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

FREE TO REGISTER AT SVCN.ORG
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*
092820 -- How are you feeling?
12 Ways to Deal with Stress and Anxiety

Self Care for Nonprofit Professionals
Questions?

Your feedback is important to us...PLEASE GIVE US YOUR EVAL COMMENTS! 😊
What’s Coming Up Next

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CADRE InterAgency Coordination Meeting #17
Monday October 12, 2020

10:00 to 11:30am

Register to attend at www.cadresv.org (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
Breaking Sky Productions

Leda Muller
CyberLeed

October 13
10 am - 11:30 am
Free!

Register at: svcn.org
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
BE OUR GUEST

Buy Tickets Now!

OCTOBER 23
NOON

SILICON VALLEY COUNCIL OF NONPROFITS

Be Our Guest
Sponsorships Available

QR Code
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

Nicole Taylor
President and CEO
Silicon Valley Community Foundation
Short survey:
https://www.surveymonkey.com/r/S87Z6LW

Long survey:
https://www.surveymonkey.com/r/MGK9GNH
THANK YOU

Your feedback is important to us...PLEASE GIVE US YOUR EVAL COMMENTS! 😊