



## SUPPORT GROUP MEETING

Save the Date for the Next  
NPOwer Support Group  
Meeting

Friday, 9 June 2023 at 12pm

# NPower



**FREE  
ONLINE  
SUPPORT  
GROUP MEETING**

**YOURSELF**  
[www.npowersa.org](http://www.npowersa.org)

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

**When:** Friday, 09 June 2023  
**Time:** 12:00 - 1:00pm  
**Where:** Zoom  
**Register:** [https://bit.ly/NPOwer\\_SGM](https://bit.ly/NPOwer_SGM)  
**For more info:** [info@npowersa.org](mailto:info@npowersa.org)

What are some of your Peak And Pit Moments?

We are six months into the year, and time is slipping through our fingers. The tasks are piling up, workloads are getting heavier and the time to reflect on our progress is becoming scarce.

So, let us take a moment to pause and reflect on some of the high and low moments in our life thus far and share with others in the NPO, NGO and NPC sectors about our experiences.

Join the NPOwer Support Group Meeting, **Friday 9 June at 12 pm** where we set aside one hour to prioritise ourselves and share and reflect on some of our wins and some of our challenges. The aim is to motivate us to move forward and encourage us to grow and learn from one another.

[Click Here to RSVP](#)

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## Did you miss our Live NPOwer Coffee Connect Sessions?

Grab your Coffee or Tea and catch up on the previous NPOwer Coffee Connect sessions.

Hear from our amazing NPOwerer's from Mazarat Animal Rescue, Free World Initiative, Tears Foundation, Air Mercy Service (AMS), Buhle Farmers' Academy, Reach CT, Milk Matters, Phakamani Foundation, and The National Shelter Movement of SA.

The NPOwer Coffee Connect sessions allow us to share our highs and lows about working in the NPO sector, how we learn to stay motivated during the tough times, and some of the valuable lessons learned while being in the non-profit sector.

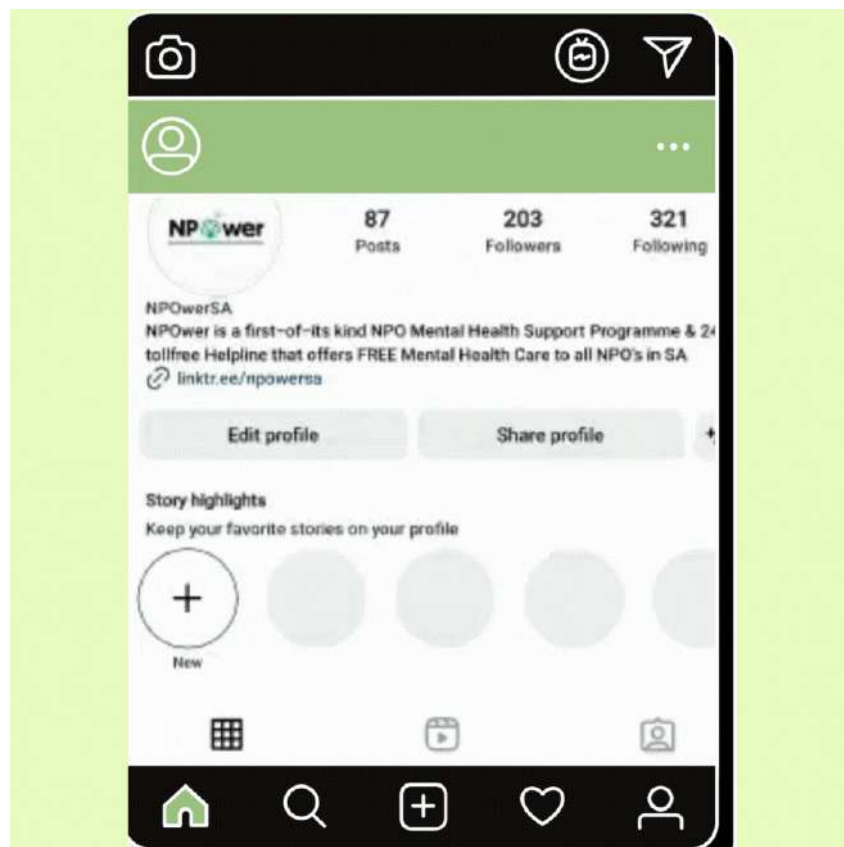
We have recorded the sessions which are freely available for all to watch via the [NPOwer Facebook Page](#) or click the button below to access the videos.



Click to watch

## NPOwer is on Social Media

Keep up to date with NPOwer on our Social Media platforms. Here we share **FREE** Mental Health Resources, current activations that we are partaking in, new friends we are meeting, and how we are growing the NPO Village.



Instagram

Facebook

Twitter

Please give us a Follow, Like, and Share!

We look forward to seeing you on our socials!



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**

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