

**Mondays, Wednesdays - Fridays:
10:00 AM - 4:00 PM**

**Tuesdays:
11:00 AM - 4:00 PM**



**339 Pajaro Street, Suite A, Salinas, CA 93901
(831) 800-7530, opt. 3**

The OMNI Resource Center provides a safe and welcoming environment for people to find support for their journey to mental health wellness and recovery. OMNI offers peer-led groups, activities, and recreational and social opportunities. All services are free of charge and open to anyone with mental health challenges.

Monday		Tuesday		Wednesday		Thursday		Friday	
11:00	Self-Care	11:00	Depression & Bipolar Support Alliance	11:00	Community Meeting	11:00	Creative Expressions	11:00	Fun Friday
12:00	<i>Closed Group (referral required)</i>	12:00	<i>Closed Group (referral required)</i>	12:00	<i>Closed Group (referral required)</i>	12:00	Let's Chat		
1:00	Walk & Talk	1:15	Sound Healing Meditation	1:00	No Estas Solo	1:00	Harm Reduction		
2:00	More Than a Label	2:15	OMNI Movies	2:00	Coping With Anger	2:00	Current Events		

***** Closed groups require a referral from a case coordinator*****

COVID-19 Safety Guidelines: We want to help to keep our community safe and healthy and we can only do that with your help. While attending groups at the OMNI Resource Center, we ask that all guests are screened for COVID-19 prior to entry and wear a mask at all times. All food and drinks must be consumed outside. This is for everyone's safety.

We also understand that not everyone is able to wear a mask. For guests who cannot or choose not to wear a mask, we are able to meet with you over the phone. This helps keep everyone safe!

Thanks! - OMNI Staff



OMNI is a program of Interim, Inc., a non-profit organization. Calendar is subject to change.



Hope, personal empowerment, respect, social connection, personal responsibility, and self-determination are all key values at OMNI. We recognize that wellness is NOT the absence of illness or stress. You can still strive for mental health wellness and recovery in your own life!

Self-Care

Mondays @ 11:00 AM

A group where people can focus on issues that affect them in their wellness and recovery.

More Than a Label

Mondays @ 2:00 PM

Gain insight into your own personal strengths and learn that you are more than your diagnosis.

Sound Healing Meditation

Tuesdays @ 1:00 PM

Enjoy sound as a way to heal your heart and soul. Learn about sound bowls, relax, and meditate!

Community Meeting

Wednesdays @ 11:00 AM

Come find out what's going on around the center and in town! Hear all the news and updates.

Coping with Anger

Wednesdays @ 2:00 PM

Learn useful techniques to take control and express anger in healthy, productive ways.

Let's Chat: Hope After COVID

Thursdays @ 12:00 PM

Come talk about how you are coping and receive emotional support.

Current Events

Thursdays @ 2:00 PM

Discussion of what is happening in the world today and how to cope with how it affects you.

OMNI Lunch

Tuesdays, Wednesdays & Thursdays @ 12:45 PM

Enjoy a FREE lunch at OMNI with your friends! All our food is cooked with care for peers.

Due to COVID-19, we ask that all food and drink are consumed outside. This is for everyone's safety. Thank you for your understanding.

Guided Meditation

Mondays @ 1:00 PM

Relax your mind and ease your day through our mindful guided meditation.

Depression Bipolar Support Alliance Group

Tuesdays @ 11:00 AM

Join us for mental health support and camaraderie. OMNI is a local chapter of DBSA.

Movies at OMNI

Tuesdays @ 2:00 PM

Join us at OMNI once a week for a fun movie and good friends!

Walk & Talk

Wednesdays @ 1:00 PM

Start your day right. This low-impact activity is sure to help you feel better!

Creative Expressions

Thursdays @ 11:00 AM

A guided opportunity to self-expression using a variety of artistic methods.

Harm Reduction

Thursdays @ 1:00 PM

Learn practical strategies to reduce negative consequences associated with substance use.

Fun Fridays

Fridays @ 11:00 AM

Join us for different kinds of games & fun! Make new friends and spend time with old ones.

Activities include (but are not limited to):

Outings

Karaoke

Nintendo Switch games

Table tennis tournaments

Ice cream socials

...and MORE!!!

OMNI programs located inside the Interim, Inc. Pajaro Street Wellness Center

339 Pajaro St., Suite A, Salinas

OMNI Resource Center

Success Over Stigma

Supported Education (referral required)