



SUMMER OF WELLNESS

This summer, something special is happening on our new Wellness Campus: local youth are showing up, trying new things, connecting with peers, and having *fun*. We've launched a series of free, drop-in summer wellness programs designed to give young people a welcoming "third space"—a place that isn't school or home, where they can just *be*.

So far, we've rolled out our first "Youthful Yoga" session, a laid-back pickleball clinic, and a rotating calendar of creative wellness activities like junk journaling, tie-dye, creative writing, knitting, and more. We also hosted our first **Ask-a-Therapist** workshop — where participants got candid, practical answers to their mental health questions — and launched **Adulting 101** with a session on personal branding and LinkedIn. Rounding things out was our first creative printmaking class, where artistic expression met mental wellness in colorful ways.

Seeing the energy and joy these gatherings spark has been deeply rewarding. As an agency, we're thrilled to offer programming that supports connection, resilience, and self-expression—while giving youth a place to explore who they are and what matters to them. And we're just getting started!

These activities are made possible in part through a generous grant from the Seven Tepees Foundation as part of its final round of funding. As the Foundation spends down the remainder of its assets it is committed to promoting lasting change for Northern California communities, and Mentis is deeply honored to be part of this work.

Our summer activities will be ongoing throughout the summer: check out our event calendar to see what's coming up for youth ages 12-24, and follow us on Instagram to see photos of the recent fun we've had!

Photo: Two teens at our first Printmaking workshop in the Wellness Campus art studio (credit Fatima Pena)

[JOIN OUR UPCOMING ACTIVITIES](#)



OUR NEWEST HOUSING SITE IS NOW HOME

We're proud to share that all six bedrooms in our newest supportive housing property are now filled, and our new residents are settling in. Operated in partnership with **Napa County** and the County's new **CARE Court program**, this residential site offers not just a roof overhead, but a path forward.

Many of the clients in this program are living independently for the first time. Some have experienced extended periods of homelessness. All are now building skills, finding stability, and reconnecting with hope in a safe and supportive environment.

Our strong collaboration with the **CARE Team** at the County has been essential to this success. Through consistent communication and shared commitment, we're providing truly **wraparound care**, integrating housing, mental health services, case management, and daily living support tailored to each client's needs.

It's been deeply rewarding to witness the transformation that occurs when people have a place to call home and the support to thrive. This partnership and program represent what's possible when we work together to serve some of our community's most vulnerable residents—with dignity, compassion, and unwavering care.

[LEARN MORE ABOUT THE CARE ACT](#)



THANK YOU NAPA VALLEY VINTNERS

In early June, several Mentis team members were excited to volunteer at **Auction Napa Valley**. The beloved annual event encapsulates the Napa Valley's deep-rooted culture of philanthropy, and every year we love being part of the festivities as people from across the nation come together in celebration of all that nonprofits do for our community. We're also deeply honored to be among the beneficiaries of the Vintners' philanthropic giving, and thrilled to share that Mentis recently received a **\$400,000 grant** — the latest in their longstanding and impactful support of our mission.

This transformational funding helps ensure that everyone in Napa County — people of all ages, income levels, and backgrounds — can continue to access the mental health care they need to thrive. From early intervention for youth to wraparound support for adults

and older adults, the Vintners' investment continues to ripple outward, strengthening lives and community wellbeing.

We're also excited to share that one of our therapists was recently featured on the **youth-led mental health podcast** supported by the Vintner-funded [SHINE Collaborative](#). This powerful platform gives young people a voice in shaping the mental health conversation—and reflects our shared belief that when youth lead, we all grow stronger.

Thank you, Napa Valley Vintners, for your vision, your generosity, and your unwavering commitment to the health of our community.

Photo: from left to right, Chris Valenzuela (Aldea), Karla Coleman (NVEF), Jennifer Stewart (NVEF), Marcela Rodriguez (UpValley Family Centers), Alissa Abdo (On the Move), Kerry Ahearn (Aldea), Charlotte Hajer (Mentis), and Michelle Laymon (NVV) at Auction Napa Valley on Saturday June 7. Credit: Mario Piombo.

[LISTEN TO THE LATEST SHINECAST](#)



APPLY TO JOIN OUR TEEN LEADERSHIP COUNCIL!

Teens Connect is an inclusive group of youth mental health advocates who are passionate about caring for themselves, supporting others and building a stronger, healthier community of youth in Napa County.

By joining Teens Connect's Teen Council you'll get to engage with other teens in Napa County and be involved in planning wellness events throughout the school year!

Applications are open through July 31.

Who can apply?

- Anyone who will be in high school this coming year.

What to expect:

- Special training in suicide prevention, peer support and mental health literacy
- Required monthly meetings and optional wellness events throughout the year

[LEARN MORE ABOUT TEENS CONNECT](#)

The logo for Festival Napa Valley, featuring the word "Festival" in a large, stylized, handwritten-style font, with "NAPA VALLEY" in a smaller, clean, sans-serif font underneath.

COMING UP: MENTIS AT FESTIVAL NAPA VALLEY

On **Sunday, July 6**, Mentis is thrilled to join Festival Napa Valley's debut **Music & Wellness Symposium** at the CIA at Copia in Napa. This one-day event (10:30 AM–4 PM) explores music's power in brain health, senior wellness, youth mental health, and stress reduction. Highlights

MENTIS IS ACCEPTING NEW CLIENTS!

Mentis is currently accepting new clients for individual, couples, and family therapy. Our experienced and bilingual therapists offer compassionate, confidential care to help you navigate life's challenges and strengthen your mental health. We welcome clients with **Medi-Cal**, those who are **uninsured**, as well as individuals with

include a Festival Live! performance, workshops on music and mindfulness, and a screening of *Ennio*. And our own Jeni Olsen will join a panel featuring leaders in neuroscience to talk about the power of music to heal and connect. Whether you're a music lover, wellness advocate, or community supporter, this is a can't-miss opportunity to celebrate wellbeing through harmony.

private insurance — for whom we offer a **fee-for-service** option of **\$150 per session** with a **superbill** available for reimbursement. Services are available in person at our Wellness Campus, or via telehealth. Whether you're seeking support for yourself or a loved one, we're here to help.

To learn more or get started, call our Intake Coordinator at **(707) 255-0966 ext. 132**.

You don't have to go it alone.

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1272 Hayes St Napa, CA 94559