



# NOVEMBER WELLNESS DIGEST



## A November to Remember

We're back with another newsletter, but we'd be remiss if we didn't address the elephant in the room: the election results have many members of our community feeling confused, scared, and angry. If you're feeling this way, please know that we see you, and we hear you. We can't promise what might or might not happen, but we can promise you that we've been advocating for this community for over 75 years, and we're not stopping now.

If we've learned one thing since our inception in 1948, it's that there's strength in community. **Please read through this newsletter for four ways to get more involved** with our community.

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Get in the holiday spirit and support Napa Valley's nonprofits by visiting **First Street's Holiday Market on December 7th and 8th!** Enjoy live music, holiday shopping, a visit from Santa, and more! Participating nonprofits will be decorating Christmas trees which will then be auctioned off, and the proceeds will benefit the nonprofit. Vote for your favorite tree and learn more by visiting [FirstStreetNapa.com](http://FirstStreetNapa.com).



**HOLIDAY Market**  
DECEMBER 7 | 12PM - 4PM  
SANTA MEET & GREET  
DECEMBER 7 & 8 | 12PM - 4PM  
FESTIVAL OF TREES VOTING & ONLINE AUCTION  
FEATURING NAPA VALLEY NON-PROFITS  
LOCATION: FIRST STREET NAPA | 1300 FIRST ST., NAPA, CA  
LIVE MUSIC | SHOPPING | ARTISTRY | COMMUNITY

SUPPORT NAPA VALLEY'S NON-PROFITS IN FRIENDLY COMPETITION WITH ONLINE VOTING AND AUCTIONING, ENJOY LIVE MUSIC, HOLIDAY SHOP, MEET SANTA, AND MORE! PROCEEDS OF ONLINE TREE AUCTION WILL GO DIRECTLY TO REPRESENTING NON-PROFIT. VISIT [FIRSTSTREETNAPA.COM](http://FIRSTSTREETNAPA.COM) TO VOTE ON YOUR FAVORITE TREE, AND BID FOR YOUR CHANCE TO WIN.

PARTICIPATING NAPA VALLEY NON-PROFITS

IN PARTNERSHIP WITH

FIRST STREET NAPA  
DOWNTOWN NAPA



WE WANT YOUR INPUT!

Please fill out this survey!

 mentis  
Napa's Center for Mental Health Services

Mentis has the opportunity to apply for a grant that would support our upcoming Wellness Campus! But to strengthen our application, **we need your input!** Please take a few minutes to [fill out this survey](#) about what kinds of services you'd like to see. The survey will take just a few minutes, and it could make a huge difference.

[Click here to fill out the survey.](#)

### [Wine Dinners - January + February 2025](#)

Stay tuned for more information about our upcoming series of intimate, luxury dinners at premier Napa Valley venues. Each dinner will offer a 3-course hosted dinner with exquisite wine pairings, a meaningful & thought-provoking conversation about mental health & wellness, the company of 10-15 community members who are passionate about our Valley's wellbeing, and a beautiful venue and fabulous hospitality

### [Open House Reception - April 26, 2025](#)

Discover what the future of community based mental health looks like. Explore the ins and outs of the new Mentis Wellness Campus, hear from Mentis' visionary leadership, enjoy a live auction and fund-a-need, and experience lively entertainment, food trucks, and both alcoholic and non-alcoholic beverages.

A GALA FOR  
NAPA VALLEY'S  
MENTAL HEALTH

# Blue Skies Ahead

*making waves*



Feeling stressed, anxious, or overwhelmed about the upcoming holidays? We know a thing or two about these feelings, and let us assure you: **you're not alone!** At Mentis, we sometimes feel like a broken record because we frequently encourage folks to participate in self-care. Here's the thing: we are not suggesting that taking a bubble bath or going for a walk will fix everything - if only it were that simple! But, enjoying self-care activities can make us better equipped to deal with life's stressors. On Thanksgiving morning, it's a lot easier to multitask if we've gotten enough sleep the night before! So this holiday season, we encourage you to take time for self-care.



**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](#)

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