

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	
10:00		OMNI Café (daily)							
10:30		Walk & Talk (daily)							
11:00	Depression Bipolar Support Alliance (DBSA)	11:00	Mindful Writing	11:00	Community Meeting	11:00	No Estas Solo	11:00	Pop Culture
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	Men & Women's Groups	12:00	Fun Friday
12:30		OMNI Lunch (daily)							
1:30	Creative Expressions	1:30	Meditation and Aromatherapy	1:30	Tick Talk Tech	1:30	Harm Reduction	1:30	Friday Finale
2:30	More Than a Label	2:30	WRAP (Wellness Recovery Action Plan)	2:30	Coping With Anger	2:30	Current Events	2:30	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. If not eating during OMNI Cafe or OMNI Lunch, we ask that you continue to wear your mask. 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!

Depression Bipolar Support Alliance Group

Mondays @ 11:00 AM

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

More Than a Label

Mondays @ 2:30 PM

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

Meditation & Aromatherapy

Tuesdays @ 1:30 PM

Learn how to improve your sleep, reduce your anxiety, and increase your happiness.

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 @ 2:30 PM

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

Men & Women's Groups

Thursdays @ 12:00 PM

Come talk about how you are coping and receive emotional support from others who understand.

Current Events

Thursdays @ 2:30 PM

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

Fun Friday

Fridays @ 12:00 & 2:30 PM

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

Creative Expressions

Mondays @ 1:30 PM

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

Mindful Writing

Tuesdays @ 11:00 AM

can use writing as a meditation technique. Let your c

WRAP (Wellness & Recovery Action Plan)

Tuesdays @ 2:30 PM

Learn how to build your own wellness toolbox and develop resources to improve your mental health.

Tick Talk Tech

Wednesdays @ 1:30 PM

Is it difficult to use your smartphone or tablet? Come learn how to use your devices!

No Estas Solo

Thursdays @ 11:00 AM

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

Harm Reduction

Thursdays @ 1:30 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 Finale

Fridays @ 1:30 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.

Daily Activities

OMNI Café

10:00 - 10:30 AM

Walk & Talk

10:30-11:00 AM

OMNI Lunch (*FREE*)

12:30PM - 1:30PM

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

OMNI Resource Center (includes Supported Education)

Success Over Stigma