



NPOwer Support Group

To help non-profit workers, staff, and volunteers better manage the factors contributing to feelings of stress and burnout, NPOwer has hosted monthly Support Groups on the second Friday of every month since 2021. The NPOwer Support Group has given and continues to provide, NGOs with an empathetic understanding and a non-judgmental environment where members have a voice and learn to take control of their situations.

**Join us Friday, 14 July at 12pm
for the next NPOwer Support
Group Meeting**

This month's Support Group Topic is:

**How To Create And Maintain A Healthy
Work-Lifestyle Balance.**

Being part of the NPO, NGO, and NPC sector comes with wearing more than one hat and conducting more than one task at a time. The constant change in our daily tasks can cause our stress and anxiety to increase, and so to help with our mental health, it is important to achieve a healthy work-life balance. So how do we stay on track and build a healthy work environment?

Join the next FREE NPOwer Support Group Meeting, **Friday 14 July at 12pm** where we will be sharing some of the challenges we face in our working environment and share with each other some tips and tools on how to establish or improve our working lifestyle.

NPOWER



**FREE
ONLINE
SUPPORT
GROUP MEETING**

**For all NPO workers,
leaders and volunteers!**

YOURSELF

www.npowersa.org

When: Friday, 14 July 2023

Time: 12:00 – 1:00pm

Where: Zoom

Register: https://bit.ly/NPOwer_SGM

For more info: info@npowersa.org



[Click Here to RSVP](#)

Some heartfelt feedback from our previous NPOwer Support Group Members:

"This is a lot of help, I cleared my whole day for this meeting because I get a chance to talk to like-minded people about what I am going through. I have shared the NPOwer details with colleagues because this service is important, for me I use these sessions as my therapy session especially working in the NPO sector, and knowing that this is a free-of-charge service ...I can't thank you enough."

"I love joining the NPOwer Support Group Meetings, after every session, I feel more motivated and empowered to go out and stay strong."

"The NPOwer Support Group is an informative, supportive platform. I enjoy joining these monthly sessions."

"Thank you for having a support group for people in the NPO sector and for your services which are offered 24hrs a day"

"Thank you for this safe platform, I feel supported and heard."



Helpline: 0800 515 515

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,

NPOWER Team

©2023 SADAG | P.O. Box 652548 Benmore • Johannesburg, 2010 • South Africa

[Web Version](#) [Preferences](#) [Forward](#) [Unsubscribe](#)

Powered by
[GoDaddy Email Marketing](#) ©