



## APRIL WELLNESS DIGEST



### A Spring in Our Step

It's April, which means that we have a spring in our step because Blue Skies Ahead is at the end of this month! In addition to Blue Skies Ahead, many exciting opportunities are on the horizon. **Read through this newsletter to learn more!**



### Blue Skies Ahead: A Celebration of Hope, Health & Community

**Saturday, April 26 | 1:00 - 4:00 PM**

**Mentis Wellness Campus | 1272**

**Hayes Street, Napa, CA 94559**

*Dress Code: Napa Valley Chic | Parking Provided (Carpool Encouraged)*

Get ready for a vibrant afternoon of connection, celebration, and positive change! *Blue Skies Ahead* is more than just a fundraiser—it's an opportunity to come together, support mental health,

and enhance the wellbeing of our community.

**[Buy tickets today!](#)**

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### **Register for the Online Auction!**

Can't make it on April 26? Don't worry - you can still be part of the fun by participating in our online auction! **The online auction will be open for bidding from April 18 - April 26**, with a preview beginning on April 11.

Experience the joy of giving from wherever you are, with exclusive items and unique experiences available for bidding, ranging from international getaways to one-of-a-kind local treasures. By participating, you'll be supporting mental health services and enhancing the wellbeing of our community. Every bid makes a difference in ensuring a brighter future for all!



**Check out our brand-new webpage for Teens Connect**, a Mentis program dedicated to teen mental health and wellness! Learn more about Teens Connect and its history, check out upcoming events, and learn more about how our compassionate youth advocates are making a difference in our community through leadership, creativity, and kindness. **Visit us today!**

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**Mark your calendars** because next month is Mental Health Awareness Month! Each year, Mental Health Awareness Month marks a month of action and advocacy, and **serves as a celebration for the impact that we can create when we work together.** We'll share more details about our 2025 events soon, but please note the dates for the following events:

- **May 29** - Speaker event at the Wellness Campus
- **June 3** - Finko at The Fink (we know that's not in May, but we won't tell if you won't!)

**More info coming soon!**

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This month marks **a moMentis accomplishment** for a housing client: moving into independent living! Spending over three years in our housing program, this client made huge progress in everything from communication to daily living skills. During his time in the program, he began **volunteering in the community**, which is now a stable and positive part of his daily routine. And thanks to our Supportive Living Program (SLP), Mentis

housing staff **will continue to support his ongoing stability and success.** We are so proud of him!

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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