



SUPPORT GROUP MEETING

**NPOwer Support Group, Friday
13 October at 12 pm**

This month's Support Group Topic is:

**Dealing with Mental Health Challenges in a
Non-Profit Organization**

As October is World Mental Health Awareness Month, we would like to create more awareness and make Mental Health a global priority.

Come join us and share your experiences, challenges, and coping strategies for Mental Health in the workplace to foster a more supportive culture within your organization. Connect with fellow support group members to explore strategies for navigating these challenges moving forward.

**Register Now For Our FREE NPOwer Support
Group Meeting**

NPO



wer

**FREE
ONLINE
SUPPORT
GROUP MEETING**

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

YOURSELF

www.npowersa.org

When: Friday, 13 October 2023

Time: 12:00 – 1:00pm

Where: Zoom

Register: https://bit.ly/NPOwer_SGM

For more info: info@npowersa.org



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, 13 October at 12 pm.

[Click here to RSVP](#)

Feedback from our previous Support Group Meetings

"The NPOwer Support Group is amazing, we learn a lot and find support in each other. It's my second time attending, and its been so refreshing."

"I love joining the NPOwer Support Group Meetings, after every session, I feel more motivated and empowered to go out and stay strong."

"I find comfort in the Support Group. I can feel lonely and drained at times, but the Support Group provides emotional support for me. "

Did you miss our Live NPOwer Coffee Connect Sessions?

A green rectangular graphic with a white wavy border at the bottom. The text is centered and reads: "COFFEE CONNECT" in large, bold, dark green letters. Below this, it says "Join Our LIVE Facebook Chat With An NPO Last Monday Of Every Month at 12pm" in smaller, bold, dark green letters. At the bottom, there is a Facebook icon followed by "@NPOWERSA". There are white coffee splashes on the left and right sides of the graphic.

**COFFEE
CONNECT**

**Join Our LIVE Facebook Chat With An NPO
Last Monday Of Every
Month at 12pm**

f @NPOWERSA

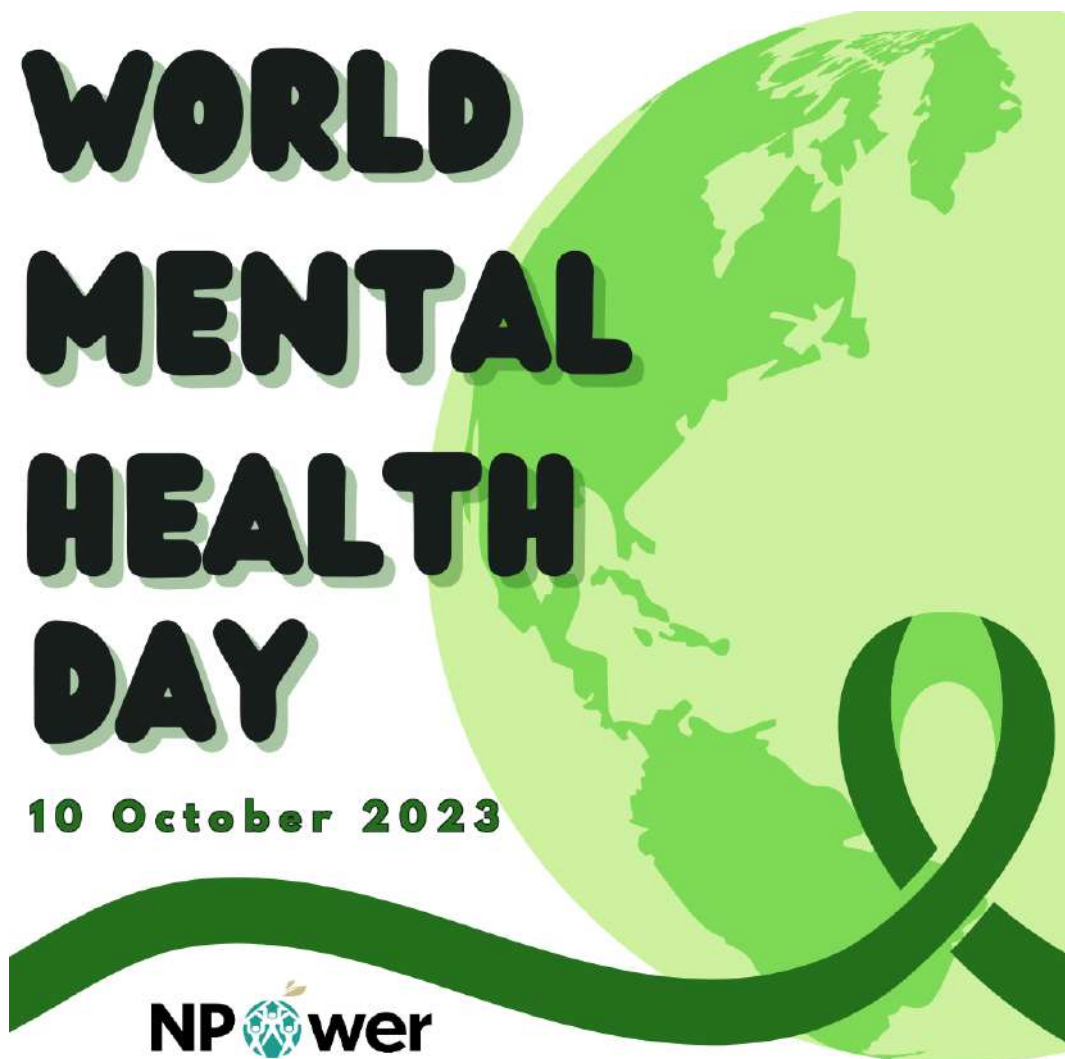


Grab your Coffee or Tea and catch up on the previous NPOwer Coffee Connect sessions.

Hear from our amazing NPOwerer's from our previous coffee connect sessions as they share with us their highs and lows about working in the NPO sector, how they've learned 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](#)



October is Mental Health Awareness Month

October is Mental Health Awareness Month, and on the 10th of October, we celebrate World Mental Health Day.

This is one of the most important months on the Mental Health Calendar,

aimed at creating public awareness to make issues related to Mental Health a global priority. Having a Mental Health condition should never be a reason to deprive a person of their Human Rights or to exclude them from decisions about their own health.

Yet all over the world, people with Mental Health conditions continue to experience a wide range of human rights violations. Many are excluded from community life and discriminated against, while many more cannot access the Mental Health care they need or can only access care that violates their Human Rights.

On the 10th of October, SADAG is challenging **ALL** South Africans to come together for World Mental Health Day by rallying and encouraging your peers, colleagues, friends and loved ones to wear green, decorate in green, and come up with creative ways to **#GoGreen**.

NPower & SADAG wants to get as many people as possible to show their support for people living with Mental Health issues in South Africa. Together we can paint the 'town' green!

Don't forget to tag us, follow us, and use the hashtags to help raise awareness and join the national movement of South Africans showing solidarity that **#MentalHealthMatters**, that it should be a priority, and that there is no shame in asking for help.

Instagram

Facebook

Twitter



Kind regards,

NPOWER Team

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