

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 Seeking Safety 12:30 Whole Health 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 Anger Management 1:30 No Estás Solo 2:30 Spiritual Care

Days of Interest		Days of Interest		Days of Interest				
July	5	Tanabata Workshop 11:30 AM	August	2	Ice Cream Social 12:30 PM	September	4	Advocacy & You (SOS) Workshop - 11:30 AM
	12	MX3: Mind, Music, & Me 11:00 AM		13	Travel Training (MST) Offsite - 11:00 AM		6	Suicide Awareness Workshop - 12:30 PM
	18	Recovery Task Force (RTF) Meeting - 3:30 PM		15	Recovery Task Force (RTF) Meeting - 3:30 PM		13	Healthy Habits Workshop 12:30 PM
	19	Travel Training with MST Offsite - 11:00 AM		16	SEES Employment Services Presentation - 1:30 PM		19	Recovery Task Force (RTF) Meeting - 3:30 PM
	25	Hearing Voices Workshop 11:30 AM		29	Monterey County Fair 11:30AM		27	MST Courtesy Card Session Offsite - 10:30AM
	26	Monthly Outing Offsite - 12:30 PM		30	Agency Picnic Offsite - 12:30 PM		27	OMNI Store 1:30 PM

Off-Site Spanish Groups: Salinas

No Estás Solo

Tuesdays 9:30 AM

Fridays 6:00 PM

Alisal Family Resource Ctr.
1441 Del Monte Avenue

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

July - September 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
Every day at 10:00 AM	
Meet new people and make new friends. Join us for breakfast and socialization!	

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.	

Seeking Safety	w/Elizabeth
Mondays @ 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.	

Healthy Boundaries	w/Kazuko
Mondays @ 2:30 PM	
Examine the importance of establishing boundaries, and how to maintain them	

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

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

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.	

Finding Work Today	w/SEES Staff
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.	

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

Interim, Inc. Pajaro Street Wellness Center
339 Pajaro St., Salinas
Choices Day Treatment Program
OMNI Resource Center
Success Over Stigma (SOS)
Assertive Community Treatment (ACT)



Walk & Talk	w/Volunteers
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
Mondays @ 12:30 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
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
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
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
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
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
Fridays @ 11:30AM	
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.	

Spiritual Care	w/Sam & Margo
Fridays @ 2:30 PM	
Come join us for an uplifting discussion of life's meaning and our role in it from a spiritual perspective.	

Interim, Inc. Pajaro Street Wellness Center - Annex
41 East San Luis St., Salinas
Dual Recovery Services (DRS)
Outreach & Aftercare Services
Supported Education & Employment Services (SEES)
Workforce Education & Training (WET)

