

# OMNI Resource Center



## PEER AND FAMILY-RUN WELLNESS CENTER FOR ADULTS WITH MENTAL HEALTH CHALLENGES

Self-help and support are the foundation of the OMNI community. The program offers a wide variety of services to meet the individual needs of participants. The OMNI Resource Center is a mental health wellness and recovery center, operated by mental health consumers and family members. All staff and volunteers have personal experience with mental health challenges and recovery.



## The OMNI Resource Center is a Mental Health Wellness and Recovery Center

“IT’S JUST CHANGED MY LIFE COMPLETELY AND I FEEL LIKE I HAVE A PURPOSE.”

~ OMNI PROGRAM PARTICIPANT



**ABOUT INTERIM:** Interim, Inc. is a private nonprofit organization whose mission is to provide services and affordable housing, supporting members of our community with mental illness to build productive and satisfying lives. Interim, Inc. provides a wide variety of residential treatment, affordable supportive housing and social rehabilitation services to adults with psychiatric disabilities. Our services support more than 2000 clients each year. We help our clients achieve wellness and recovery and build communities where they are able to live, work, learn, and participate fully.

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[WWW.INTERIMINC.ORG](http://WWW.INTERIMINC.ORG)

# Operated by Mental Health Consumers and Family Members



## THE PROGRAM

OMNI is designed to be a welcoming and inclusive environment that provides support and resources for mental health wellness and recovery. Peers come together to socialize and interact, to attend support groups, and join in planned activities. The Center also offers skills training and tools to those who would like to become leaders and take an active role in the wellness and recovery movement. Individuals are given the opportunity to design and run OMNI programs, which reflect members' suggestions, interests and talents.

## PEER SUPPORT SERVICES

- Leadership development classes
- Fun and innovative workshops
- Self-esteem and team-building activities
- Spanish-speaking support groups
- Physical wellness activities
- Art, music & social groups
- Outreach to the Latino community
- Weekly movie event
- Community outings and events
- Freshly prepared breakfasts, lunches, & snacks
- Computer & internet access
- Holiday dinners and celebrations

## REAL IMPACTS FY 22/23



**Individual/Group Peer Counseling Participants Who Report Maintained or Improved Mental Health Recovery**

## CONNECT WITH OMNI!

The OMNI Resource Center is located at the Pajaro Street Wellness Center, 339 Pajaro Street, Salinas, CA, 93901. For more information regarding OMNI Resource Center programs call **831.800.7530** or see OMNI's monthly activity schedule online at [www.interiminc.org/programs](http://www.interiminc.org/programs).

OMNI is free and open to all adults who are seeking peer support, personal empowerment and social interactions (activities) as they journey towards mental health wellness and recovery.