



## Coffee Connect with an NPO

Join NPOwer's Facebook Live Chat

on Monday, 29 May at 12pm

Join NPOwer on **Monday, 29 May 2023** at **12 pm** for the next NPOwer Coffee Connect Session where William Chauke will join us from the [Phakamani Foundation](#), and Tshidi Mathole from [The National Shelter Movement of SA](#).

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.

 @NPOWERSA

  
Supporting the mental health of South African NPOs



JOIN OUR LIVE  
FACEBOOK CHAT

## Coffee Connect

Monday, 29 May at  
12:00 - 12:30



**William Chauke**  
Phakamani Foundation



**Tshidi Mathole**  
The National Shelter  
Movement of SA

[Click to Join](#)

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

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## 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 NPOwerers from Mazarat Animal Rescue, Free World Initiative, Tears Foundation, Air Mercy Service (AMS), and Buhle Farmers' Academy, Milk Matters and Reach CT.



Click the button to catch up

## # BuildingTheNPOVillage

**“When we support each other, incredible things happen”**

During the month of May, our NPOver Team had the opportunity to meet various organizations based across the country. Where we had the chance to connect with these amazing people, learn about their organizations and inform them about the services of NPOver.



Keep up to date with NPOwer on our Social Media platforms. Where 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](#)

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**FREE Mental Health Care & Support to all NPO's, NGO's**

## & NPC's in South Africa



NPOwer, a first-of-its-kind NPO Mental Health Support Programme provides a 24-hour toll-free helpline that offers **FREE** Mental Health care and support to all NPOs, NGOs & NPCs in South Africa.

The NPOwer Toll-Free helpline (**0800 515 515**) 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.**



Supporting the mental health of South African NPOs

**Helpline: 0800 515 515**

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7 days a week, 365 days a year with counselling available  
in all 11 official languages



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