



# MARCH WELLNESS DIGEST



## Shamrock and Roll

It's time to shamrock and roll through March! Every day, Mentis staff are working to create a new model for community-based mental health, one that's client-centered and rooted in access and belonging. **Read through this newsletter to hear more and learn how you can get involved.**



Yesterday afternoon, Mentis hosted a **ribbon cutting ceremony** to celebrate the opening of our new Mentis Wellness Campus! Together, we are breaking down barriers to ensure that every member of our community has access to the mental health care they need to live healthy, fulfilling lives. But there is still more work to be done!

To get involved with the Mentis Wellness Campus, visit [rippleeffect.mentisnapa.org](http://rippleeffect.mentisnapa.org).

**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.**

We're thrilled to be **launching a peer support program for teens in Napa County!** Beginning March 10th, Napa County high schoolers will be able to sign up for a 30 minute session with a trained peer counselor. Because of our new Mentis Wellness Campus and the support of Kaiser Permanente, we now have a dedicated space for peer support that is comfortable, private, and welcoming.

[To learn more about our phenomenal peer counselors, please visit the Teens Connect Instagram page.](#)

[Click here to sign up for a peer counseling session.](#)

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We're often asked about ways that members of our community can support Mentis apart from donating money. **Today, we're asking for your help to spread the word about Blue Skies Ahead.** We've created a small [marketing toolkit](#) that contains images, sample captions, and email templates to enable you to share about Blue Skies Ahead with your friends, family, and on social media. **Thank you in advance for helping us make waves for Blue Skies Ahead 2025!**



[Click here to view the marketing toolkit.](#)

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**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**