

Calendar

Monday-Friday, from 10:00 AM to 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	Women's Group Men's Group	11:00	Depression Bipolar Support Alliance (DBSA) Group	11:00	Community Meeting	11:00	Creative Expressions	11:00	Pop Culture
12:00	Closed Group (referral required)	12:00	Closed Group (referral required)	12:00	Closed Group (referral required)	12:00	Let's Chat	12:00	Fun Friday
1:00	Mindful Meditation	1:00	Sound Healing Meditation	1:00	No Estas Solo	1:00	Harm Reduction	1:00	Friday Kickoff
2:00	More Than a Label	2:00	OMNI Movies	2:00	Coping With Anger	2:00	Current Events	2:00	Fun Friday

***** 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, 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

Learn how to use sound to meditate and ground yourself when life feels overwhelming.

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

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 Games

Fridays @ 12:00 & 2:00 PM

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

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.

Pop Culture

Fridays @ 11:00 AM

Come discuss music, movies, & entertainment with friends! Learn about other forms of pop culture.

Friday Kickoff

Fridays @ 1:00 PM

Come & talk about your plans for the weekend and maybe find out something you can do for yourself.

We ask that everyone wear masks when not eating or drinking food inside the center.

OMNI Café (FREE)

Monday - Friday

10:00 - 10:30 AM

OMNI Lunch (FREE)

Tuesday - Thursday

12:45PM - 1:15PM

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

OMNI Resource Center (includes Supported Education)

Success Over Stigma