



JULY WELLNESS DIGEST



July is Bursting

Summer is in full swing and this month is filled with fun events, from national holidays to local community events like Dia de Familia and Napa Porchfest (see below for more info). July is also BIPOC Mental Health Awareness month and we recognize that our BIPOC neighbors may be more likely to develop mental health conditions but due to systemic discrepancies, often lack access to quality care. We at Mentis are proud to support our diverse community members of every age by providing affordable bilingual mental health services throughout Napa County. We are continuously working to create deeper multicultural competency so that we can thoughtfully and adequately provide quality care for everyone.

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

PROGRAM TO
ENCOURAGE
ACTIVE
REWARDING
LIVES (PEARLS)



About our Program to Encourage Active Rewarding Lives (PEARLS)

Our new Program to Encourage Active Rewarding Lives (PEARLS) is a program that focuses on helping older adults develop skills to manage depression and maintain happiness, health, and independence. This new program is geared toward those 60 years old or older who experience mild to moderate symptoms of depression. Our certified bilingual coaches, Josue and Lupe, underwent training to incorporate the unique needs of our clients into their sessions to help meet clients' goals. Lupe and Josue are ready to support the older adults in our community. If you know someone or are interested in learning more about our PEARLS groups, please call us at 707-299-1885.

Learn more about Mentis by following us on **social media!**





Gardening can be not only a good way to increase your physical activity it can also decrease your stress and anxiety levels, making gardening a great benefit to our overall wellness! Whether you are planting yummy veggies or stunning flowers, both types of gardens provide benefits to our health. Gardening can boost your immunity and help decrease your risk of dementia.

Upcoming Events



DÍA DE LA FAMILIA - 10º ANIVERSARIO!

DOMINGO, 24 de JULIO 2022
1 p.m. – 3:30 p.m.

Napa Street
al par de la Iglesia Católica de San Juan

¡Únase a esta celebración anual gratuita con comida, música, organizaciones comunitarias y actividades familiares! Aprenda sobre los programas que ofrecen las organizaciones locales a las familias de nuestros trabajadores del campo.

SUNDAY, JULY 24, 2022
1 p.m. – 3:30 p.m.

Napa Street
between Main Street & Yajome Street

Join us for a celebration with free food, music and family activities! Learn about the programs that local organizations provide for the families of our farmworker community.

www.farmworkerfoundation.org

*To support and promote Napa Valley's vineyard workers
through education and professional development*



PORCH FEST

SATURDAY JULY 31ST
12:30 - 5PM

COME OUT AND ENJOY
LIVE MUSIC, FOOD
TRUCKS, AND POSITIVE
VIBES IN AND AROUND
HISTORIC FULLER PARK
NEIGHBORHOOD.



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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