


January 2012

OMNI Resource Center

1033 S. Main St. Salinas, Ca
93901

Monday - Friday 11:00am - 4:00pm

831-754-3838

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:00 - 11:30 Morning Movement 11:30 - 12:30 OMNI Café 12:30 - 1:30 DBSA Bilingual 1:30 - 2:30 No Estas Solo 2:30 - 3:30 Creative Expressions	3 9:30 - 11:00 ACHS: No Estas Solo 11:00 - 11:30 Morning Movement 11:30 - 12:30 You Are Not Alone 12:30 - 1:30 Self Construction 1:30 - 2:30 Spirituality & Meditation	4 11:00 - 11:30 Morning Movement 11:30 - 12:30 More Than A Label 12:30-1:30 Community Meeting 1:30 - 2:30 No Estas Solo 2:30 - 3:30 Creative Expressions	5 11:00 - 11:30 Morning Movement 11:30 - 12:30 Walk the Block 12:30 - 1:30 OMNI Café 1:30 - 2:30 Healthy Food Choices 2:30 - 3:30 Exploring Literature	6 11:00 - 11:30 Morning Movement 11:30 - 12:30 Self Construction 12:30 - 1:30 Mind Over Mood 1:30 - 2:30 No Estas Solo 2:30 - 3:30 Creative Expressions
9 11:00 - 11:30 Morning Movement 11:30 - 12:30 OMNI Café 12:30 - 1:30 DBSA Bilingual 1:30 - 2:30 No Estas Solo 2:30 - 3:30 Creative Expressions	10 9:30 - 11:00 ACHS: No Estas Solo 11:00 - 11:30 Morning Movement 11:30 - 12:30 You Are Not Alone 12:30 - 1:30 Self Construction 1:30 - 2:30 Spirituality & Meditation	11 11:00 - 11:30 Morning Movement 11:30 - 12:30 More Than A Label 12:30-1:30 Community Meeting 1:30 - 2:30 No Estas Solo 2:30 - 3:30 Creative Expressions	12 11:00 - 11:30 Morning Movement 11:30 - 12:30 Walk the Block 12:30 - 1:30 OMNI Café 1:30 - 2:30 Healthy Food Choices 2:30 - 3:30 Exploring Literature	13 11:00 - 11:30 Morning Movement 11:30 - 12:30 Self Construction 12:30 - 1:30 OCD Support 1:30 - 2:30 No Estas Solo 2:30 - 3:30 Creative Expressions 6:00 - 8:00 Hebbbron: No Estas Solo
16 Martin Luther King Day 11:00 - 11:30 Morning Movement 11:30 - 12:30 OMNI Café 12:30 - 1:30 DBSA Bilingual 1:30 - 2:30 No Estas Solo 2:30 - 3:30 Creative Expressions	17 9:30 - 11:00 ACHS: No Estas Solo 11:00 - 11:30 Morning Movement 11:30 - 12:30 You Are Not Alone 12:30 - 1:30 Self Construction 1:30 - 2:30 Spirituality & Meditation	18 11:00 - 11:30 Morning Movement 11:30 - 12:30 More Than A Label 12:30-1:30 Community Meeting 1:30 - 2:30 No Estas Solo 2:30 - 3:30 Creative Expressions	19 11:00 - 11:30 Morning Movement 11:30 - 12:30 Walk the Block MCBH Training Event 8:00 - 5:00 Suicide Prevention	20 11:00 - 11:30 Morning Movement 11:30 - 12:30 Self Construction 12:30 - 1:30 OCD Support 1:30 - 2:30 No Estas Solo 2:30 - 3:30 Creative Expressions
23 11:00 - 11:30 Morning Movement 11:30 - 12:30 OMNI Café 12:30 - 1:30 DBSA Bilingual 1:30 - 2:30 No Estas Solo 2:30 - 3:30 Creative Expressions	24 9:30 - 11:00 ACHS: No Estas Solo 11:00 - 11:30 Morning Movement 11:30 - 12:30 You Are Not Alone 12:30 - 1:30 Self Construction 1:30 - 2:30 Spirituality & Meditation	25 11:00 - 11:30 Morning Movement 11:30 - 12:30 More Than A Label 12:30-1:30 Community Meeting 1:30 - 2:30 No Estas Solo 2:30 - 3:30 Creative Expressions	26 11:00 - 11:30 Morning Movement 11:30 - 12:30 Walk the Block 12:30 - 1:30 OMNI Café 1:30 - 2:30 Healthy Food Choices 2:30 - 3:30 Exploring Literature	27 11:00 - 11:30 Morning Movement 11:30 - 12:30 Self Construction 12:30 - 1:30 OCD Support 1:30 - 2:30 No Estas Solo 2:30 - 3:30 Creative Expressions 6:00 - 8:00 Hebbbron: No Estas Solo
30 11:00 - 11:30 Morning Movement 11:30 - 12:30 OMNI Café 12:30 - 1:30 DBSA Bilingual 1:30 - 2:30 No Estas Solo 2:30 - 3:30 Creative Expressions	31 9:30 - 11:00 ACHS: No Estas Solo 11:00 - 11:30 Morning Movement 11:30 - 12:30 You Are Not Alone 12:30 - 1:30 Self Construction 1:30 - 2:30 Spirituality & Meditation	Free Wireless Internet		No Referrals Needed
		 <p>W.R.A.P and Computer Tutoring by Appointment 831-754-3838</p>		
Calendar is Subject to Change Without Notice				

OMNI Resource Center

Workshop Descriptions

MONDAY

Morning Movement w/ Hal: Begin your day with gentle movement, stretching and low impact exercise to encourage your heart and mind to work as one.

OMNI Café: Stay up to date on community events. Have a cup of coffee and socialize with your peers.

DBSA Bilingual w/Hal: Nationally Acclaimed Depression and Bipolar Support Alliance in conjunction with the Peer Support.

No Estas Solo w/Ricarda: Grupo especial en Espanol enfocado al bienestar de la comunidad. Para hombres y mujeres.

TUESDAY

ACHS: No Estas Solo w/Ricarda: Grupo especial en Espanol enfocado al bienestar de la comunidad. Para hombres y mujeres.

Alisal Community Healthy Start, 1441 Del Monte Avenue, Salinas, CA 95905

Morning Movement: Begin your day with gentle movement, stretching and low impact exercise to encourage your heart and mind to work as one.

You are Not Alone w/Julie: An open support group for men and women to talk about issues in your life.

Self Construction w/Hal: Group exercises for enhancing social skills and self-esteem. Be capable of managing life's challenges and know you are worthy of happiness.

Spirituality & Meditation w/Hal: Get in touch with the inner you in a quiet and personal setting. Various cultural methods of guided, seated and standing meditation and Yang Tai Chi will be explored.

WEDNESDAY

Morning Movement: Begin your day with gentle movement, stretching and low impact exercise to encourage your heart and mind to work as one.

More than a Label w/Ricarda: Gain insight into your own personal strengths and build your emotional toolbox.

Community Meeting w/Hal: Gather with the staff and visitors of OMNI to hear about what is in store for the next month. Birthdays are also celebrated on the last Wednesday of the month as well as awards for participation at the OMNI Resource Center.

No Estas Solo w/Ricarda: Grupo especial en Espanol enfocado al bienestar de la comunidad. Para hombres y mujeres.

Creative Expressions: A guided opportunity to self-expression using a variety of artistic methods: art, song, collage, etc.

THURSDAY

Morning Movement: Begin your day with gentle movement, stretching and low impact exercise to encourage your heart and mind to work as one.

Walk the Block w/Kazuko: A brisk morning walk through the neighborhood to start the day.

OMNI Café: Stay up to date on community events. Have a cup of coffee and socialize with your peers.

Healthy Food Choices w/Kazuko: Learn how to make choices towards better eating habits.

Exploring Literature w/ Julie: A book club centered around understanding different types of writing styles. Use of Book Mobile and Library card will also be covered.

FRIDAY

Morning Movement: Begin your day with gentle movement, stretching and low impact exercise to encourage your heart and mind to work as one.

Self Construction w/Tiffany: Group exercises for enhancing social skills and self-esteem. Be capable of managing life's challenges and know you are worthy of happiness.

Mind Over Mood/OCD w/Tiffany: Learn useful techniques to be in control of yourself and your emotions.

No Estas Solo w/Ricarda: Grupo especial en Espanol enfocado al bienestar de la comunidad. Para hombres y mujeres.

Creative Expressions w/OMNI Staff: A guided opportunity to self-expression using a variety of artistic methods: art, song, collage, etc.

Hebron: No Estas Solo w/Ricarda: Grupo especial en Espanol enfocado al bienestar de la comunidad. Para hombres y mujeres.

SPECIAL MEETINGS AND EVENTS

Group Workshop: Condensed three hour intensive workshop for individuals interested in Group Facilitation Skills training.

Recovery Task Force: A collaborative team consisting of consumers, local organization and county employees to bring mental health awareness and education to the community.

Success Over Stigma: A chance to help reduce stigma in the community while talking about your experiences with recovery. Everyone is encouraged to attend.