

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!

<b>OMNI Café</b>	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!

<b>Community Lunch</b>	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.

<b>Seeking Safety</b>	w/Elizabeth
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**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.

<b>Creative Expressions</b>	w/Viviana
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**Mondays @ 2:30 PM**

Learn to use art as a form of healing and self-expression on your path to wellness & recovery.

<b>Speak Up</b>	w/Susan
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**Tuesdays @ 1:30 PM**

Empower yourself to use your voice in your recovery and manage communication challenges.

<b>Current Events</b>	w/Susan
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**Wednesdays @ 11:30 AM**

Discussion of what is happening in the world today and how it affects us, and how to cope

<b>WRAP®</b>	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.

<b>Finding Work Today</b>	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.

<b>Cage the Rage (Bilingual)</b>	w/Viviana
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**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)



<b>Walk &amp; Talk</b>	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!

<b>Whole Health</b>	w/Kazuko
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**Mondays @ 12:30 AM**

What makes up me? How are these things all related to my health and wellness? Learn the power of "SELF".

<b>No Estas Solo (Bilingual)</b>	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.

<b>Healthy Boundaries</b>	w/Kazuko
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**Tuesdays @ 11:30 AM**

Examine the importance of establishing boundaries, and how to maintain them

<b>Relapse Prevention</b>	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.

<b>Smoke Free</b>	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.

<b>DBSA</b>	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.

<b>Double Trouble in Recovery (DTR)</b>	w/DRS Staff
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**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.

<b>Spiritual Care</b>	w/Sam & Margo
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**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)



**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/](http://www.interiminc.org/programs/)

**CLOSED**  
Saturday & Sunday

**Board & Care transportation provided Tuesday - Friday**

**\*\*Please call OMNI by 2PM to schedule transportation\*\***



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>10:00</b> OMNI Café <b>11:00</b> Walk & Talk <b>11:30</b> Seeking Safety <b>12:30</b> Whole Health <b>1:30</b> No Estás Solo <b>2:30</b> Creative Expressions	<b>10:00</b> OMNI Café <b>11:00</b> Walk & Talk <b>11:30</b> Healthy Boundaries <b>12:30</b> Community Lunch <b>1:30</b> Speak Up <b>2:30</b> Current Events	<b>10:00</b> OMNI Café <b>11:00</b> Community Meeting <b>11:30</b> Relapse Prevention <b>12:30</b> Community Lunch <b>1:30</b> No Estás Solo <b>2:30</b> Smoke Free	<b>10:00</b> OMNI Café <b>11:00</b> Walk & Talk <b>11:30</b> WRAP <b>12:30</b> Community Lunch <b>1:30</b> DBSA <b>2:30</b> Finding Work Today	<b>10:00</b> OMNI Café <b>11:00</b> Walk & Talk <b>11:30</b> DTR <b>12:30</b> Cage the Rage <b>1:30</b> No Estás Solo <b>2:30</b> Spiritual Care

Days of Interest		Days of Interest		Days of Interest				
<b>October</b>	<b>4</b>	<b>Monterey-Salinas Transit (MST)</b> Workshop - 12:30 PM	<b>November</b>	<b>6</b>	<b>Advocacy &amp; You (SOS)</b> Workshop - 11:30 AM	<b>December</b>	<b>6</b>	<b>OMNI Birthday Party</b> Celebration - 1:00 PM
	<b>8</b>	<b>Wellness &amp; Recovery Conference</b> Offsite - 9:00 AM		<b>13</b>	<b>SEES Employment Services</b> Presentation - 1:00 PM		<b>12</b>	<b>Winter Workshop</b> Workshop - 11:30 AM
	<b>17</b>	<b>Your Voice, Your Vote</b> Workshop - 11:30 AM		<b>14</b>	<b>Advocate Q&amp;A Session</b> Meeting - 10:00 AM		<b>18</b>	<b>Advocate Q&amp;A Session</b> Meeting - 10:00 AM
	<b>17</b>	<b>Recovery Task Force</b> Meeting - 3:30 PM		<b>21</b>	<b>Recovery Task Force (RTF)</b> Meeting - 3:30 PM		<b>19</b>	<b>Recovery Task Force (RTF)</b> Meeting - 3:30 PM
	<b>23</b>	<b>Advocate Q&amp;A Session</b> Meeting - 10:00 AM		<b>21</b>	<b>Travel Training (MST)</b> Offsite - 11:00 AM		<b>25</b>	<b>Christmas Lunch</b> Celebration - 1:00 PM
	<b>25</b>	<b>Monster Ball</b> Offsite - 1:00 PM		<b>28</b>	<b>Thanksgiving Lunch</b> Celebration - 1:00 PM		<b>27</b>	<b>OMNI Store</b> 1:00 PM

**Off-Site Spanish Groups: Salinas**

*No Estás Solo*

**Tuesdays 9:30 AM**      **1st Friday of the month 6:00**  
 Alisal Family Resource Ctr.      Hebbron Family Center  
 1441 Del Monte Avenue      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.