

Free webinar for Aotearoa's community, NGO & Iwi social service sector kaimahi

# Strengthening Wellbeing in Times of Uncertainty

**Monday 27 September, 1pm-2pm | Zoom | Free to attend**

As a worker in Aotearoa's community, NGO & Iwi social service sector, you're making an impact every day, helping children, rangatahi, families & hapori. It's been an extra challenging time lately, doing this mahi in the context of COVID-19. **That's why we've partnered with Umbrella Wellbeing to bring you this webinar. It's an inclusive, safe space for everyone working across the community, NGO & Iwi social sector to learn from registered clinical psychologist Zeenah Adam of Umbrella Wellbeing.** Zeenah has worked in the NGO & community space in Aotearoa, so understands the particular challenges involved.

*You'll be able to identify things you're already doing to support your holistic wellbeing, & pick up new practical & helpful hauora strategies. There'll be a chance to ask your pātai, too.*



[Click here to register](#)



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