

# Calendar

# Monday-Friday - 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	Yoga Stretching	Walk & Talk	Yoga Stretching	Walk & Talk
11:15	Creative Expressions	Mindful Writing	Community Meeting	Men's & Women's Groups	Coping with Anger
12:15	Community Lunch (daily)				
1:00	The Four Agreements	Meditation & Aromatherapy	Tick Talk Tech	Harm Reduction	Life Pro Tips
	<i>Closed Group (referral required)</i>	<i>Closed Group (referral required)</i>	<i>Closed Group (referral required)</i>		
2:00	Depression & Bipolar Support Alliance	Current Events	No Estas Solo	Creative Expressions	Meeting the Challenge
<b>***Closed groups require a referral from a case coordinator***</b>					

**OPEN**  
Monday - Friday  
**\*\*10:00 AM - 4:00 PM\*\***

**VOLUNTEERS NEEDED!!!**  
Call Yvette at  
(831) 800-7530 x438

**Want more information?**  
[www.interiminc.org/programs/](http://www.interiminc.org/programs/)

**CLOSED**  
Saturday &



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

**2023 Calendar**

**OMNI Resource Center**

**Group Descriptions**

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!

**Creative Expressions**

**Mondays @ 11:15 AM & Thursdays @ 2:00 PM**  
 A guided opportunity to self-expression using a variety of artistic methods.

**Depression Bipolar Support Alliance Group**

**Mondays @ 2:00 PM**  
 Join us for mental health support and camaraderie. OMNI is a local chapter of DBSA.

**Meditation & Aromatherapy**

**Tuesdays @ 1:00 PM**  
 Learn how to improve your sleep, reduce your anxiety, and increase your happiness.

**Community Meeting**

**Wednesdays @ 11:15 AM**  
 Come find out what's going on around the center and in town! Hear all the news and updates.

**No Estás Solo**

**Wednesdays @ 2:00 PM**  
 A group where people can focus on issues that affect them in their wellness and recovery.

**Harm Reduction**

**Thursdays @ 1:00 PM**  
 Learn practical strategies to reduce negative consequences associated with substance use.

**Life Pro Tips**

**Fridays @ 1:00 PM**  
 Come learn tips that will help improve your life in one way or another, and share your own life hacks.

**The Four Agreements**

**Mondays @ 1:00 PM**  
 Learn how to transform your life to experience more freedom, happiness, and love. Based on The

**Mindful Writing**

**Tuesdays @ 11:15 AM**  
 Learn how you can use writing as a meditation technique. Let your creativity grow!

**Current Events**

**Tuesdays @ 2:00 PM**  
 Discussion of what is happening in the world today and how to cope with how it affects you.

**Tick Talk Tech**

**Wednesdays @ 1:00 PM**  
 Is it difficult to use your smartphone or tablet? Come learn how to use your devices!

**Men & Women's Groups**

**Thursdays @ 11:00 AM**  
 Come talk about how you are coping and receive emotional support from others who understand.

**Coping with Anger**

**Fridays @ 11:15 AM**  
 Learn useful techniques to take control and express anger in healthy, productive ways.

**Meeting The Challenge**

**Fridays @ 2:00 PM**  
 How can you overcome the challenges in your life and improve your satisfaction? Join us and learn

**Daily Activities**

OMNI Café	10:00 - 10:30 AM
Walk & Talk/Yoga Stretching	10:30 - 11:00 AM
Community 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