



DECEMBER WELLNESS DIGEST



Warm Wishes

As 2024 comes to an end, we're looking back over the past year. This year hasn't been perfect (and no year is!) but 2024 has also been a monumental year for Mentis and for our Valley's mental wellbeing. As we enter into 2025, we're more grateful than ever to be part of an incredible community like the Napa Valley. We wish you, and your loved ones, warm wishes this holiday season.

Please read through this newsletter for 5 more things happening before the end of 2024!

It's true! Mentis has officially moved! While we will dearly miss our office on Franklin Street and our clinical offices downtown, we are thrilled for our agency to enter this new era. From now on, **please use 1272 Hayes Street, Napa, CA 94559 as Mentis' mailing address.** Clinical services will become available in the new building early in 2025.



Mentis has been serving the Napa Valley community for more than 75 years. If there is one lesson that we've learned, it's that *there's strength in community*. No one's mental health exists in a vacuum, and we all thrive when we have a caring network of support to fall back on. So today, we're asking for your investment in our community. [Will you make a donation to ensure that every member of our community has access to mental health care, now and tomorrow?](#)

[Donate Here Today.](#)

Research consistently shows that practicing gratitude is good for our mental health. But how do we practice gratitude at times when it doesn't feel like there's a lot to be grateful for? [Read Mentis' latest Napa Valley Features article](#) to explore this question! Written by Mentis Development Director, Charlotte Hajer, and Mentis therapist, Jessica Musgrove-Ortiz, this article is a must-read!



Ripple Effect Gifts!

Donate to our capital campaign
today and receive a gift from
Mentis!

rippleeffect.mentisnapa.org



Ready to make an impact? Donate today to The Ripple Effect! As a token of our appreciation, you'll receive an exclusive gift! [Visit Mentis' Instagram page today](#) to learn more about what gifts are available.

And, you'll double your impact when you donate today thanks to TJ Shushereba, who is generously matching donations up to \$25,000.

[Donate to the Ripple Effect today.](#)

"Even just existing and being able to be part of this program, I've seen that as something that's been really meaningful to the youth I work with," Musgrove said. 'Because this community is very often made to (feel) invisible.'"

Mentis has partnered with [LBGTQ Connection](#) to launch a new program for Napa County's LGBTQ+ youth. [Learn more by reading this article](#), recently published in the Napa Valley Register.





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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1272 Hayes St Napa, CA 94559