

# NPOWER YOURSELF



## SUPPORT GROUP MEETING

NPOwer Support Group, Friday  
10 November at 12pm

Join us at our Free NPOwer Support  
Group Meeting Friday, 10 November at  
12pm



**FREE  
ONLINE  
SUPPORT  
GROUP MEETING**

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

**YOURSELF**

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

**When:** Friday, 10 November 2023

**Time:** 12:00 - 1:00pm

**Where:** Zoom

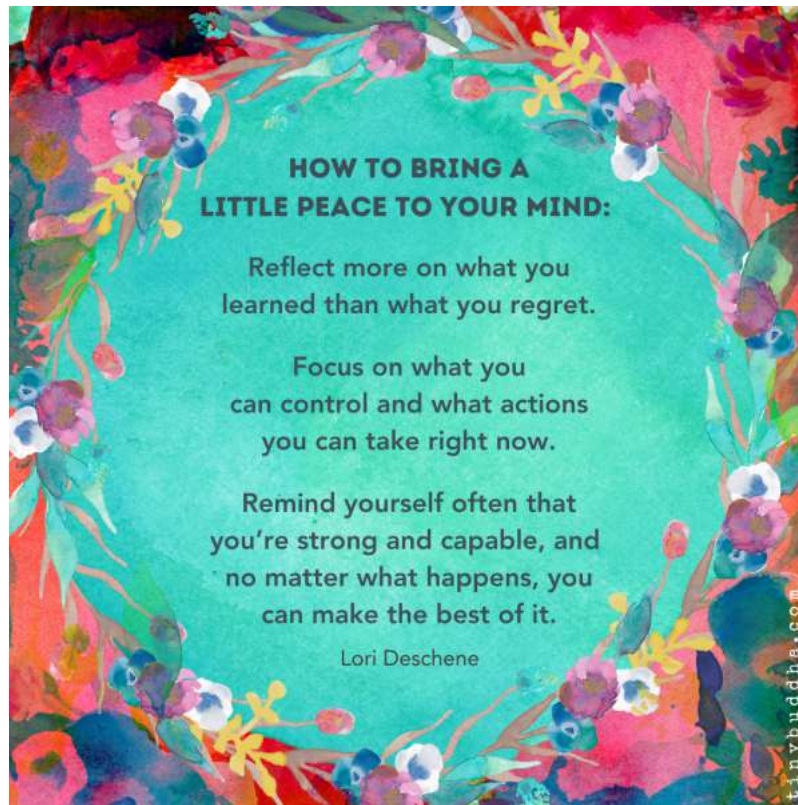
**Register:** [https://bit.ly/NPOwer\\_SGM](https://bit.ly/NPOwer_SGM)

**For more info:** [info@npowersa.org](mailto:info@npowersa.org)



## How to Bring a Little Peace to Your Mind

Being part of the NPO sector, it can be challenging to find ways to bring a little peace to one's mind. Join the NPOwer Support Group Meeting on **Friday, 10 November at 12pm** and explore ways to create a calmer mindset, methods to bring some peace to our working environments, and ways to switch off after a hard day.



## What is the NPOwer Support Group About?

The NPOwer Support Group is a source of empathetic understanding and a non-judgmental environment where members have a voice and learn to take control of their situations. The Support Group meets on the second Friday of each month and provides a safe space to discuss, reflect, and lean on one another for support.

**Register** for our **FREE NPOwer Support group** meeting, taking place Friday, 10 November at 12 pm.

[Click here to RSVP](#)

## Feedback from our previous Support Group Meetings

*"Thank you for the great session. I always feel good after these sessions."*

*"Thank you to ALL for this wonderful platform that has really helped us exhale and pause a bit."*

*"Thank you for making this feel like a safe space."*



**Kind regards,**

**NPOWER Team**

©2024 SADAG | P.O. Box 652548 Benmore • Johannesburg, 2010 • South Africa

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

Powered by  
[GoDaddy Email Marketing](#)®