

339 Pajaro Street, Suite A, Salinas, CA 93901

OPEN

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

VOLUNTEERS NEEDED!!!

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 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 <u>Tai Chi *new*</u> 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 <u>Tai Chi *new*</u> 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

October		Days of Interest	November		Days of Interest	December		
	3	Wellness Conference (off-site) (Center closed) 8:30 AM - 4:30 PM		1	Diwali: Festival of Lights Celebration - 1:30 PM		8	OMNI Birthday Party Celebration - 1:00 PM
	11	Planned Parenthood Workshop - 11:30 AM		2	Your Voice, Your Vote Presentation - 11:30 AM		13	Hanukkah Celebration - 1:30 PM
	19	Recovery Task Force (RTF) Meeting - 3:30 PM		7	SEES: Employment Services Presentation - 11:30 AM		20	Winter Solstice Celebration - 1:30 PM
	22	AIM Walk Outing - 1:00 PM		8	Advocacy & You (SOS) Workshop - 11:30 AM		25	Holiday Luncheon Celebration - 1:00 PM
	26	Tobacco Cessation Workshop - 11:30 AM		10	Native American Heritage Celebration - 11:30 AM		27	Group Facilitation Skills Workshop - 1:30 PM
	27	Monster Ball (off-site) Celebration - 1:00 PM		23	Thanksgiving Luncheon Celebration - 1:00 PM		29	OMNI Store 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
 Hebron Family Center
 683 Fremont Street

OMNI After Hours (18-30 year olds)

Wednesdays

3:00 PM - 5:00 PM

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

Oct. - Dec. 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!

Community Lunch	w/staff & volunteers
------------------------	----------------------

Tuesdays, Wednesdays, & Thursdays @ 12:30 PM

Enjoy a delicious & nutritious lunch prepared by OMNI staff & volunteers, and enjoy the company of your friends.

Healthy Boundaries	w/Hailey
---------------------------	----------

Wednesdays @ 2:30 PM

Examine the importance of establishing boundaries, and living up to them.

Finding Work Today	w/SEES Staff
---------------------------	--------------

Thursdays @ 2:30 PM

Learn how to write a resume, look for a job, and practice interview skills.

Gender Support Groups	w/Susan & Sam
------------------------------	---------------

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 and manage communication challenges.

Me, Myself & I	w/Kazuko
---------------------------	----------

Wednesdays @ 11:30 AM

Understanding our personal value and strength of self during our recovery journey.

No Estás Solo	w/Ricarda
----------------------	-----------

Mondays, Wednesdays, Fridays @ 1:30 PM

Join a supportive, open topic group that embraces the belief that we are not alone.

Relapse Prevention	w/DRS Staff
---------------------------	-------------

Tuesdays @ 2:30 PM

Understand the relapse process, and learn how to maintain a clean and sober lifestyle.

Harnessing Hope	w/Savannah
------------------------	------------

Mondays @ 12:30 PM

Learn how to grow your own hope for your wellness and recovery while having fun.

Walk & Talk	w/volunteers
------------------------	--------------

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!

DBSA Bilingual	w/Susan
-----------------------	---------

Thursdays @ 1:30 PM

OMNI is a national chapter of the Depression & Bipolar Support Alliance. Join us for mental health support and camaraderie.

Anger Management	w/Hailey
-------------------------	----------

Mondays @ 2:30 PM

Simple, innovative techniques for managing anger and developing healthier ways of relating.

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.

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.

Tai Chi	w/Hailey
----------------	----------

Tuesdays & Thursdays @ 12:50 PM

Discover an ancient method of healing through low impact movement, relaxation, and philosophy.

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.

Building Friendships	w/ Hailey
-----------------------------	-----------

Fridays @ 2:30 PM

How do you define friendship? Explore what a difference a friend makes in our lives.

OMNI Café	w/staff & volunteers
------------------	----------------------

Every day at 10:00 AM

Meet new people and make new friends. Join us for breakfast and socialization!

Funtastic Friday!	w/staff
--------------------------	---------

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