



SUPPORT GROUP MEETING

Join us at our Free NPOwer
Support Group Meeting Friday, 11
August at 12pm

**FREE
ONLINE
SUPPORT
GROUP MEETING**
For all NPO workers,
leaders and volunteers!

YOURSELF
www.npowersa.org

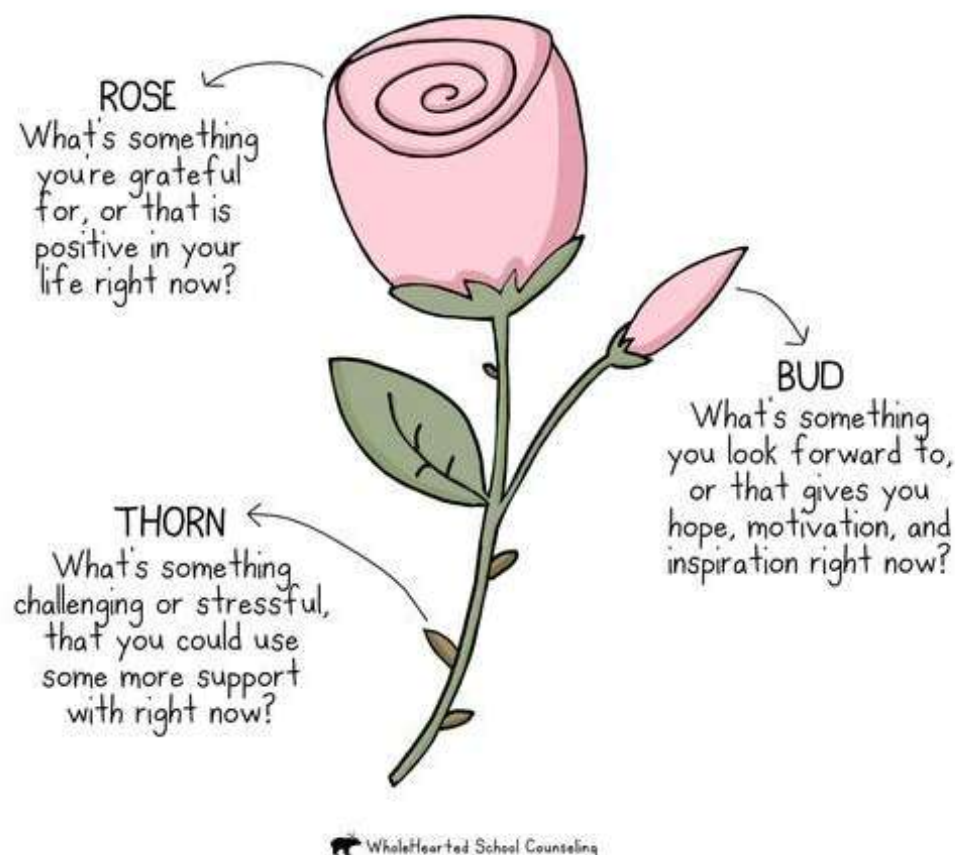
When: Friday, 11 August 2023
Time: 12:00 - 1:00pm
Where: Zoom
Register: https://bit.ly/NPOwer_SGM
For more info: info@npowersa.org

**It's time to reflect on your Rose, Thorn,
and Bud moments.**

Being part of the NPO sector it's hard to find time to reflect and be mindful of the different points in our life, month, week, or even day. Join the NPOwer Support Group Meeting **Friday, 11 August at 12 pm** where we will be sharing our Rose, Thorn, and Bud moments that we have experienced. Here we can help one another find new ideas and also allow

us to reflect on those things we found challenging so we can better support each other in a safe, non-judgmental environment.

ROSE, THORN & BUD CHECK-IN



Register for our **FREE NPOwer Support group** meeting, taking place this Friday, the 11 August at 12pm.

[Click here to RSVP](#)

About NPOwer Support Group Meeting

The NPOwer Support Group is a source of empathetic understanding and a non-judgmental environment where members have a voice and learn to take control of their situations. The Support Group meets on the second Friday of each month and provides a safe space to discuss, reflect, and lean on one another for support.

If you, or someone you know, is working in the non-profit sector and are in need of some extra mental health help and support, please call the NPOwer toll-free helpline. **The helpline is operational 24 hours a day, 7 days a week, 365 days a year with counselling available in all 11 official languages. Call 0800 515 515 or send an SMS to 43010.**

Kind regards,

NPOWER Team

