

339 Pajaro Street, Suite A, Salinas, CA 93901

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

VOLUNTEERS NEEDED!!!
Call Jessica at (831) 800-7530 x432

Want more information?
www.interiminc.org/programs/

CLOSED
Saturday & Sunday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 OMNI Café 11:00 Walk & Talk 11:30 Whole Health 12:30 Anger Management 1:30 No Estas Solo 2:30 Harnessing Hope	10:00 OMNI Café 11:00 Walk & Talk 11:30 Smoke Free 12:30 Community Lunch 1:30 Speak Up 2:30 Relapse Prevention	10:00 OMNI Café 11:00 Walk & Talk 11:30 Current Events 12:30 Community Lunch 1:30 No Estas Solo 2:30 Healthy Boundaries	10:00 OMNI Café 11:00 Walk & Talk 11:30 WRAP 12:30 Community Lunch 1:30 DBSA 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 2:30 Creative Expressions

October		Days of Interest	November		Days of Interest	December	
2	Wellness Conference (off-site) (Center closed) 8:30 AM - 4:30 PM	6	Building Self-Esteem Workshop - 1:30 PM	7	OMNI Birthday Party Celebration - 1:00 PM		
5	Dia De Los Muertos Workshop - 1:30 PM	7	Advocacy & You (SOS) Workshop - 11:30 AM	12	Group Facilitation Skills Workshop - 1:30 PM		
10	Your Voice, Your Vote Presentation - 11:30 AM	13	STDs & Sexual Health Workshop - 1:30 PM	19	Winter Celebrations 1:30 PM		
12	Hygiene & Your Health Workshop - 1:30 PM	15	Recovery Task Force Meeting - 3:30 PM	20	Recovery Task Force Meeting - 3:30 PM		
18	Recovery Task Force Meeting - 3:30 PM	22	Thanksgiving Luncheon Celebration - 1:00 PM	25	Holiday Luncheon Celebration - 1:00 PM		
26	Monster Ball (off-site) Celebration - 1:00 PM	28	SEES: Employment Services Presentation - 11:30 AM	28	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
w/ Jessica

Fridays 6:00 PM
Hebbron Family Center
683 Fremont Street
w/Bert

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.

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!

OMNI Café	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!

Community Lunch	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.

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

Harnessing Hope (Bilingual)	w/Jessica
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Mondays @ 2:30 PM
 Learn how to grow your own hope for your wellness and recovery while having fun.

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

Current Events	w/Susan & Sam
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Wednesdays @ 11:30 AM
 Discussion of what is happening in the world today and how it affects us.

WRAP®	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.

Finding Work Today	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 with staff from the Supported Education & Employment Skills Program.

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

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

Whole Health	w/Kazuko
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Mondays @ 11:30 AM
 What makes up me? How are these things all related to my health and wellness? Learn the power of "SELF".

No Estas Solo (Bilingual)	w/Bert
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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.

Smoke Free	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.

Relapse Prevention	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 with Dual Recovery Services Staff.

Healthy Boundaries (Bilingual)	w/Jessica
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Wednesdays @ 2:30 PM
 Examine the importance of establishing boundaries, and living up to them.

DBSA	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.

Seeking Safety	w/Elizabeth
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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.

Creative Expressions	w/Jessica
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Fridays @ 2:30 PM
 Learn to use art as a form of healing and self-expression on your path to wellness & recovery.

Interim, Inc. Pajaro Street Wellness Center

339 Pajaro St., Salinas
 Choices Day Treatment Program
 OMNI Resource Center
 Success Over Stigma (SOS)

Supported Education & Employment Services (SEES)
 Workforce Education & Training (WET)

Interim, Inc. Pajaro Street Wellness Center - Annex

41 East San Luis St., Salinas
 Dual Recovery Services (DRS)
 Outreach & Aftercare Services

