



# JANUARY WELLNESS DIGEST



## Together in 2025

For many, a new year feels exciting and reinvigorating. It's easy to look into the future and to try and imagine what the year will hold. While Mentis cannot predict exactly what 2025 has in store for us all, it's a safe assumption that 2025 will not be perfect, because no year is! 2025 might be filled with both tribulations and triumphs, with peaks and valleys, and with roses and thorns. But we can reassure you of this: Mentis is committed to the Napa Valley, this year and every year.

**Please read through this newsletter for 4 things happening soon!**

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We're settling in to our new offices at **1272 Hayes Street, Napa**, and excited to share that **services have reopened at our new location!** This office features something Mentis has never had before: a reception room! **Everyone visiting the offices, whether they be a vendor, donor, or client receiving services, should first check in at the reception area.** We're working on adding more signage, but in the meantime, please look for Room 101.

Want an up close and personal look at the new space? Contact us for a tour! Please email Development Director Charlotte Hajer at [chajer@mentisnapa.org](mailto:chajer@mentisnapa.org).



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## Blue Skies Ahead *making waves*

[Buy your tickets today by clicking here.](#)

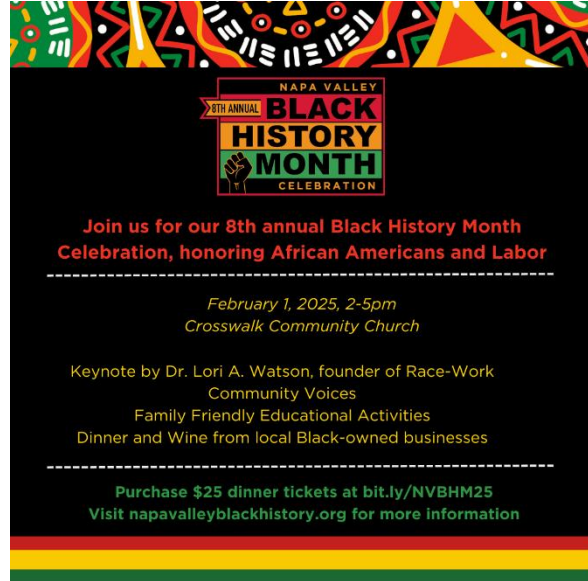
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Only a few seats are left for our [Blue Skies Ahead: Making Waves](#) wine dinners! Hosted at premier Napa Valley venues, this series of intimate, luxury dinners includes a multi-course meal, meaningful and thought-provoking conversation about mental health, a beautiful venue, and fabulous hospitality.

Our friends at [Napa Valley Black History](#) are hosting the 8th annual [Napa Valley Black History Celebration](#) on **Saturday, February 1st, 2-5pm, at Crosswalk Community Church!** Dinner and wine will be provided by local Black-owned business, and tickets can be purchased for \$25.

This year's theme is, "African Americans and Labor," recognizing the important role of Black labor in shaping American communities, rights, and industries.

[Purchase tickets by clicking here.](#)



Mentis is looking for donations of goods, services, and experiences for the silent auction of our annual fundraising gala, Blue Skies Ahead.

Partnering with Mentis is a testament to your commitment to mental wellness and the citizens of Napa Valley. Additionally, donations are tax-deductible as allowed by law.

For questions or to donate an auction item, please email Mentis Development Director, Charlotte Hajer, at [chajer@mentisnapa.org](mailto:chajer@mentisnapa.org).





**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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