

NOVEMBER
WELLNESS
DIGEST



Happy November!

Welcome to November! If you are in the North Bay, we hope you have stayed dry but enjoyed the rain! This month we'll see shorter days, longer nights, and colder weather. We're also at the start of another holiday season! We realize that holidays are difficult for many people. Both seeing family and not seeing family can bring up complicated feelings and emotions. If you feel this way, **you are not alone**. If you are struggling and in need of support, please visit our [resource](#) page to find help.

Please read through our newsletter for a **program spotlight** where we'll talk about education and outreach that we do with our community, share a **wellness tip**, and talk about our upcoming events!

COMMUNITY
EDUCATION
AND
WELLNESS

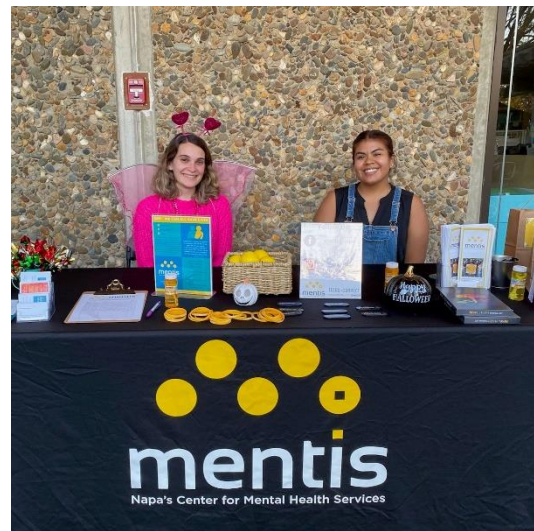


About Community Education and Wellness

We are committed to improving the mental health and wellness of our community by sharing our knowledge as well as bringing in experts to share their knowledge. Mentis offers learning opportunities with local professionals, mental health experts and parenting gurus; as well as youth-led panel presentations that give human-centered insight into the lives of our young people. Because when we know better, we do better, individually, and collectively.

Learn more about community education and wellness by following us on [social media](#). We'll be sharing examples of community outreach and education throughout this month!

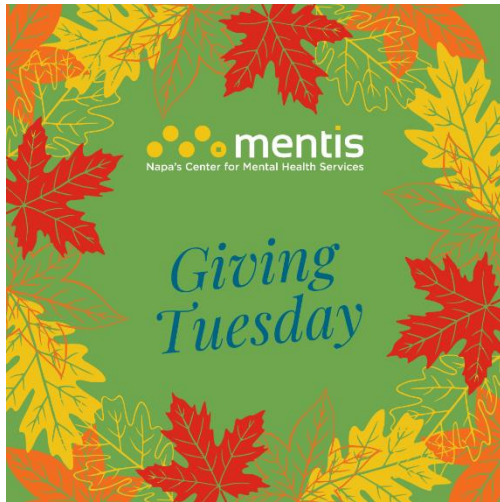
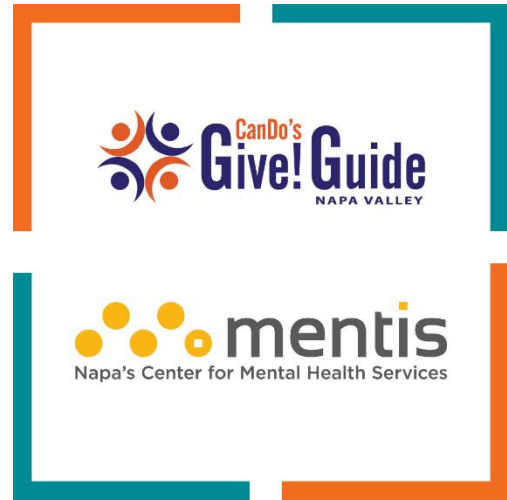
Thanks to supporters like you, Mentis is able to share knowledge and expertise with our community! Last month, Prevention Specialists Nyah and Yarely attended a Halloween themed resource fair at Napa Valley College. They were able to share information about mental health resources and substance use and give out wellness kits! Thank you for your support of our community, Nyah and Yarely!



Holidays can be difficult for a number of reasons! One strategy that may help you cope this holiday season is to host or attend a gathering with friends. If you aren't able to spend holidays with family, spending time with friends can remind us that we're not alone, we have a support system, and that we are part of a community. If you will be seeing family, spending time with friends can allow us the chance to celebrate a holiday in a way that's more in line with our expectations and that we're more comfortable with.

Upcoming Events

Mentis is so grateful to be part of this year's Give!Guide! From November 30th to December 31st, you can visit [CanDoGiveGuide.Org](https://www.CanDoGiveGuide.Org) to donate to 55 local nonprofits!



Mentis will be participating in Giving Tuesday 2021! On November 30th, we hope you will donate to Mentis and partner with us in our mission to provide bilingual mental health services to people of every age and income level. You can donate to Mentis



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](#)