

## 12 Ways to Deal with Stress + Anxiety

#### Self-Care for Nonprofit Professionals

Co-created by IsraAID and trauma experts Dr. Debra Kalmanowitz, this self-care session provides practical strategies and useful resources to improve your emotional well-being.

#### Friday, October 9, 11:30 am - 1 pm





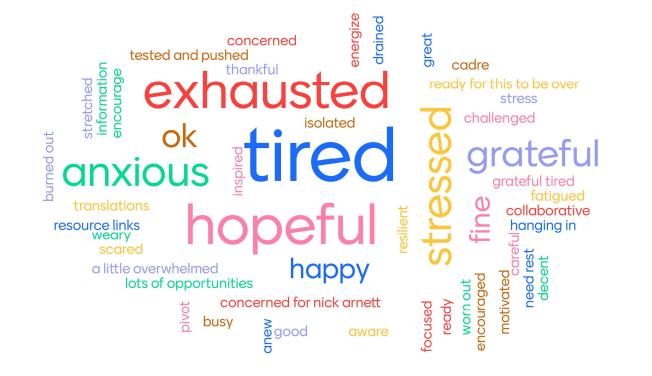
### Welcome and Introductions

- Welcome
  - Please type your name and organization in the chat box so everyone can see who's joined
- Housekeeping
  - Session is NOT being recorded
  - Live transcription notes for accessibility
  - Use of chat box to host if have any needs



衬 Mentimeter

#### 092820 -- How are you feeling?





# 12 Ways to Deal with Stress and Anxiety

Self Care for Nonprofit Professionals





Rachel Wallace, Director Outreach and Engagement



Hagit Zeev Licensed Marriage and Family Therapist





## Questions?



Your feedback is important to us...PLEASE GIVE US YOUR EVAL COMMENTS! <sup>(C)</sup>



# What's Coming Up Next



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衬 Mentimeter

#### **CADRE Partner Services Coordination 2020**



#### CADRE InterAgency Coordination Meeting #17 Monday October 12, 2020



10:00 to 11:30am

Register to attend at <u>www.cadresv.org</u> (or copy link from chatbox)

### CYBERSECURITY + ZOOM OPTIMIZATION

What does it mean to keep your nonprofit cyber secure + your meetings effective in our virtual world?





Howard Lui L Breaking Sky Productions

Leda Muller CyberLeed

RECOVERY

RESILIENCY

**October 13** 

10 am -

11:30 am

Free!



Register at: svcn.org

CADRE



### Public Health Update for Nonprofits

COVID public health order updates, addressing health disparities, and what's the plan for a vaccine?

Thursday, Oct 15, 2020 1:00 - 2:00 pm PT



Register at SVCN.org



Marty Fenstersheib, MD County of Santa Clara COVID-19 Testing Officer



RECOVERY

RESILIENCY

VCN + CADRE







#### **Thinking Big Together:**

How philanthropy and nonprofits must change and work together towards economic recovery, social justice, and equity -- in service to community.

#### Oct 29, 1 pm

Register: https://tinyurl.com/ Nicole-Taylor-Event

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Presented by:

### Nicole Taylor

President and CEO Silicon Valley Community Foundation





Short survey:

https://www.surveymonkey.com/r/S87Z6LW

Long survey: <u>https://www.surveymonkey.com/r/MGK9GNH</u>



## THANK YOU



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