

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/Anthony
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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	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 Interim, Inc.'s Supported Education & Employment Skills Program (SEES).

Pop! Art	w/Sam & Savannah
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Fridays @ 2:30 PM

Join us for some art and fun discussions about movies, tv & music as well as watch movies and more!!!

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)

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

This support group empowers people to take care of their health and wellbeing and to live their lives to the fullest.

No Estas Solo	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. Get support from your peers.

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 Volunteer
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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 teaches people how to implement healthy coping skills & healthy self expression so that people can attain safety in relationships, thinking, behavior, and emotions.

Interim, Inc. Pajaro Street Wellness Center - Annex

41 East San Luis St., Salinas

Dual Recovery Services (DRS)

Outreach & Aftercare Services

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 Seeking Safety 1:30 No Estas 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 Estas 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 Anger Management 1:30 No Estas Solo 2:30 Pop! Art

Days of Interest		Days of Interest		Days of Interest				
April	5	SEES Employment Services Presentation- 1:00 PM	May	3	Mental Health Awareness Banquet Offsite - OMNI Closed	June	5	Advocacy & You (SOS) Workshop - 11:30 AM
	11	#MeToo Boundaries Workshop - 11:30 AM		9	Learn About Ramadan Workshop - 11:30 AM		14	PRIDE Celebration All Day
	18	Recovery Task Force (RTF) Meeting - 3:30 PM		16	Recovery Task Force (RTF) Meeting - 3:30 PM		21	Interim Inc.'s Health Fair 11:00 AM - 2:00 PM
	19	Ice Cream Social 1:30 PM		17	Ping Pong Tournament 1:30 PM		20	Recovery Task Force Meeting - 3:30 PM
	25	Hearing Voices Workshop - 1:00 PM		24	Dual Recovery Services (DRS) Presentation- 11:30 AM		28	MST Courtesy Card Application Session 10:30AM
	26	Monthly Outing Offsite - 12:30 PM		31	Monthly Outing Offsite - 12:30 PM		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

Fridays 6:00 PM

Hebbron Family Center
683 Fremont Street

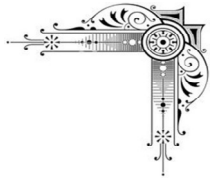
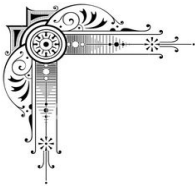
OMNI After Hours (18-30 year olds)

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 After Hours April - June 2019 Wednesdays 3-5 pm

OMNI Resource Center, 339 Pajaro St., Suite A., Salinas
 Located on the corner of E. San Luis & Pajaro Street in the Interim, Inc. Pajaro Street Wellness Center.

OMNI After Hours is for young adults, ages 18 to 30. No referrals necessary!
*****IMPORTANT NOTE***** If you are ages 30 and up, please use the OMNI Core Calendar.

April Activities

3rd	Creative Expressions
10th	Social Gaming - Wii
17th	Maya Theater
24th	Downtown Walk & Frozen Yogurt



May Activities

1st	Social Gaming - Uno
8th	Creative Expressions
15th	Physical Activity - Basketball
22nd	OMNI Theater
29th	Downtown Walk & Frozen Yogurt



June Activities

5th	Calendar Planning & Freetime
12th	Social Gaming - Loteria
19th	Downtown Walk & Frozen Yogurt
26th	Happy Heart Walk at Toro Park



Look for OMNI After Hours on Facebook!

Ask OMNI Staff for your exclusive invite!



What We Offer:

Wireless internet access	Outings
Computer use	Living skills
Socialization	Snacks
Activities	& more!



TRANSPORTATION PROVIDED!

Please call no later than 1 PM on
 Tuesday if you need a ride to
 or from OMNI.

