



## NPOwer Support Group, Friday 8 September at 12 pm

To help non-profit workers, staff, and volunteers better manage the factors contributing to feelings of stress and burnout, NPOwer has hosted monthly Support Groups on the second Friday of every month since 2021. The NPOwer Support Group has given and continues to provide, NGOs with an empathetic understanding and a non-judgmental environment where members have a voice and learn to take control of their situations.

**This month's Support Group Topic is:**

### *Spring Cleaning Your Mind*

Spring has arrived and this is around the time we give our homes a deep cleaning to get it ready for the coming year. But do you do the same to your mind?

Decluttering your mind and caring for your mental and physical health are just as important. Join the NPOwer Support Group Meeting on **Friday, 8 September at 12 pm** as we share a few of our favorite ways to show ourselves some TLC.

# SPRING CLEANING

*your mind*



Spend time outdoors in the sunshine



Unfollow negative accounts on social media

Learn to rest when you get tired



Make lists of things that are going well for you



Drink plenty of water and stay hydrated



Clean & declutter your personal space

LivingWell

Register Now For Our FREE NPower Support Group Meeting, Friday 8 September at 12 pm

# NPOWER



**FREE  
ONLINE  
SUPPORT  
GROUP MEETING**

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

**YOURSELF**

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

**When:** Friday, 08 September 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)



**Register** for our **FREE NPOwer Support group** meeting, taking place  
Friday, 8 September at 12 pm.

[Click here to RSVP](#)

## Hear from our previous Support Group members

**"The Support Group Meetings are very insightful and something I look forward to each month."**

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

**"It's my first time joining the NPower Support Group Meeting, it's encouraging to know we are not alone."**

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



**“This is my first time  
joining the NPOwer  
Support Group and I  
am glad to be in a safe  
space that is  
interactive and  
encouraging. Thank  
you for having this  
platform and making  
us feel supported.”**

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

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## **NPOwer is always here for you**

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 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 0800 515 515.



**Kind regards,**

**NPOWER Team**

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