



FEBRUARY WELLNESS DIGEST



Heart To Believe

It's heart to believe that it's already February! But 2025 is just getting started, and every day gives Mentis another chance to serve the Napa Valley community. Inevitably, February is the time where many people celebrate love - for each other, for our community, for our family. But we want to take this moment to encourage you to show love for yourself, too. This month, we've been sharing self-love tips on our [Instagram page!](#)

Please read through this newsletter for the 4 things you need to know this month!

[Buy Blue Skies Ahead Tickets Today!](#)

The reception of our annual fundraising gala, **Blue Skies Ahead: Making Waves**, will be held on **April 26, 2025!** For the first time ever, the event will be held at our brand new Mentis Wellness Campus. Featuring live music, a self-guided tour of the Wellness Campus, an interactive art activity, food trucks, and more, this is a fête you won't want to miss! **[Buy your tickets today by clicking here!](#)** Even if you can't attend the event in person, the silent auction will be open online during the week prior the event!

[Click here for tickets.](#)



Mentis operates at the intersection of expertise and lived experience. The impact of our new Wellness Campus extends way beyond a building. The new Wellness Campus is our chance to provide mental health services that benefit people from all walks of life - because there's no "one-size-fits-all" approach to mental health. Soon, Mentis will begin hosting a series of listening sessions so that we can hear from *you* about what services you'd like to see in the Wellness Campus.

We'll be announcing dates for the listen sessions soon, so be sure to check back often!

At Mentis, we recognize that recent actions taken by the federal government have caused fear and anxiety amongst many of our community members and the people we serve. For a list of local mental health resources, please visit Mentis' [Community Resource Database](#).

[Click Here to Read Mentis' Full Statement.](#)

Mentis Statement on Immigrant Rights, February 2025



Over the last two months, Mentis has partnered with local wineries to host a series of dinners that support Mentis' mission of providing bilingual, affordable mental health services to people of every age and income level. Please join us in thanking the organizations and individuals who made these dinners possible! With these incredible partners, Mentis can continue to support the mental health and wellbeing of Napa County residents.



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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