



Coffee Connect with an NPO

Join NPOwer's Facebook Live Chat

on Monday, 25 March at 12pm

Join NPOwer on **Monday, 25 March 2024 at 12 pm** for the next NPOwer Coffee Connect Session where **Duduzile Thabede** will join us from **Sivusisizwe**, and **Shereem van der Merwe** from **Imed Africa**.

A graphic for a live Facebook chat. It features a top-down view of a desk with a laptop, a cup of coffee, a pen, and some flowers. The text reads: "NPOwer Supporting the mental health of South African NPOs JOIN OUR LIVE FACEBOOK CHAT Coffee Connect Monday, 25 March at 12:00 - 12:30". Below the text are two circular photos of the guests: Duduzile Thabede (Sivusisizwe) and Shereem van der Merwe (Imed Africa). The NPOwer logo is at the top right. A Facebook handle "@NPOWERSA" is in the top left corner.

NPOwer
Supporting the mental health of South African NPOs

**JOIN OUR LIVE
FACEBOOK CHAT**

Coffee Connect
Monday, 25 March at
12:00 - 12:30

Duduzile Thabede
Sivusisizwe

Shereem van der Merwe
Imed Africa

Grab your Cup of Coffee or Tea and join us via our [@NPOwerSA Facebook page](#) where we will be spotlighting the excellent work of these organizations and learn more about how they navigate their Mental Health while working in the NPO Sector, as each guest shares

the different challenges they may be facing and how they overcome the challenges.

You don't want to miss this important Live Chat if you are part of the NPO sector and are looking to network & learn,click the link below to RSVP.

#NPOwer #CoffeeConnect

[Click here to RSVP](#)

If you would like to be a guest on our Coffee Connect, please email us at info@npowersa.org. We would love to collaborate with you.

In Case You Missed It

In case you missed the previous **NPOwer Coffee Connect Chats**, we have recorded the sessions which are freely available for all to watch via the **NPOwer Facebook Page**. Click the button below to watch the Facebook live sessions with our NPOwerer's from our previous sessions.

MEET OUR NPOWERER

Dr. Erika Hitge
Epilepsy SA

"Working at EpilepsySA you get to serve others, you see your clients blossom and reach their potential, and you therefore experience a sense of meaning in life. Being in this organization is a passion and a calling to make a difference."



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MEET OUR NPOWERER

Nicolette Ripepi
Autism Connect NPO

"It's not easy working in this sector, it is hard and is not for the faint-hearted. But you need to know why you are here, you have to keep your head up high and you need to have passion."



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MEET OUR NPOWERER

Tshidi Mathole
The National Shelter
Movement of SA

"That support that we create as a non-profit organization and the change we get to experience is what keeps me going, I love seeing those BIG SMILES from those we help."



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MEET OUR NPOWERER

Flory Tshimbalanga Kabambi
Village of Hope

"While being part of the NPO space I have learned that we need to learn to communicate and also get to know who we are"



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MEET OUR NPOWERER

Lucy Balona
Cancer Association of South Africa (CANSA)

“What’s exciting about the NPO space is that we have a real purpose when we get up in the morning and that we are really changing the world.”



MEET OUR NPOWERER

Allison Myeza
Mazarat Animal Rescue

“Being in an organization, you realize that not every day is the same, so you need to have flexibility. You need to be able to adjust your plans for the day and still be able to remain calm.”



MEET OUR NPOWERER

Venessa Horn
The SA Red Cross Air Mercy Service Trust (AMS)

“A peak for me is when I see everything come together. The completion of a project, seeing the smiles on people’s faces when it’s all done. That feeling is an experience and knowing that I am making a difference.”



MEET OUR NPOWERER

Zintle Bebeza
Buhle Farming Academy

“One of the myths that I faced when I started in the organization was that being in the NPO space would not help me in my career path especially since I was so young when I started. But in fact, I have gained so many skills and developed so much.”



Click to watch

You Are Not Alone



IF YOU OR SOMEONE YOU KNOW IS WORKING IN THE NGO SECTOR & ARE IN NEED OF MENTAL HEALTH HELP, CALL THE TOLL-FREE HELPLINE 0800515515 OR SMS 43010.

WE ARE HERE FOR YOU



provides a 24-hour toll-free helpline that offers FREE Mental Health care and support to all NPOs, NGOs & NPCs in South Africa.

The helpline manned by a team of dedicated counsellors is available 24 hours a day, 7 days a week, 365 days a year with counselling available in all 11 official languages.

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 visit the NPOwer Website or call the NPOwer toll-free helpline on 0800 515 515.



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