

FEBRUARY WELLNESS DIGEST



Welcome to February!

We can't believe we've already entered the second month of 2022! This month, you'll likely see a few holidays and celebrations, including Groundhog Day, Valentine's Day, Lunar New Year, and Black History Month. Take the time to buy flowers for yourself and buy from a black owned business. If you made them, now may be a good time for you to evaluate or check in on your New Year's Resolutions or Intentions.

This month's newsletter is extra special because our annual gala, Blue Skies Ahead, is later this month! We're sold out of in-person tickets, but please read through our newsletter to **learn about how you can participate online**. We'll also share a **wellness tip** and a **survey for Napa Valley parents!**



Blue Skies Ahead Online Auction

We are so excited about our online auction later this month! The auction will open on Friday, February 18th at 5pm and stay open until Saturday, February 26th. Anyone can participate as long as long as they register online. Please see the instructions below!

How to Mobile Bid with Greater Giving Online Bidding

1. Register your mobile number and credit card information on our [registration page](#).
2. When the auction is open, you will receive an automated 'Welcome' text with your bidder link.
3. After clicking the link in the text, begin searching for packages by name, number, or category
4. Select the package you wish to bid on.
5. You can **Bid** the next increment or **Bid More** than the next increment

6. If you choose to **Bid More** you can choose to set your **Max Bid**. If your max bid is the highest, the system will automatically bid in your favor until you are outbid or until the silent auction closes. If your bid is lower than the highest max bid on that package, you will be prompted to enter a higher bid.
7. To purchase a package at the Buy Now price, select the **Buy** button.
8. To "watch" a package, select the star icon on the package.
9. To make a donation, select the Donation button on your home screen and choose a preset amount or select the **Custom Amount** button to enter the amount you wish to donate.
10. If you're out-bid at any point before the silent auction closes, you will receive a text message.
11. To view packages you are bidding on, click the menu button and select **Bids**.
12. To view packages you are watching, click the menu button and select **Favorites**.
13. Once the auction closes, the guest with the highest bid will win.
14. Under the **Bids** area you can check your winning packages.

Learn more about the online auction by following us on [social media!](#)



Start a new Valentine's Day tradition! Valentine's Day is divisive and many people have strong feelings about it. But, love it or hate it, there is little we can do to avoid the red or pink hearts that seem to paint the walls of every store we walk into. Put your own spin on Valentine's Day by celebrating different kinds of love, like the love you have for your friends, community, or support structure. Do something that's not typically associated with Valentine's Day, like scheduling a lunch date with your friends or volunteering in your community.

Napa Valley Parents – Help Us Help You!

Mentis is conducting an informal needs assessment with parents living in Napa County, with the goal of gaining a better understanding of what kind of mental health and wellness support parents need, and how this support would be most accessible. Please take a few moments and fill out [this survey](#). Your input is extremely valuable to us and will inform future parent prevention programs at Mentis.

Thank you.



Every day, our staff and clinicians educate, support and inspire people to take charge of their mental well-being. With programs ranging from prevention to treatment, we're here to make sure our community's mental wellness flourishes.

[Donate to Mentis](#)