

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.

Seeking Safety	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.

Speak Up	w/Susan
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Mondays @ 12:30 AM

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

Whole Health	w/Kazuko
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Tuesdays @ 1:30 PM

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

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, and how to cope

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.

Cage the Rage (Bilingual)	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)

OMNI
RESOURCE CENTER
A PROGRAM OF INTERIM, INC.

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!

Relapse Prevention	w/DRS Staff
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Mondays @ 2:30 PM

Understand the relapse process, and learn how to maintain a clean and sober lifestyle with Dual Recovery Services Staff.

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.

Creative Expressions	w/Viviana
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Tuesdays @ 11:30 AM

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

Food For Thought	w/Kazuko
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Tuesdays @ 2:30 PM

Learn about healthy food alternatives for your mental health as well as healthy food shopping on a budget.

Smoke Free	w/Susan
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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 @ 11:30AM

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
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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)

 **Interim, Inc.**
Housing • Healing • Hope

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

Board & Care transportation provided Tuesday - Friday

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 OMNI Café 11:00 Walk & Talk 11:30 Seeking Safety 12:30 Speak up 1:30 No Estás Solo 2:30 Relapse Prevention	10:00 OMNI Café 11:00 Walk & Talk 11:30 Creative Expressions 12:30 Community Lunch 1:30 Whole Health 2:30 Food For Thought	10:00 OMNI Café 11:00 Community Meeting 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 Tame Your Temper 1:30 No Estás Solo 2:30 Spiritual Care

Days of Interest		Days of Interest		Days of Interest				
January	1	OMNI CLOSED (New Year's) All Day	February	5	Advocacy & You (SOS) Workshop - 11:30 AM	March	6	Holi Festival of Colors Workshop - 11:30 AM
	7	Travel Training (MST) Offsite - 11:00 AM		6	Your Voice, Your Vote Workshop - 11:30 AM		10	Courtesy Card Application Session Offsite - 10:30 AM
	8	SEES Employment Services Presentation - 1:30 PM		12	Advocate Q&A Session Workshop - 10:00 AM		13	Green & Gold Shindig Offsite - 1:00 PM
	16	Recovery Task Force (RTF) Meeting - 3:30 PM		14	Cupid's Ball Offsite - 1:00 PM		19	Recovery Task Force (RTF) Meeting - 3:30 PM
	16	Advocate Q&A Session Workshop - 10:00 AM		20	Recovery Task Force (RTF) Meeting - 3:30 PM		20	Museum Scavenger Hunt Offsite - 12:30 PM
	31	Lunar New Year Offsite - 1:00 PM		21	Travel Training (MST) Offsite - 11:00 AM		27	OMNI Store 1:00 PM

Off-Site Spanish Groups: Salinas

No Estás Solo

Tuesdays
9:30 AM

Alisal Family Resource Ctr.
1441 Del Monte Avenue

1st Friday of the month
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.

