



SUPPORT GROUP MEETING

Register Now For Our NPOwer
Support Group Meeting, Friday
9 February at 12pm

This Months Topic:

How to Be There for Others Without
Taking on Their Pain

Being there for others without absorbing their pain requires a delicate balance of empathy, boundaries, and self-care. **Join the NPOwer Support Group Meeting this week Friday, 9 February at 12pm** where we can explore and share some strategies to help you support others while maintaining your own well-being

A vertical poster for an NPOwer support group meeting. At the top, a red banner reads 'FREE ONLINE SUPPORT GROUP MEETING'. Below this is the large 'NPOwer' logo, with the 'O' containing the stylized human figures icon. The website 'www.npowersa.org' is written below the 'NPO' part. A yellow banner at the bottom of the poster reads 'For all NPO workers, leaders and volunteers'. The meeting details are listed: 'When: Friday 09 February 2024', 'Time: 12pm - 1pm', 'Where: Zoom', and 'For more info: info@npower.org.za'. A green button contains the text 'REGISTER NOW: HTTP://BIT.LY/NPOWER_SGM'. At the bottom, there are three logos: TSHIKULULU SOCIAL INVESTMENTS, NPOwer (with the tagline 'Supporting the mental health of South African NPOs'), and THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP.

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NPOwer
www.npowersa.org

For all NPO workers, leaders and volunteers

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REGISTER NOW:
[HTTP://BIT.LY/NPOWER_SGM](http://bit.ly/npower_sgm)

TSHIKULULU SOCIAL INVESTMENTS | NPOwer Supporting the mental health of South African NPOs | THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP

Register for our FREE NPOwer Support group meeting, taking

[Click here to RSVP](#)

About the NPOwer Support Group Meeting

Support Groups bring together people who have gone through, or who are currently going through similar experiences. When facing major life challenges and stress, support from others can help someone feel less alone and minimize the effects of these overwhelming emotions on our overall well-being. NPOwerSA launched a first-of-its-kind Support Group this year, specifically for anyone who works or volunteers in the non-profit sector.

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. If you work in the non-profit sector and are in need of extra help and support and want a safe and supportive environment where you can meet like-minded people, struggling with similar stressors and anxiety, be it personal or work-related, join the FREE NPOwer Support Group.



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 a SMS to 43010.



Kind regards,

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