

# NOM<sup>Q</sup>vision

April 2024 Newsletter



[nomv.org](https://nomv.org)

*We envision a veterinary profession that honors and elevates sustainable wellbeing.*

Text "NOMV" to 44-321 to [Donate](#)

# Race Around the World 2024

NOMV's Race Around the World kicks off on May 1st! Join us all month long as we get active, fundraise, and show our support for the veterinary community. Sign up now at [charity.pledgeit.org/RATW24](https://charity.pledgeit.org/RATW24).

Gear up by shopping Race Around the World merchandise now in the [NOMV Shop](#)! All proceeds go towards our mission; any purchase is greatly appreciated.



If you are interested in paying for your team's sign up fees, please fill out [this form](#) and a NOMV staff member will be in touch with you shortly.

If you are interested in becoming a [sponsor](#), please contact Gigi Tsonotos at [gtsonotos@nomv.org](mailto:gtsonotos@nomv.org).

[Sign Up Now!](#)

[Become a Sponsor](#)

## Thank You to Our Sponsors!



## VMHS Upcoming Peer Support Groups

NOMV's Veterinary Mental Health Support is offering two facilitated peer support groups starting in May. For more information about joining the groups, please email [vmhs@nomv.org](mailto:vmhs@nomv.org).

### **6-week Veterinarians Group**

Facilitated by Dr. Jane Jenkins  
Wednesdays at 9:00 PM EST/6:00 PM PST  
Start Date: May 15th

### **6-week Veterinary Medicine Professionals Group**

Facilitated by Dr. Amanda Weiss  
Tuesdays at 4:00 PM EST/7:00 PM PST  
Start Date: May 21st

## Save the Date: NOMV Mini-Conference & Gala



NOMV will be hosting a Mini-Conference and Gala celebrating 10 years of veterinary wellbeing on October 5th, 2024 in Chicago, Illinois. The event will bring together NOMV leadership, volunteers, and champions to collaborate, learn, and celebrate. Stay tuned for more information, and we hope to see you there!

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[Contact Gigi](#)



## Nominations Now Open!

Nominations are now open for our [Annual Awards](#)! This is a fantastic opportunity for us to celebrate the remarkable contributions of our dedicated supporters and volunteers.

Anyone is eligible to submit a nomination, including self-nominations, except for members of the Annual Award Review Committee. To submit a nomination, please complete the [nomination form](#) by June 1st.

[Submit a Nomination](#)

## March Grants

Thanks to our generous donors, NOMV is able to provide support to veterinary professionals in distress through our Support Grants program.

In March 2024, NOMV awarded **\$3,500** to **9 veterinary professionals!**

Make a donation to NOMV to help continue this support of veterinary professionals.

[Donate](#)

**\$3,500**

awarded to

**9**

**Applicants**





# Spotlight

This month we are thrilled to shine a spotlight on our [NOMV New England chapter!](#)

The chapter had their first ever RACE approved CE event in the Covetrus conference center in Portland, Maine on March 30th. It was a fun-filled afternoon with Emily Carveth, LMSW, discussing coping mechanisms for stress reduction, communication using polyvagal theory, and resources to help co-workers and clients better comprehend the trauma that comes with working in veterinary medicine. The afternoon also included important discussion on how the New England chapter can help support our surrounding communities as well as Elanco sponsoring a yummy lunch and telling the group about their veterinary advocacy program where they train employees to support veterinary professionals in self-care, mental wellness, and suicide prevention.

The CE event also had a special guest, Markus! He is a magician and professional balloon twister. He brought some additional fun and lightness to some of the heavier topics that were covered. People were so excited to have him there in-between sessions, tying balloons in any shape they desired!

NOMV New England had this to share: “We were so happy to host this CE so we could make amazing connections and have important conversations around how we can elevate mental wellness!”

Learn more about NOMV chapters by visiting [nomv.org/ambassadors](https://nomv.org/ambassadors).



# NOM



Elevating Veterinary Wellbeing



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