



APRIL WELLNESS DIGEST



Spring-ing Into Wellness

The signs of springtime are all around us! The weather is a little warmer, the grapevines are in budbreak, and the flowers are starting to bloom. At Mentis, spring is a busy and exciting time with many projects and events.

Read through this month's edition of the wellness digest **to learn more about parent mental health, past + upcoming events, an exciting announcement, and gain a new wellness tip!**

Parent Mental Health

What is it? Parents are just as likely to be impacted by mental health as other groups of people are, and [parents rank mental health as one of their top concerns](#).

Why does it matter? Here's one reason (among many!) that the mental health of parents matters: [the mental health of parents and their children are inextricably linked](#). When parents struggle with their mental health, their kids are far more likely to struggle with mental health too.

What's Mentis doing about it? We're excited to share our brand-new [Parent Wellness Portal](#) with you! Available in English and Spanish, [visit this site](#) for access to on-demand

videos all about different dimensions of parental mental health and wellbeing. Check back for more videos soon!



Introducing the New Mentis Monthly Giving Club!

We're thrilled to announce that we've launched a new monthly giving club! It takes a village to ensure that our neighbors of all ages and income levels can access bilingual, affordable mental health services, and we hope you'll join the movement.

Recurring giving is a great way to increase your impact on a cause you care about. A small monthly gift adds up to a big investment over the course of a year - and the financial stability you provide means our clients can rely on our continuum of mental health care day in, day out.

- **Just \$10 a month** allows for two teenagers to participate in a lifesaving QPR suicide prevention curriculum.
- **\$25 a month** covers the copay for an individual therapy session for someone who would not otherwise be able to access therapy services.
- **\$50 a month** enables us to host a Mentis Wellness Café for older adults.

We invite you to start a monthly donation today! [Visit our online donation page](#) and click on the tab on the right called, "recurring donation."

And today, **we've got a special prize!** The first person to sign up for a monthly donation will win **four tickets for Live in the Vineyard's Mainstage Performance at the Uptown Theatre on April 24th at 6:30pm!** (*must be aged 21 or older)

[Sign Up For a Monthly Donation Today](#)

Announcements

Platinum
Transparency
2024

Candid.

Mentis has earned a **Candid Platinum Seal of Transparency!** Check out [our nonprofit profile](#) to keep up to date with our impact. We want to ensure you always have the information you need to support our work with trust and confidence.

Upcoming Events

To celebrate the kickoff of our monthly giving club, we're hosting an event with Outer Space Wines on April 25th! Whether you're a longtime Mentis supporter or just learning about us now, we hope to see you there!

YOU'RE INVITED
to Outer Space

When
Thursday, April 25th,
5pm-7pm

Where
Outer Space Wines, 974 Franklin
Street, Napa, CA

Why
To celebrate our newly relaunched
monthly giving club!


Napa's Center for Mental Health Services

AUTHOR EVENT

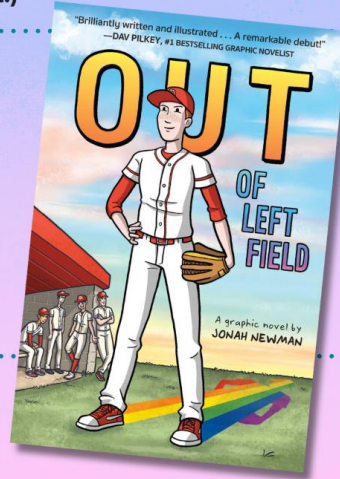
with Jonah Newman

April 17th 6:00pm-7:00pm at
Napa Bookmine (1625 2nd St.)

All ages welcome!

Join cartoonist and editor Jonah Newman to discuss his graphic novel **OUT OF LEFT FIELD**, a big-hearted and funny YA graphic novel about learning to be yourself.

Teens Connect youth will be facilitating a community art activity inspired by important themes from the book!



20% of Napa Bookmine's proceeds from the sale of Jonah Newman's book will go to Mentis teen programs thanks to a generous, anonymous donor

A collaboration between



TEENS★CONNECT A PROGRAM OF **mentis**


PRESENTS
**THE SECOND ANNUAL
YOUTH MENTAL
HEALTH FESTIVAL**

A FREE EVENT FOR AGES 13-19

**BUILD YOUR WELLNESS TOOLKIT! EXPLORE NEW HOBBIES, COPING
SKILLS, AND RESOURCES WHILE HAVING FUN WITH FRIENDS!**

**MAY 11, 2024
1:00PM TO 4:00PM**

AT NAPA VALLEY COLLEGE 2277 NAPA VALLEJO HWY, NAPA, CA 94558



THIS EVENT IS NOT SPONSORED NOR ENDORSED BY THE NAPA VALLEY COMMUNITY COLLEGE DISTRICT.

FOR MORE INFORMATION AND TO RSVP: [BIT.LY/YMHF2024](https://bit.ly/YMHF2024)

A Look Back at Blue Skies Ahead



Last month, Mentis hosted Blue Skies Ahead, a fundraising gala supporting Napa Valley's mental health. The event raised over \$250,000 to fund Mentis' critical mental health services and 250 people attended, including donors, agency partners, and community members. Guests heard a moving speech by Napa County District Attorney Allison Haley about the importance of safety-net mental health care, were treated to wines from 15 Napa Valley wineries and Dry Goods Beverage Co., and they experienced "The Game of Life," an interactive display of Mentis' programs and impact.



Here's this month's wellness tip: you don't have to fix everything! When folks come to you and talk about their feelings, many of us have the initial instinct to 'fix' whatever is plaguing that person. Of course, it might *sometimes* be appropriate to 'fix,' but a lot of the time, folks just want to feel listened to and heard. And, 'fixing' assigns you responsibility for how that person is feeling. Instead, practice active listening skills. [Learn more about active listening here!](#)



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](#)

[Unsubscribe](#)

Mentis Napa's Center for Mental Health Services
709 Franklin Street Napa, CA 94559