



## Seeking Out the Sunshine

It may be officially springtime, but you wouldn't know it from the torrential downpours we've been facing! The lack of sun may be challenging, but these deluges are a great metaphor for mental health - even in the darkest of times, we can still expect that something beautiful is on the horizon. Some folks at Mentis are looking forward to seeing the verdant rolling hills of our beautiful valley and the wildflowers we hope will bloom soon. **We'd love to know - what are you looking forward to?**

In this month's edition of the wellness digest, we'll share **exciting news, information about an upcoming event, and a wellness tip to help with this dreary weather.**

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## Mentis at the Heart of Napa Awards

On March 16th, Mentis gathered with spectacular Napa Valley nonprofits for the Center for Volunteer & Nonprofit Leadership's (CVNL) Heart of Napa Awards. Mentis staff and community members, including our nominees, were honored to be recognized by CVNL and to participate in this event alongside the people and agencies who work each day in service of our shared community.

We'd like to give a shoutout to the members of our Mentis community who were nominated for awards: Araceli Cantera and Erin Cullen were both nominated for Youth Volunteer of the Year, and we are so lucky to work with these two changemakers and mental health advocates. We'd also like to recognize Kim Brown Sims, our luminary board president, who was nominated for Excellence in Board Leadership. It is thanks to the dedication of people like Araceli, Erin, and Kim that we can ensure our community's mental wellness flourishes!

Find more pictures of the Heart of Napa Awards on our social media pages!



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## Upcoming Events



*Bridging the Years - A Program of Mentis  
presents*

# FEED YOUR MIND



Thursday, April 27th, 5:00 - 6:30pm

*Crosswalk Community Church*

Welcoming youth ages 15-24 and adults ages 60+

Learn by eating! Registered dietitian LeAnn Miller will discuss *The Gut Brain: The Mind-Body Connection* and the relationship between stress, appetite, digestion, and mood. An interactive meal will model how to get your daily nutrients without complicated recipes or expensive ingredients. Plus a raffle for free groceries!

Bridging the Years facilitates friendships between our older and younger generations, providing a chance to share stories as well as learn new perspectives while establishing relationships in our community.



## Feed Your Mind on April 27th!

Are you a young person between the ages of 15-24 or an adult aged 60+? Presented by a registered dietitian, join us on April 27th to learn more about the relationship between food and mental health.

For questions or for more information, please email Nyah McWilliams at [nmcwilliams@mentisnapa.org](mailto:nmcwilliams@mentisnapa.org)

TEENS CONNECT, A PROGRAM OF MENTIS  
PRESENTS

# YOUTH MENTAL HEALTH Festival

Build your wellness toolkit! Explore new hobbies, coping skills, and resources while having fun with friends!

## SPECIAL ACTIVITIES:

THERAPY ANIMALS, POSITIVE AFFIRMATIONS, BODY MOVEMENT,  
BUILD YOUR OWN TRAILMIX, ACUPRESSURE, PAINTING, AND MORE!

**MAY** KENNEDY PARK  
**13TH** Pelusi Building, 1 - 4 PM

FREE EVENT FOR AGES 12-21



SCAN  
FOR  
MORE  
INFO

TEENS★CONNECT |  mentis

## Youth Mental Health Festival on May 13th!

Join us on May 13th for a Youth Mental Health Festival for folks aged 12-21! You'll learn to build your mental wellness toolkit by exploring new hobbies, coping skills, and resources.

For questions or for more information, please email Nyah McWilliams at [nmcwilliams@mentisnapa.org](mailto:nmcwilliams@mentisnapa.org)

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## WELLNESS TIP

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Struggling with this dreary weather? Here's an idea: pick up a cozy hobby that can easily be done indoors! The possibilities are endless: you could try curling up and reading a book, learn to knit or crochet, or even try cooking a meal that is more labor intensive than what you'd normally cook. Bonus points if someone in your household enjoys the same hobby so that you can participate together! The key is to have something to do inside that you look forward to so that don't feel like everything enjoyable is on hold until the weather changes.



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

709 Franklin Street Napa, CA 94559