



Register Now For Our Next NPOwer Support Group Meeting

Procrastination - what are you postponing and why?

How often do you find yourself running after your task that needed to be completed a day, a week, or even a month ago? How often do you keep telling yourself "No, it's okay, I will do it later"? How often do you find yourself daydreaming in mid-air or interfering with a task that doesn't concern you?

This is known as Procrastination. The act of carrying out less urgent tasks in preference to more urgent ones and putting off approaching tasks to a later time, sometimes to the "last minute".

But why are you procrastinating? What is at the root of procrastination? And is it all bad?

Join the [NPOwer Support Group Meeting](#) on **12 May 2023 at 12pm** where we will be discussing some of the reasons why we procrastinate and exploring ways to overcome it.



**FREE
ONLINE
SUPPORT
GROUP MEETING**

YOURSELF
www.npowersa.org

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

When: Friday, 12 May 2023
Time: 12:00 - 1:00pm
Where: Zoom
Register: https://bit.ly/NPOwer_SGM
For more info: info@npowersa.org

  

[Click Here to RSVP](#)

Join our NPOwers on 29 May 2023 for NPOwer's Coffee Connect Facebook Live!

Join NPOwer on **29 May 2023** at **12pm** for the next **NPOwer Coffee Connect Session** where we will be joined by William Chauke from Phakamani Foundation and Tshidi Mathole from The National Shelter Movement of SA. Learn more as we unpack an NPO perspective on how to navigate Mental Health as each guest shares the different challenges they may be facing & how they overcome the challenges. This is definitely

one you wouldn't want to miss if you are an NGO looking to network & learn in a safe space.



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

Save the Date

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](#) otherwise click the button below to watch the Facebook live sessions with our NPOwer's from Mazarat Animal Rescue, Free World Initiative, Tears Foundation, Air Mercy Service (AMS), Buhle Farmers' Academy, Reach CT and Milk Matters.



JOIN OUR LIVE FACEBOOK CHAT
World NGO Day
'Grab & Go with a NGO'
Monday, 27 February at
12:00 - 12:30



Lebogang Motau
Free World Initiative



Allison Myeza
Mazarat Animal Rescue



Kavya Swaminathan
Tears Foundation



JOIN OUR LIVE FACEBOOK CHAT
'Grab & Go with an NGO'
Monday, 27 March at
12:00 - 12:30



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



Zintle Bebeza
Buhle Farming Academy



JOIN OUR LIVE FACEBOOK CHAT
Coffee Connect
Monday, 24 April at
12:00 - 12:30



Jenny Wright
Milk Matters



Ghadija Petersen
REACH

Click to watch

NPOwer News Update

It has been a busy and productive month for NPOwer as we engaged in a few Mental Health Awareness Days and Activations. During these events, we helped to educate people around us about Mental Health and ways to reduce the stigma and discrimination surrounding Mental Illness.

NPOwer and The South African Depression and Anxiety Group (SADAG) participated in various initiatives such as the National Mental Health Conference, and West Rand Mobil Clinic launch.

The National Mental Health Conference

The National Mental Health Conference has given us the opportunity to engage and connect with so many delegates who have an interest in Mental Health. It was an incredible day.



West Rand District Health Services - Mobile Clinic Launch

The West Rand District Health Services invited NPOwer to the district's Mental Health Mobile Clinic Launch and World Autism Day

Commemoration. It was a day filled with information, Mental Health activation, and awareness brought to the community.



NPOwer is on Social Media !!!

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.

A graphic promoting NPOwer's social media presence. It features the NPOwer logo at the top, which includes a stylized tree with people icons and the text 'NPOwer Supporting the mental health of South African NPOs'. Below the logo are icons for Facebook, Instagram, and Twitter. The text 'FOLLOW US ON SOCIAL MEDIA' is prominently displayed in large, bold, black letters. At the bottom, there is a purple megaphone icon, a laptop icon, and a red heart icon. The text '@npowersa' is written in large, bold, black letters at the bottom. There are also several smaller icons representing social media interactions like likes and shares.

Instagram

Facebook

Twitter

Please give us a Follow, Like, and Share!

We look forward to seeing you on our socials!

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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