, or learn how to get involved, visit fiveandthrive.org or follow @FiveAndThrive on social media.