



The
**COMMUNITY
FOUNDATION**
of the New River Valley



**Nonprofit
Listening
Sessions**
Via Zoom

March 18, 2021

Our Agenda



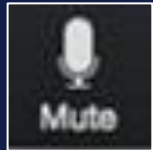
- **Welcome**

- **Self-Care**

- Nicole and Keala of InBalance Yoga,
- Jamie Reygle, Executive Director of InStill Mindfulness
- Rebecca Moore, Integrative Health Liaison and Trauma Informed Trainer with NRV Community Services.

- **Going Forward**

Format & Tips



Please mute your mic when you're not speaking!



Use the chat if you have a question for the speaker, which we will ask at the end of his/her remarks



Going Forward

- **This Call:**

- Recording and PowerPoint to be posted at:
<https://cfnr.org/partnerships-initiatives/covid-19/>

- **Next Call:**

- April 15 at 8am Zoom link at cfnr.org/events
 - Diversity, Equity and Inclusion in the Nonprofit Sector

- **GiveLocalNRV**

- April 20th at 2pm– Let's Talk Strategy!

- **COVID-19 Check-In Two**

- Provide a brief update on how your organization is doing, your major challenges, and desired listening session topics [here](#).



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THANK YOU!