

**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](http://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 Harnessing Hope 1:30 No Estas Solo (Spanish) 2:30 Anger Management	10:00 OMNI Café 11:00 Walk & Talk 11:30 Smoke Free 12:30 Community Lunch 12:50 <b>Tai Chi *new*</b> 1:30 Speak Up 2:30 Relapse Prevention	10:00 OMNI Café 11:00 Walk & Talk 11:30 Gender Groups 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 12:50 <b>Tai Chi *new*</b> 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 Building Friendships

Days of Interest		Days of Interest		Days of Interest				
<b>July</b>	<b>4</b>	<b>Independence Day</b> Celebration 10:00 AM	<b>August</b>	<b>2</b>	<b>Advocacy and You-SOS</b> Workshop - 11:30 AM	<b>September</b>	<b>6</b>	<b>Advocacy and You-SOS</b> Workshop - 11:30 AM
	<b>5</b>	<b>Advocacy and You-SOS</b> Workshop - 11:30 AM		<b>9</b>	<b>SEES: Employment Services</b> Workshop 11:30 AM		<b>13</b>	<b>Disaster Preparedness</b> Workshop 1:30 PM
	<b>7</b>	<b>Tanabata Wishing Festival</b> Celebration - 11:30 AM		<b>17</b>	<b>Recovery Task Force (RTF)</b> Meeting 3:30 PM		<b>15</b>	<b>Mexican Independence Day</b> Celebration - 11:30 AM
	<b>20</b>	<b>Recovery Task Force (RTF)</b> Meeting - 3:30 PM		<b>23</b>	<b>Accessing Resources &amp; Services</b> Workshop 11:30 AM		<b>19</b>	<b>First Aid Basics</b> Workshop 1:30 PM
	<b>21</b>	<b>Ice Cream Social</b> Celebration - 11:30 AM		<b>23</b>	<b>Annual Camping Trip</b> Sunset Beach 23rd - 25th		<b>21</b>	<b>Recovery Task Force (RTF)</b> Meeting - 3:30 PM
	<b>25</b>	<b>Agency Picnic @ Toro Park</b> 11:00 AM - 2:00 PM		<b>31</b>	<b>Hearing Voices</b> Support Group - 11:30 AM		<b>26</b>	<b>LGBTQ+ Basics</b> Workshop 1:30 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**  
**3:00 PM - 5:00 PM**  
**\*\*\*NEW TIME\*\*\***  
Please call OMNI by **1:00 PM** to schedule transportation within the Salinas area.

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



## OMNI Resource Center

July - September 2017

## Support & Activities

Hope, personal empowerment, respect, social connection, personal responsibility, and self-determination are key values at **OMNI**. We recognize that wellness is NOT the absence of illness or stress. You can still strive for wellness and recovery!

<b>Community Lunch</b>	w/staff & volunteers
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Tuesdays, Wednesdays, & Thursdays @ 12:30 PM  
Enjoy a delicious & nutritious lunch prepared by OMNI staff & volunteers, and enjoy the company of your friends.

<b>Healthy Boundaries</b>	w/Hailey
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Wednesdays @ 2:30 PM  
Examine the importance of establishing boundaries, and living up to them.

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

<b>Gender Support Groups</b>	w/Susan & Sam
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Wednesdays @ 11:30 AM  
Groups that promote, educate and encourage balance, joy, self-esteem and a sense of purpose throughout the spectrum of gender.

<b>Speak Up</b>	w/Susan
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Tuesdays @ 1:30 PM  
Empower yourself to use your voice in your recovery and manage communication challenges.

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

<b>No Estas Solo</b>	w/Ricarda
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Mondays, Wednesdays, Fridays @ 1:30 PM  
Join a supportive, open topic group that embraces the belief that we are not alone.

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

<b>Harnessing Hope</b>	w/Savannah
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Mondays @ 12:30 PM  
Learn how to grow your own hope for your wellness and recovery while having fun.

<b>Walk &amp; Talk</b>	w/volunteers
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Every day @ 11:00  
Mental health recovery is more than just support groups. Join us on a brief 20-minute walk to get the wellness flowing!

<b>DBSA Bilingual</b>	w/Susan
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Thursdays @ 1:30 PM  
OMNI is a national chapter of the Depression & Bipolar Support Alliance. Join us for mental health support and camaraderie.

<b>Anger Management</b>	w/Hailey
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Mondays @ 2:30 PM  
Simple, innovative techniques for managing anger and developing healthier ways of relating.

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

<b>Seeking Safety</b>	w/Bertha
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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.

<b>Tai Chi</b>	w/Hailey
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Tuesdays & Thursdays @ 12:50 PM  
Discover an ancient method of healing through low impact movement, relaxation, and philosophy.

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

<b>Building Friendships</b>	w/ Hailey
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Fridays @ 2:30 PM  
How do you define friendship? Explore what a difference a friend makes in our lives.

<b>OMNI Café</b>	w/staff & volunteers
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Every day at 10:00 AM  
Meet new people and make new friends. Join us for breakfast and socialization!

<b>Funtastic Friday!</b>	w/staff
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Fridays @ 12:30 PM  
An opportunity to interact with our wonderful guest community. Movies, activities, and more!!!

For more exciting activities, come on down to the **OMNI** Resource Center!

### Interim, Inc. Pajaro Wellness Center

339 Pajaro St., Salinas

Supported Education & Employment Services (SEES)

Success Over Stigma (SOS)

Choices Day Treatment Program

### Interim, Inc. Pajaro Wellness Center - Annex

41 East San Luis St., Salinas

Dual Recovery Services (DRS)

Workforce Education & Training (WET)

Outreach & Aftercare Services