

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	Walk & Talk	Walk & Talk	Walk & Talk	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	Laughter Healing	You Are Not Alone	No Estas Solo	Self-Esteem Building	The Idea Exchange
	<i>Closed Group (referral required)</i>	<i>Closed Group (referral required)</i>	<i>Closed Group (referral required)</i>	<i>Closed Group (referral required)</i>	<i>Closed Group (referral required)</i>
2:00	Tick Talk Tech	More Than A Label	Depression Bipolar Alliance Support Group	Current Events	Fun Fridays

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

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

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

Dual Recovery Anonymous
Fridays @ 4:00 PM

CLOSED
Saturday & Sunday

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



2025 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

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

Laughter Healing

Mondays @ 1:00 PM

Laughter is the best medicine! Laughter can help reduce stress, boost your mood, and help you

Tick Talk Tech

Mondays @ 2:00 PM

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

Mindful Writing

Tuesdays @ 11:15 AM

Learn how you can use writing as a meditation technique. Let your creativity grow!

You Are Not Alone

Tuesdays @ 1:00 PM

You are not alone! Come join others who understand and discuss what you are going through together.

More Than A Label

Tuesdays @ 1:00 PM

Gain insight into your own personal strengths and build your emotional toolbox

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 Estas Solo

Wednesdays @ 1:00 PM

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

Depression Bipolar Support Alliance Group

Wednesdays @ 2:00 PM

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

Men & Women's Groups

Thursdays @ 11:15 AM

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

Self-Esteem Building

Thursdays @ 1:00 PM

Come celebrate your strengths, challenge your weaknesses and feel good about yourself as you build

Coping with Anger

Fridays @ 11:15 AM

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

The Idea Exchange

Fridays @ 1:00 PM

Join a supportive, open topic group that embraces the belief that we are not alone.

Dual Recovery Anonymous (run by DRA)

Fridays @ 4:00 PM

A 12 step-like group open to those seeking recovery tools using peer support to stay clean & sober.

Daily Activities

OMNI Café - *Free breakfast & coffee*

10:00 - 10:30 AM

Walk & Talk

10:30 - 11:00 AM

Community Lunch (*FREE*)

12:15PM - 1:00PM

Programs located inside the Interim, Inc. Pajaro Street Wellness Center

OMNI Resource Center (includes Supported Education)

Success Over Stigma