

339 Pajaro Street, Suite A, Salinas, CA 93901

OPEN

Monday - Friday

****10:00 AM - 4:00 PM****

Interested in volunteering?

Call Hailey at (831) 800-7530 x432

Want more information?

www.interiminc.org/omni

CLOSED

Saturday & Sunday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 OMNI Café 11:00 Walk & Talk 11:30 Me, Myself & I 12:30 Anger Management 1:30 No Estas Solo (Spanish) 2:30 Whole Health	10:00 OMNI Café 11:00 Walk & Talk 11:30 Smoke Free 12:30 Community Lunch 1:00 Taiqi *NEW* 1:30 Speak Up 2:30 Relapse Prevention	10:00 OMNI Café 11:00 Walk & Talk 11:30 Gender Groups *NEW* 12:30 Community Lunch 1:30 No Estas Solo (Spanish) 2:30 Healthy Boundaries	10:00 OMNI Café 11:00 Walk & Talk 11:30 WRAP 12:30 Community Lunch 1:00 Taiqi *NEW* 1:30 DBSA Bilingual 2:30 Finding Work Today	10:00 OMNI Café 11:00 Walk & Talk 11:30 Seeking Safety 12:30 Funtastic Friday 1:30 No Estas Solo (Spanish) 2:30 Spirituality & Recovery

April	Days of Interest		May	Days of Interest		June	Days of Interest	
	3	Choices in Recovery Workshop - 11:30 AM		5	Mental Health Awareness Banquet		5	Ramadan Workshop - 1:30 PM
4	LGBTQ+ Basics Workshop - 1:30 PM	10	Advocacy and You-SOS Workshop - 11:30 AM	7	Group Facilitation Pt 1: Basics Workshop - 11:30 AM			
5	Smart Money: Basic Budgeting Workshop - 1:30 PM	17	Employment Workshop-SEES 11:30 AM	14	Group Facilitation Pt 2: Agendas Workshop - 11:30 AM			
12	Advocacy and You-SOS Workshop - 11:30 AM	18	Recovery Task Force (RTF) Meeting - 3:30 PM	15	Recovery Task Force (RTF) Meeting - 3:30 PM			
20	Recovery Task Force (RTF) Meeting - 3:30 PM	19	Mental Health Empowerment Workshop - 11:30 AM	21	Hearing Voices Support Group - 11:30 AM			
28	OMNI STORE 12:30 PM	26	OMNI STORE 12:30 PM	30	OMNI STORE 12:30 PM			

Off-Site Spanish Groups: Salinas

No Estas Solo

Tuesdays 9:30 AM

Alisal Family Resource Ctr.
1441 Del Monte Avenue

Fridays 6:00 PM

Hebbron Family Center
683 Fremont Street

OMNI After Hours (18-30 year olds)

Wednesdays

4:00 PM - 6:00 PM

Please call **OMNI** by 2:00 PM to
schedule transportation within the
Salinas area.

All Days of Interest are special
events. Please call
(831) 800-7530 x430 for more
information.



Hope, personal empowerment, respect, social connection, personal responsibility, and self-determination are key values at OMNI. We offer, consumer-operated services, planned to meet individual needs and reflective of the cultural, ethnic, and racial diversity of the community, providing a means to support recovery.

Anger Management |w/Hailey
 Mondays @ 12:30 PM
 Simple, innovative techniques for managing anger and developing healthier ways of relating.

Seeking Safety |w/Bertha
 Fridays @ 11:30 AM
 A support group that can help add to our whole health tools by helping us attain safety in our relationships, thinking, behavior, and emotions.

DBSA Bilingual |w/Staff
 Thursdays @ 1:30 PM
 OMNI is a national chapter of the Depression & Bipolar Support Alliance. Join us for mental health support.

Funtastic Friday! |W/Staff
 Fridays @ 12:30 PM
 An opportunity to interact with our wonderful guest community. Movies, Games & Activities!

Finding Work Today |w/SEES Staff
 Thursdays @ 2:30 PM
 Learn how to write a resume, look for a job, and practice interview skills.

Smoke Free |w/Kazuko
 Tuesdays @ 11:30 AM
 Learn tools and alternatives to help you quit or cut back so you can lead a healthier, happier life.

Gender Support Groups |w/Staff
 Wednesdays @ 11:30 AM
 Groups that promote, educate and encourage balance, joy, self-esteem and a sense of purpose throughout the spectrum of gender.

Speak Up |w/Susan
 Tuesdays @ 1:30 PM
 Empower yourself to use your voice in your recovery. Learn how to deal with communication challenges.

Healthy Boundaries |w/Susan
 Wednesdays @ 2:30 PM
 Examine the importance of friendship, establishing boundaries, and living up to them.

Spirituality & Recovery |w/Hailey
 Fridays @ 2:30 PM
 Discover spirituality from around the world and how important belief in something bigger than ourselves can be to our recovery.

Me, Myself & I |w/Kazuko
 Wednesdays @ 11:30 AM
 Understanding our personal value and strength of self during our recovery journey.

WRAP® |w/ Susan
 Thursdays @ 11:30 AM
 Learn to use the Wellness Recovery Action Plan. Build a set of tools to use when life gets rough.

No Estas Solo |w/Ricarda
 Mondays, Wednesdays, Fridays @ 1:30 PM
 Join a supportive, open topic, group that embraces the belief that we are not alone on the road to wellness.

Whole Health |w/Kazuko
 Mondays @ 2:30 PM
 What makes up me? How are these things all related to my health and wellness? Learn the power of "SELF" in your whole health.

Relapse Prevention |w/DRS Staff
 Tuesdays @ 2:30 PM
 Understand the relapse process, and learn how to maintain a clean and sober lifestyle.

OMNI recognizes that wellness is NOT the absence of illness or stress. You can still strive for wellness even if you are experiencing challenges in your life.

Interim, Inc. Pajaro Wellness Center

339 Pajaro St., Salinas

Supported Education & Employment Services (SEES)
 Success Over Stigma (SOS)
 CHOICES Day Treatment Program (CHOICES)

Interim, Inc. Pajaro Wellness Center - Annex

41 East San Luis St., Salinas

Dual Recovery Services (DRS)
 Workforce Education & Training (WET)
 Outreach & Aftercare Services (O/A)