



JUNE WELLNESS DIGEST



June is in Full Bloom

It's hard to believe we are halfway through 2022! The school year is coming to an end, summer is starting and the warmer weather signifies joy and excitement for what is to come. With parades and festivities for Pride month and Juneteenth, who could ask for a better way to kick off summer.

Read through this month's edition of the newsletter for a **program spotlight**, a **wellness tip**, and some **upcoming events!**

PARENT WELLNESS CAFES



About our Parent Wellness Cafes

Our Parent Wellness Cafés are offered to Spanish-speaking parents at 6 elementary school sites in NVUSD, in partnership with On The Move's program "Napa Valley Parent University". Wellness Cafés open the conversation about mental health and wellness, ensuring that parents feel supported and have the resources they need to lead more fulfilling lives and in turn be able to teach their children these tools.

This past year, parents learned about the eight dimensions of wellness (emotional, occupational, intellectual, environmental, financial, social, physical, and spiritual), coping tools, and additional resources available in the county.

The wellness cafes created a safe space for parents to discuss their most pressing issues, share part of their story with one another, support and encourage one another, and advocate for themselves.

Learn more about Mentis and the 8 Dimensions of Wellness outlined in the Parent Wellness Cafes by following Mentis on **social media!**





Our wellness tip this month is to build a bedtime routine. Rest is crucial for restoring our overall wellbeing and creating a routine can help ensure a good night sleep regularly. Wind down by drinking a cup of chamomile tea, stretching, reading or listening to calming music. We also recommend not using devices about 30 minutes before going to bed.



Thank You!

COLLECTIVE NAPA VALLEY

Thank you Collective Napa Valley for investing in our youth! We are honored to be part of the Student Health Improvement through Nonprofit Excellence (SHINE) initiative; a collaboration between Napa Valley Vintners, Napa Valley Education Foundation, Aldea Children's Services, On the Move and UpValley Family Centers to ensure our children in

Napa Valley have access to mental health programs and services. Your generous support will make an immeasurable difference in the lives of youth in Napa Valley!

Upcoming Events



The City of American Canyon's
1st Annual
JUNETEENTH
Celebration

in partnership with American Canyon Arts Foundation

Main Street Park/Napa Junction, Hwy 29 and Eucalyptus, American Canyon, CA
Speakers, Live Entertainment, Food Trucks, Vendors, Kidzone

Admission is **FREE**. Limited reserved seating available for **\$30**

Juneteenth + Father's Day = A Family Day of Celebration

For additional information: Brenda Knight Events – (707) 319-4773

**SAVE
THE
DATE!**

**SUNDAY
19 JUNE 2022
1:00-6:00 p.m.**

YOU'RE INVITED TO

PRIDE WALK TO THE PARK

FRIDAY
JUNE 24TH
2-5PM
ALL AGES

FOOD
MUSIC
GAMES
MORE

LGBTQ CONNECTION

TEENS CONNECT
A PROGRAM OF **mentis**

KENNEDY PARK
2295 STREBLOW DR.
NAPA, CA 94558

FOR MORE INFO CONTACT GRACE@LGBTQCONNECTION.ORG



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.

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Mentis Napa's Center for Mental Health Services

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