

339 Pajaro Street, Suite A, Salinas, CA 93901

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

VOLUNTEERS NEEDED!!!
Call Savannah 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 Estás Solo 2:30 Healthy Boundaries	10:00 OMNI Café 11:00 Walk & Talk 11:30 Harnessing Hope 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 Estás Solo 2:30 Smoke Free	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 DTR 12:30 Seeking Safety 1:30 No Estás Solo 2:30 Pop Culture

January		Days of Interest	February		Days of Interest	March		Days of Interest
January	4	Self-Empowerment Workshop - 11:30 AM	February	1	Lunar New Year Workshop - 1:30 PM	March	1	Art Show 1:00PM
	10	Healthy Eating Workshop - 11:30 AM		8	SEES Employment Services Presentation- 1:30 PM		7	International Women's Day Workshop - 11:30 AM
	17	Recovery Task Force Meeting - 3:30 PM		13	Advocacy & You (SOS) Workshop - 11:30 AM		15	Green & Gold Shindig (off-site) Celebration - 1:00 PM
	18	Job Fair 11:00 AM - 2:00 PM		15	Cupid's Ball (off-site) Celebration - 1:00 PM		21	Recovery Task Force Meeting - 3:30 PM
	24	Self-Advocacy Workshop - 11:30 AM		20	Evolution of Black History of America Workshop - 11:30 AM		22	Holi (Festival of Color) Workshop - 11:30 AM
	29	MST Courtesy Card Application Session 10:30AM		21	Recovery Task Force Meeting - 3:30PM		28	OMNI Store 1:30 PM

Off-Site Spanish Groups: Salinas

No Estás 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

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

January - March 2019

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!

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/Savannah
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Mondays @ 12:30 PM

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

Healthy Boundaries	w/Kazuko
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Mondays @ 2:30 PM

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

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
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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.

Pop Culture	w/Sam
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Fridays @ 2:30 PM

Join the fun discussion about movies, tv, music, as well as watch movies 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/Staff
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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.

Harnessing Hope	w/Kazuko
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Tuesdays @ 11:30 AM

Learn how to grow your own hope for your wellness and recovery while having fun through art activities and outings.

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.

Smoke Free	w/Sharon
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Wednesdays @ 2:30PM

Learn tools and alternatives to help you quit or cut back so you can lead a healthier, happier life.

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.

Double Trouble in Recovery (DTR)	w/DRS Staff
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Fridays @ 11:30

Double Trouble in Recovery (DTR) is designed to meet the needs of those with addictive substance problem as well as a diagnosis of a psychiatric challenges through a 12 step group.

Seeking Safety	w/Elizabeth
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Fridays @ 12:30 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.

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

